

Fasting for Beginners



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Introduction

I'd like to welcome you all on this health journey. My name is Deanna Mautz, a Registered Nurse, Nurse Consultant, Certified Health Coach and owner of Peak Performance Hemp & Carbon Elevation.

I discovered the self healing power of fasting, and quickly noticed how it improved quality of life for so many.

As a Registered Nurse my passion is to educate and empower you to reach optimal health and peak performance.



"The Healing Power of Fasting"



In this guide you will discover how to start fasting as a free natural option to evoke the power of self-healing.

I want to share with you that fasting is not the newest diet fad. History has shown us several examples of how the human body thrives in a fasted state, and has been done for spiritual reasons for many centuries,

I discovered the healing powers of fasting, and I am making it my mission to share it with you too!

Intermittent Fasting

Intermittent fasting entails the deliberate cycling between periods of fasting and periods of eating, very similar to how our ancestors lived.

You might find that you already fast an average of 12 hours a day, from dinner to breakfast the next morning. With Intermittent fasting (IF) what you will want to do is extend your breakfast by an hour until you are fasting 13-15 hours.

Let's say you finish dinner at 7 PM. You don't eat or drink anything other than water or coffee so that your blood sugar starts to decline. If you eat breakfast the next day at 10 am, that's 15 hours of fasting!

Congrats, you did it!

Benefits of Intermittent Fasting

After 8 hours of fasting, your blood sugar should have started to drop. Your liver will switch on and start making ketones (energy to burn fat). This is good.

Somewhere between the 12 - and 15 hour mark the ketones go to your brain turning off hunger and giving you a boost of energy. Your cells begin to go into autophagy, repairing, detoxing, and regenerating themselves!

Healing!

Intermittent fasting can be used for:

- weight loss
- brain fog
- loss of energy

What happens in 12 - 16 hours of fasting

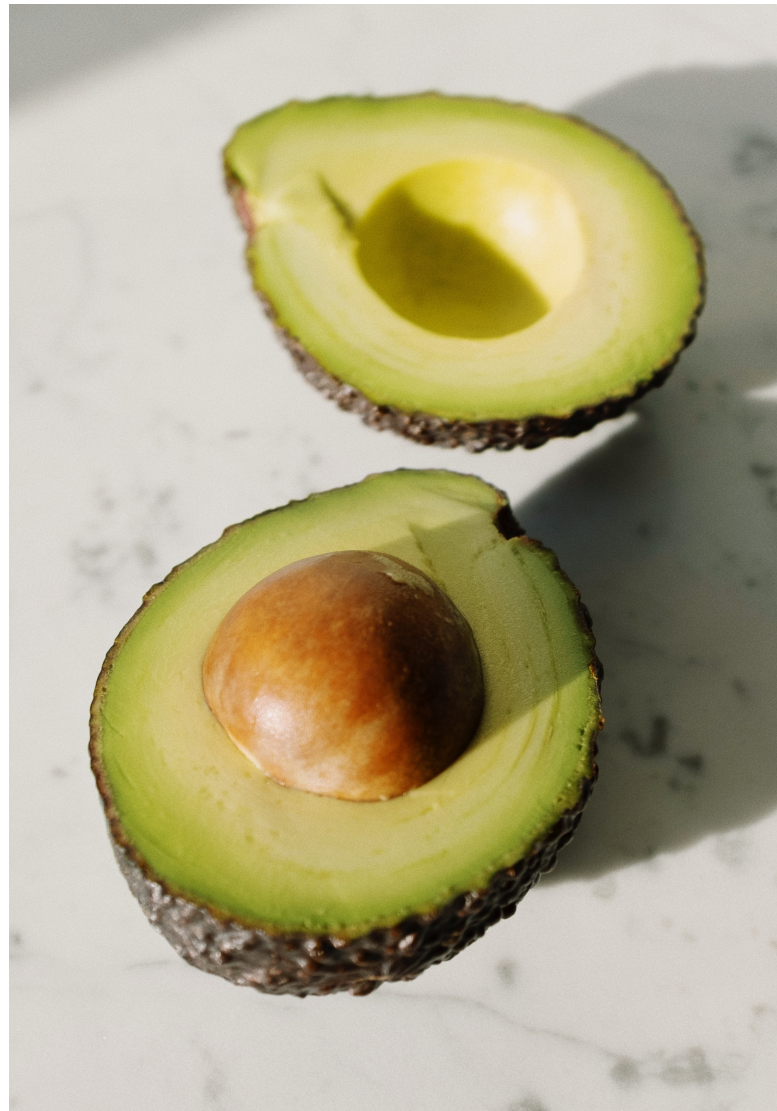
- increased human growth hormones (HGH)
- reduced inflammation
- fat burning begins
- increased ketones
- improved energy and focus

Guidelines for this week:

- Fasting Window: 13-15
- Nutrition
 - 50 g net carbs
 - 50 g protein
 - 60% of food from good fat
- Break your fast with fat

GOOD FATS

- avocado
- bone broth
- olives
- grass fed butter
- nut butter (watch the sugar)
- ghee
- MCT oil



Foods to avoid:

bad fats, harmful oils, processed, artificial, colored and refined foods

- bread
- rice
- cereal
- pasta
- cakes
- cookies
- snack food
- crackers
- cookies
- candy
- chips
- pastries
- granola bars
- sports drinks
- soda
- juice
- high fructose corn syrup
- artificial sweeteners
- creamers
- vegetable oils
 - canola
 - sunflower
 - corn
 - soy
- fried foods
- fast foods
- frozen dinner



Fasting can be an excellent healing modality.



Measuring ketones
&
Blood Sugar

Keto-mojo is a tool you can use to measure ketones and blood glucose during fasting.



**I wish you
success on your
journey &
healing.**

I hope you choose to continue with a fasting lifestyle. It will work best as part of a comprehensive treatment plan including food and exercise.

I encourage you to set up a Free Consult about your plans, especially if you currently have any chronic health conditions, if you want more support or accountability.