



## **What fasting regimen works best for post-menopausal women?**

The best fasting regimen for women who are post-menopausal is the 36 or 42-hour fasting protocols. These protocols done two to three times a week get the best results. This means during your fasting days, you wouldn't have any meals, and on your eating days, you would have two or three meals. An example would be fasting all day Monday, Wednesday, and Friday, but eating breakfast, lunch, and dinner on your eating days if you want to do a 36-hour fast or skipping breakfast and just eating lunch and dinner, if you want to do a 42-hour fast.

On eating days, it's important to stick to your eating windows and you want to make sure they are 60 to 90 minutes long. You want to avoid snacking and grazing as much as possible. It's important to speak with your doctor to make sure fasting is safe for you to do. Always let him or her know you want to start fasting and see what's right for you.