



Intermittent Fasting Protocol: First Steps

Intermittent fasting offers several potential benefits, including increased human growth hormone production, improved insulin sensitivity, decreased leptin resistance, initiation of cellular repair and autophagy (disease prevention), and enhanced genetic expression for longevity and anti-aging.

Getting Started:

Begin each day by drinking 16 ounces of room-temperature water (you can add non-caloric electrolytes if desired). Aim to consume an additional 32 ounces of non-caloric liquid, such as herbal tea, club soda, or seltzer water, before noon.

Note: If you're experiencing extreme stress (adrenal fatigue), have Type 1 Diabetes and are taking insulin, have a history of disordered eating, or struggle with chronic constipation, it's essential to address these concerns first before starting this protocol.



Fasting Options

Option A - 12:12

Fast for 12 hours, mainly during sleep (e.g., 7 pm to 7 am)

Eat within a 12-hour window, focusing on nutrient-dense, balanced meals with colorful vegetables, quality protein, starchy carbohydrates, limited or no refined flours, no added sugar, and healthy fats. Avoid snacking between meals if possible.

Option B - 14:10

Fast for 14 hours, including sleep and the first part of the morning (e.g., 7 pm to 9 am)

Eat within a 10-hour window, following the same dietary guidelines as Option A.

Option C - 16:8

Fast for 16 hours, including sleep and most of the morning (e.g., 7 pm to 11 am)

Eat within an 8-hour window, prioritizing balanced meals with a focus on adequate protein intake to maintain lean body mass. Adding sea salt or pink mineral salt to meals can help support adrenal function.

Bonus Tip: A green drink can be beneficial for breaking your fast, boosting nutrient intake, and promoting detoxification. Try blending lemon, lime, celery, cucumber, leafy greens, parsley, cilantro, and ginger root, or opt for an organic, cold-pressed green juice like Suja Uber Greens or Evolution Green Drinks.

You don't need to advance to a longer fasting ratio if a specific duration feels comfortable. Variations can be individualized and adjusted over time, including the frequency (e.g., following a 16:8 protocol three times a week on specific days).



What is Autophagy?

As a natural consequence of metabolic activity, cellular "debris" like damaged cells and protein fragments accumulate in the body. During an intermittent fast, the body can self-expunge these fragments, a process known as "cellular housekeeping" that can lead to disease protection (part of the anti-aging effect).

For more information, visit lifescapepremier.com and request a complimentary Nutrition Information Session.