

# Fasting 101

## Orange Blossom Healing

Want to fast and don't know where to start? You've come to the right place!

**SAFETY:** please never fast if you are pregnant/breastfeeding or under 18. If you consider yourself to be of vulnerable health, please speak to your health care practitioner before experimenting with anything more than intermittent fasting (up to 16 hours).

### HOW TO BEGIN

- Start with 13 – 16 hour fasting (aka intermittent fasting). The window of time you choose for this is irrelevant and can change daily.
- If you start at 13 hours, challenge yourself to extend your fasting window by 30 minutes – 1 hour each week until you reach 16 hours.
- The main benefits of fasting come at the following stages:
  - 13 – 16 hours (intermittent)
  - 17 hours (autophagy)
  - 24 hours (gut reset)
  - 48 hours (dopamine reset)
  - 72 hours (stem cell boost)

If you are a woman with a menstrual cycle, it is essential to fast around your cycle.

### FASTING AROUND YOUR CYCLE

Day 1 of your cycle is the first day that you bleed.

- Days 1 – 10: fast lots and for as long as you like
- Days 11 – 15: intermittent fasting only (maximum 16 hours)
- Days 16 – 19: fast lots and for as long as you like
- Days 20 – 28 (or whenever the end of your cycle is): no fasting at all

### DURING A FAST

- DO: drink water, sparkling water, non-sweet herbal teas, black tea & black coffee
- DON'T: drink anything with additives or sugar (and don't eat anything!)

### HOW TO END YOUR FAST

- Fasting is healing but it is important to then feed your body with foods that will continue the healing process. Choose health-building foods for shorter fasts and if doing longer fast (over 24 hours), please follow the 4-step process (see YouTube links below)

### RESOURCES

Please refer to my [YouTube channel](#) for specific videos about [your sex hormones](#), [how to break a fast](#) and [how to use a blood sugar reader](#) for longer fasts. If you would like to learn more about fasting, join one of my workshops or buy my online [Fasting Foodies Program here](#).

