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The Complete Guide To Fasting: Heal Your Body Through Intermittent, Alternate-Day, And Extended



Heal Your Body Through
Intermittent, Alternate-Day, and Extended Fasting



Synopsis

Thousands of books have been written about the latest and greatest diets that will help people lose weight and improve health. But a key element in any successful nutritional health program is a tried-and-true method that most people haven't thought about—yet it could be revolutionary for taking health to the next level. This ancient secret is fasting. Fasting is not about starving oneself. When done right, it's an incredibly effective therapeutic approach that produces amazing results regardless of diet plan. In fact, Toronto-based nephrologist Dr. Jason Fung has used a variety of fasting protocols with more than 1,000 patients, with fantastic success. In *The Complete Guide to Fasting* he has teamed up with international bestselling author and veteran health podcaster Jimmy Moore to explain what fasting is really about, why it's so important, and how to fast in a way that improves health. Together, they make fasting as a therapeutic approach both practical and easy to understand. *The Complete Guide to Fasting* explains: why fasting is actually good for health who can benefit from fasting (and who won't) the history of fasting the various ways to fast: intermittent, alternate-day, and extended fasting what to expect when starting to fast how to track progress while fasting the weight loss effects of fasting how to ward off potential negative effects from fasting. The book also provides tools to help readers get started and get through their fasts, including a 7-Day Kick-Start Fasting Plan and healing liquid recipes.

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Customer Reviews

Wow, I found the magic button for weight loss. After having limited success with the whole field of dieting options I stumbled across a talk on youtube by Dr Jason Fung talking about fasting. After the video I searched and ended up buying the audio book and the hard copy. The concept initially terrified me for some reason and when talking to friends who fasted I just shook my head and thought there is no way I could do that. One of the fasting approaches recommended however seemed pretty easy. Have dinner and fast for 24 hours, having dinner the next day. I have done that accidentally at times! Well after a 6 days of doing this, I lost 10 lbs (40 to go) and realized that what I thought was breakfast or lunchtime hunger was just my body reminding me of a long held habit of eating I have had. It is incredible that over such a short fast you can turn off insulin based fat storage, and start burning fat. A side benefit is that increased mental clarity occurs fairly quickly and offers additional incentive to fast. Also my moderately elevated blood pressure is getting back to normal. Leads me to think that we have a obesity problem in the country because people eat 3 meals a day and insulin based fat storage never turns off. This is another area where the industrial food business exploits us in their marketing and so called guidelines. I am now convinced there is absolutely no need for 3 meals a day. Now the book recommends starting out the 24 hr fasting for a couple of days per week. I have decided to do it 5 or 6 times per week. I am pretty confident I can now get to any weight I want. I think the book is important in that it helps you break long held thoughts and misconceptions about eating and going without food. It also discusses other lengths of fasts that can range from 36 hour to weeks. It is so flexible you can do it anytime. And if I am fasting one day, and my friends invite me over for breakfast, or lunch no problem I will forget about fasting that day or have breakfast, but forget about lunch. In my opinion most people who have access to food have never experienced hunger, just mealtime urges. These urges are easy to identify and ignore after a few days (at least for me). I listened to the audio book first and then used the book for reinforcement for changing my thinking. There is quite a bit of repetition but this was necessary for me to truly break long held conventional thinking. Basically you are eating less food when only eating once per day. By having a long break between meals your body has time to get into fat burning mode. So while it seems like a magic button, it is not magic at all. You just have to forget about everything you have ever been taught or thought you knew about eating. This book is a great tool to change habits and conventional thinking. I will try to come back after I reach my goal weight

and give an update. But I have no doubt that this is the solution that will allow me to control my weight to whatever level I choose. Read the book. It will change your life!

Not too little, not too much, just right. All the information I ever wanted or needed to know about fasting in one easily accessible format. And yes, I've had the book less than a day, and have only been reading for several hours, but I'm already familiar with the practice of non-religious fasting as briefly outlined in Dr. Fung's *The Obesity Code*, and I can see that this new book fills in all the gaps. I currently practice a daily intermittent fasting routine with a 16 hour fast, and an 8 hour feeding window. Does it work? Absolutely! I'm 69, female, and my current A1C is 4.3, my labs are all within normal limits, I take no daily medications, and I've lost 33 pounds. These are important numbers for those of us who view fasting as a journey to better health, and the accompanying weight loss as a most serendipitous side effect. Now I'm ready to ramp up my game and *The Complete Guide to Fasting* is just the ticket.

Dr. Jason Fung's book *The Obesity Code* changed my life by answering my main question: why won't the weight stay off? Every time I'd lost weight, no matter how I'd gone about it, I eventually hit a wall and stalled, then gradually gained everything back. His insulin resistance theory of obesity made perfect sense. I'm prediabetic, so reducing my blood sugar has been a concern anyway. The *Obesity Code* (re)introduced the idea of fasting for health to me, and gave me enough info to start, but I wanted more. Dr. Fung's blog at his Intensive Dietary Management clinic and his videos on the Diet Doctor provided more information about fasting, and this new book incorporates a lot of that material. But it is more than just a rehash of the blog posts. *The Complete Guide to Fasting* is well organized, and expands on the topics he's been writing about the last few years, providing detailed practical advice for safely getting started with fasting, from intermittent (as few as twelve hours) to extended (1+ weeks). The book features comments from other fasting advocates, and stories from people whose lives have been bettered by therapeutic fasting. You'll get the historical background, cultural traditions, and methods of fasting. You'll get a buffet of fasting options that can include some calories, and the pros and cons of each. You'll even get some recipes, because a book on fasting also spends some pages explaining how to maximize your results between fasts, and that means eating healthy and satisfying food. There are approaches to fasting that you may learn about elsewhere - just do a YouTube search. The advice here is targeted to improving your health, particularly regarding metabolic disorders (obesity, diabetes). He doesn't overinflate his claims; some claim fasting can cure a wide variety of ailments, but he sticks to what he both knows, and

prescribes to his patients, and has documented their success. Some people may claim that fasting is crazy talk. And for some it might be: he notes who should not fast, and who should be very cautious about it. He urges working with a medical professional if you have certain conditions, take certain medications, are of a certain age, and so on. This is a sober and cautious book. I've personally done 5-7 day fasts based on Dr. Fung's approach, and did so safely. I've seen the benefits in action. I recommend this book.

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