



What is the optimal fasting regimen?

The ideal protocol for healthy individuals looking to maintain their good health is a 16-8 or 18-6 protocol. This is where you skip one meal per day. Most often people choose to skip breakfast, since they're not very hungry in the morning. The morning is also quite hectic and the most easy to consume breakfast foods are those that are highly processed or high in sugar. The 24-hour protocol is a great regimen for healthy individuals as well, who are interested in experiencing autophagy, which is a cellular recycling process that takes apart old and damaged cells and creates new healthy cells. This may be beneficial for anti-aging and disease prevention. The ideal number of times in a week a person would want to do this would be once or twice, but a healthy individual could easily do it daily.

A 24-hour protocol is also good for people who are older and have more health issues. These individuals would benefit from doing a 24-hour fast with their doctor's permission and supervision one to three times a week. A 36 and a 42-hour fasting protocol works best for individuals with metabolic syndrome, but aren't very sick otherwise, and for all women struggling to lose weight regardless of their age. We have observed the most success when this fast is done two to three times per week.