



What can you have during a fast?

What you can have during your fast depends on your fasting goals. People often join the program to lose weight and address symptoms of insulin resistance. Others join the program for disease prevention. Now, if you're looking to lose weight and address symptoms or conditions associated with insulin resistance such as Type 2 diabetes, polycystic ovarian syndrome or PCOS, and nonalcoholic fatty liver disease, then you want to avoid consuming anything that will raise your insulin levels during the fast. Insulin resistance is caused by having too much insulin in the body. It also causes our bodies to produce insulin, which perpetuates the cycle of insulin resistance. We need to stop the cycle of insulin resistance and we can do so by fasting and abstaining from all items that may raise our insulin levels.

Now, all food raises our insulin levels to some degree. Also, if we're trying to lose weight, then we want to fuel from our body fat during our fast rather than fuel from any item or beverage that can provide us with food energy. In the case of fasting for weight or insulin related issues, we recommend you limit your fasting fluids to water flat mineral, carbonated at any temperature, any tea, including matcha tea, but please don't add any natural or artificial sweeteners. You can have black coffee, sugar-free pickle juice, and homemade broth, preferably a bone broth or a low carb vegetable broth. We recommend you avoid adding any legumes or lentils if you're making a homemade vegetable broth.

Now, if you're fasting for disease prevention or autophagy, which is a cellular recycling process that can possibly prevent certain diseases and slow down aging, then you want to stick to just water during your fast. Some people may need to supplement with a little salt while fasting as well. Always check with your doctor to make sure it's safe for you to add salt, and remember that less is always more. You can always take an extra pinch of salt if you need it, but you can't take one back. We prefer a natural salt, such as Himalayan salt or Celtic sea salt.