

How to make Fasting Easier:

<https://www.youtube.com/watch?v=nLxwraB9Btw>

<https://drjockers.com/episode-345-top-7-fasting-mistakes-that-cause-cravings-and-fatigue/>

<https://drjockers.com/fasting-mistakes/>

<https://drjockers.com/water-fasting/>

- Before starting your fasting window, making sure you're consuming enough calories, and at least 30-40 grams of protein (4 oz.) or more according to weight. Make sure you're consuming enough healthy fats.
- During eating window try your best to eat clean and organic if possible (it really does make all the difference in feeling satiated and reducing cravings)
- Make sure you're drinking pure clean water in your eating window, and supplement it with good quality Pink Himalayan Sea Salt like HimalaSalt.
- Make sure your consuming adequate amounts of Electrolytes.
- **Find a good Macro Calculator to calculate your intake needed for weight loss.**
 - <https://mariamindbodyhealth.com/calculator/>
 - **Dexa Scan**
 - <https://dexascan.com/locations/usa/alabama/>
- Make sure you're not stressed, mentally or physically. Try not to workout during fasting (unless you're body has finally adapted). Don't overexert yourself during fasting.
- Make sure you're getting enough sleep (at least 8 Hours). Should be in bed by 10 or 11 pm.
- When you're fasting, if feeling weak, suck on 1-2 grains of Course Himalayan Salt or wet your finger and dab it on some fine Himalayan salt and place it on your tongue.
 - <https://www.himalasalt.com/products/himalasalt-1-lb-coarse-grain-bag>
 - <https://www.himalasalt.com/products/himalasalt-1-lb-fine-grain-bag>
- If intermittent fasting or water fasting... for every meal you fast, replace with 200-400 mg. Magnesium Citrate according to body weight (Fasting depletes magnesium levels).
 - <https://zerolongevity.com/blog/why-you-need-magnesium-on-a-fast/#:~:text=Across%20a%20few%20different%20studies%20of%20prolonged%20fasting,day%20ranged%20from%2083%20mg%20to%20203%20mg>
 - <https://zerolongevity.com/blog/why-you-need-sodium-on-a-fast/>

Other things that help (that effect Circadian Rhythms and Hormones or Emotions, which in turn effects hunger, cravings and weight loss):

- Turning OFF your Wi-Fi at night.
- Turning OFF your Cell phone at night or at least placing it on airplane mode and the furthest away from you as possible on the other side of the room.
- Having your phone on airplane mode whenever not in use (you can always check for any missed calls periodically), especially when keeping it in your pocket or anywhere near your body.
- Not using your cell phone up against your ear or near your head (using speaker phone instead whenever possible or use wired ear buds).
- Try not to watch television or go on sites with food ads.