



THE INTERMITTENT FASTING GUIDE THAT CHANGED MY LIFE (AND MY BODY) AFTER 40

BY: ERIN DEVINE OF DEVINE DWELLING, A 45-YEAR-OLD MOM, CERTIFIED HEALTH COACH AND PERSONAL TRAINER.

I DIDN'T STUMBLE INTO THIS LIFESTYLE. I FOUGHT MY WAY OUT OF BURNOUT, BLOAT, AND BRAIN FOG WITH ONE POWERFUL SHIFT: I STARTED ALIGNING MY NUTRITION, FASTING, AND WORKOUTS WITH MY HORMONES, NOT AGAINST THEM. MOST IMPORTANTLY I REMAINED PATIENT, CONSISTENT AND TRUSTED THE PROCESS.

HERE'S HOW I FINALLY BROKE THROUGH THE PLATEAU AND GOT MY ENERGY, CLARITY, AND CONFIDENCE BACK:

### MY MORNING ROUTINE: GENTLE, NOURISHING, NON-NEGOTIABLE

- 6:00 AM: I BEGIN MY DAY WITH COFFEE, WITH A SPLASH OF HALF-AND-HALF, A COUPLE DROPS OF STEVIA, AND A DASH OF VANILLA AND CINNAMON
- I HYDRATE WITH ELECTROLYTES IN MY WATER
- I TAKE MY LIQUID MULTIVITAMIN (YES, EVEN WHILE FASTING, IT WORKS FOR ME)

THIS ROUTINE KEEPS ME GROUNDED, ENERGIZED, AND FOCUSED WITHOUT BREAKING MY FAST.

### MY EATING + FASTING SCHEDULE

- ON MOST WEEKDAYS, I FAST BETWEEN 16 TO 18 HOURS AND EAT BETWEEN 8:00 AM AND 2:00 PM
- I KEEP MY MEALS SIMPLE, NOURISHING, AND ALIGNED WITH HOW I WANT TO FEEL: CLEAR, STRONG, AND STEADY

### I ADJUST MY FASTING WITH MY CYCLE

FASTING ISN'T ONE-SIZE-FITS-ALL, ESPECIALLY FOR WOMEN IN MIDLIFE. I HONOR MY CYCLE TO STAY BALANCED:

- FOLLICULAR & OVULATION PHASE (DAYS ~1-14):  
I FAST FOR 16-18 HOURS, STRENGTH TRAIN WITH CONFIDENCE, AND FEEL MENTALLY SHARP. THIS IS WHEN I FEEL MOST IN FLOW WITH STRUCTURED FASTING.
- LUTEAL PHASE & PRE-MENSTRUATION (DAYS ~15-28):  
I SHORTEN MY FASTS TO 12-16 HOURS, EASE UP ON TRAINING, AND PRIORITIZE REST AND RECOVERY. MY FOCUS HERE IS NOURISHMENT AND HORMONE SUPPORT, NOT RESTRICTION.

## MY WELLNESS FOUNDATIONS

- I EAT ONLY WHOLE, REAL FOODS—NOTHING PROCESSED, NO ADDED SUGAR
- I STAY HYDRATED ALL DAY, WITH ELECTROLYTES AND HERBAL TEAS
- I MOVE MY BODY DAILY, STRENGTH TRAINING 3-4 TIMES A WEEK
- I PRIORITIZE DEEP, QUALITY SLEEP
- I DON'T CHASE PERFECTION, I STAY CONSISTENT AND FLEXIBLE

## FINAL THOUGHTS

I DON'T FAST TO PUNISH MY BODY.

I FAST TO HONOR IT. AT 45, I FEEL STRONGER, CLEARER, AND MORE ALIVE THAN I EVER HAVE. THIS RHYTHM GAVE ME MY GLOW BACK, WITHOUT THE CRASH DIETS, OVEREXERCISING, OR FOOD GUILT. I BELIEVE THAT FOOD IS HEALING, FUEL AND A SOURCE OF ENJOYMENT. IT'S NOT JUST WHAT I EAT BUT WHEN I EAT THAT HAS ALLOWED FOR ME TO HAVE OPTIMAL HEALTH. MY HORMONES ARE BALANCED, I SLEEP BETTER THAN EVER AND I'M MEDICATION FREE. FASTING IS A DISCIPLINE THAT HAS SET ME FREE AND I'M HAPPY TO SHARE WHAT I'VE LEARNED WITH YOU.