

Lesson 6: Fasting Fluids & Training Wheels

Hi, everyone. Welcome to lesson six of our masterclass. Today, we will be talking about what you can have during a fast and what tools and fasting aids might be helpful for getting you through those more sticky points of your fast.

During your fasting days and in between your meals, as we mentioned in lesson one, your objective, of course, is not to eat, it's not to raise insulin at all. It's to allow your body that opportunity and that time to lower that insulin as much as you possibly can to go into this fat burning mode and this higher energy and lower blood sugar mode.

However, during those periods, you can and should have hydration. It's really important that you're properly hydrated while fasting, because not only are you not getting that hydration from food, you're not getting water and electrolytes from the food that you normally eat on your eating days, but you are also eliminating more. You probably notice that you go to the bathroom more to pee when you fast and in between your fasting. It's really important that you replace that water and those electrolytes.

What are fasting fluids that you can and should have while fasting? First and foremost, water. The more that we work with people and the more that we look into it, the more we realize that some people just need a bit more water and some people need a little bit less. You'll have to figure this out by drinking to thirst and drinking enough. You really do have to make a bit of an effort to remember to keep your water near you. It really will make your fasting a lot easier and better.

You may notice that if you tried to fast before, or if you try in the future, and you just don't drink enough water, it's very likely that by the end of the day, or maybe the next morning, you feel very unwell and very nauseous. It's really important when it comes to hydration that you hydrate preventatively. Once you're already dehydrated or don't feel well or are nauseous or something like that, then it's really too late now to hydrate and you probably will have to break your fast.

Drink to thirst. If you're looking for a general recommendation, some people say two to three liters of water a day, some will say a little less. Either still or sparkling water is absolutely fine. A lot of people put some vinegar or apple cider vinegar in their water for a number of reasons. It really does give it that little tart flavor that some people really like. You can also put some lemon in your water, a lemon peel. Some people will do infusion waters, where they'll put a few herbs like mint or basil. Even some berries I think are perfectly fine, as long as you don't actually drink the berries, if you keep them in the infuser just for that natural flavor.

Now, this is a very important point because even though I think that you can and should flavor your water if you'd like, I think it's really important to realize that these flavors that we put into our water, like lemon peel and some herbs and even some berries, are very, very different than

the commercially-flavored water that you are likely consuming and buying. All flavors, especially commercially-formulated flavors like in your teas or commercially-flavored waters, even though they usually only say natural flavors on the label, it really is something that you should stay away from. Even a few drops of edible essential oils is absolutely fine and likely will not have a significant or even moderate insulin response.

Black coffee and black tea are perfectly fine and acceptable to have as many times as you'd like during your fast. I do not recommend that you put anything like sweeteners and flavors or creamers or nut milk in your coffee or tea during your fasting periods. If you'd like to put those in during your eating windows, that's perfectly fine. Then the herbal teas as well. There are lots of nice flavored herbs that you may enjoy, but do not consume anything that has any kind of flavors, natural or otherwise, or sweeteners on the label.

Some of these fasting fluids are actually very helpful during your fast. Coffee and certain types of teas are known to help with appetites. They also help to give you a bit of energy. If you are sensitive to caffeine, if caffeine is something that you notice raises your blood sugars or is something that you notice raises your stress hormones a lot, then you might want to substitute with something that's going to have a much more calming and beneficial effect, like matcha for example. Matcha is a great substitute for coffee if you're having caffeine sensitivities.

Fasting aids are training wheels or crutches that you use anytime that you need to in order to help you get through the sticky points of a fast or in order to help you extend a fast. If you're going from having one meal a day to an overnight fast, and at that 20 to 24 hour mark, most of us feel like that's the sticky point, that's when it gets a little bit harder. That would be the most appropriate time for you to throw in a fasting aid or crutches or a training wheel, however you'd like to call it.

You want to make sure that a fasting aid really is an aid and not a hindrance. For example, if you consume something that does have a moderate to higher insulin response, like dairy or creamers or net milk, you might find that it actually is a hindrance. It makes your fast more challenging because you want more and more of it. It does eventually stimulate your appetite and you just get hungrier and hungrier and have more cravings. Your fasting actually gets harder, not easier, when you consume these things. You may have already figured that one out.

What are some aids? What are some things that you can consume that will actually make your fasting easier? Unsweetened pickle juice and olive brine are really excellent fasting aids, and you can have them with an ice cube or at room temperature. You can have them once, twice, or even three times during the day. An extra bonus of unsweetened pickle juice and olive brine is that it has some electrolytes, so that will help with hydration even further, besides, of course, the nice flavor that some people really, really enjoy.

Bone broth, or vegetable broth if you're more plant based, is another excellent fasting aid. You can add a little bit of salt to that and even a little bit of olive oil or another healthy fat that you're comfortable with. That will give you a little bit of an extra push when you're fasting. It'll also give



you that little bit of electrolytes that you might be needing and a little bit of energy as you're transitioning from sugar burning into fat burning. Some of these fasting aids are really excellent.

Make a Bulletproof coffee or tea with a healthy fat, a pure fat, like butter, ghee, coconut oil. I really love to use organic edible cocoa butter in my Bulletproof coffee. This is something that you may consume, again, once, twice or even three times a day. It's something that you would use at your most stickiest points of your fast. If you're feeling perfectly fine but you're a little bit hungry or you have a little bit of more mental hunger, but physically you're feeling fine and you want to push through that fast, then you would add in one of these fasting aids. My absolute favorite fasting aid is distraction. I just wanted to leave that with you for today as well.

It's important to remember that the fasting method, we really don't think there's any right or wrong way to fast. You use these fasting aids as many times as you need to any time that you need to, and if you don't need them anymore, you remove them. Let's say you've been fasting for a few weeks and now you feel like you no longer need a fasting aid, well, then get rid of it. But let's say you're just starting out or you're restarting to fast after having not fasted for a while, then this is a really good time for you to consider these fasting aids in order to help you through and to make your fast easier and to make it more consistent.

The key thing to remember with fasting aids is use them if you need them, don't use them if you don't need them. When you do consume any fasting aid, make sure that you have it in a very short window and that you then walk away from it. Don't nurse any fasting aid for a long period of time, just like when we look at TRE and our eating windows.

All right, so let's put this lesson into practice right away. I would like you to start making sure that, one, you're drinking enough water when you're fasting and in between meals. Two, if you haven't yet tried a fasting aid, please try one the next time that you try fasting a little longer and the next time that you're feeling like you're going through a little sticky point in your fasting day. Number three, if you've been using fasting aids for a while and that fasting muscle has gotten a lot stronger, try getting rid of it this week, try fasting through without that fasting aid.

Don't forget to register for our next Q&A. You will find all the Q&A time and dates in our syllabus. Make sure to drop in and say hi to us in our very special thread in the community forum for this masterclass. We would love to get to know you a little bit better, to know how you're doing, what questions you may have that we can also answer there in the forum.

All right, so here is your goal for the upcoming week. If you haven't already, please go ahead and choose an intermittent fasting protocol for you to follow next week. If you've already been following an intermittent fasting schedule, then go ahead and choose a more advanced or a little bit of a longer intermittent fasting schedule to follow next week. Use one of these training wheels or two of these training wheels during the more sticky points or to help you extend that fast a little bit.

All right, everyone. See you all tomorrow. Happy fasting.