

Women & Fasting

Fasting is a period when no food or drinks are consumed for an extended period of time

The exceptions would be blended fatty coffee or tea with some fat like MCT, Ghee, butter (less than 3 grams of carbs, collagen less than 20 grams of protein can extend your fast)

Who is ready?

Get into nutritional ketosis – test with blood monitor

If you don't crave sugar

If your energy is good

If your sleep is good

e.g. would be 8pm to 10 am (14 hours) or 8 pm to 12 noon (16 hours)

Who is not ready?

If you only fast 12 hours not ready, 14 hours you're ready

Poor sleep – due to too low carbs and cortisol will get glucose from protein n muscle

Wake up hungry – need to balance blood sugar levels

Cold hands and feet – thyroid needs to be addressed

Losing hair – because of too low carb intake some do well about 50 carbs or about 2.5 keto fat points

Hormonal issues (PMS, hot flashes) – usually due to cortisol imbalance from stress (which could be emotional, chemical, gut imbalance, parasites, toxic overload from personal hygiene products)

Dry eyes, hair, skin and nails – too low carbs; use grass fed collagen and increase carbs (50-75 grams or 3 to 4 keto carb points)

Exhausted

Stressful lifestyle

Major gut dysbiosis