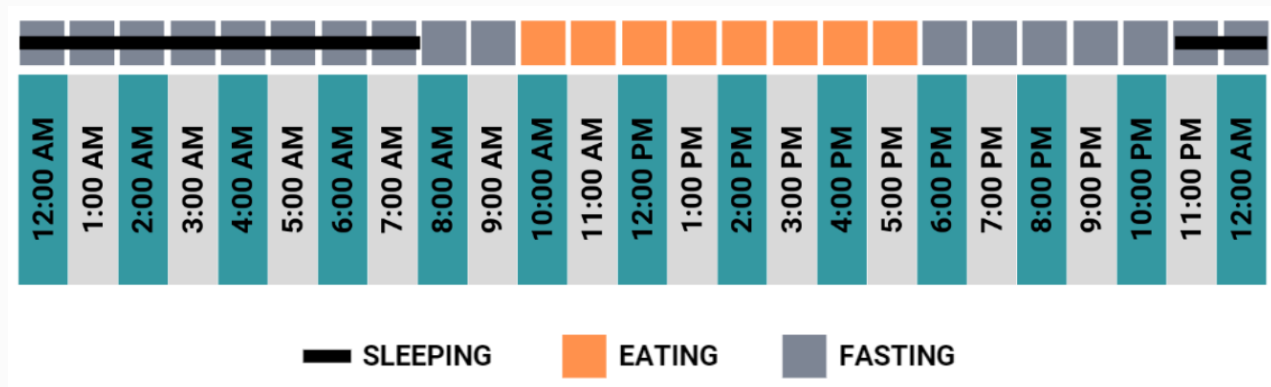


INTERMITTENT FASTING

This type of fasting involves fasting for shorter periods on a regular basis, like daily, for instance. These types of fasts are easier to do and can be done more frequently as a result without a lot of effort and strain while getting many of the benefits.

Formats for intermittent fasting: 16:8 where one would fast for 16 hours, and have an 8 hour eating "window". For example: eating from 10am - 6pm daily and fasting from 6pm to 10am the next day.

You may eat in any 8 hour window you prefer, so long as you ensure that you have at least 16 hours of fasting. If you prefer to eat closer to waking, you can do an 6am-2pm eating window, or 8am-4pm eating window. The choice is yours!



FASTING TIPS: WHAT TO EAT & DRINK

»» For 12 weeks, you will consume as much food as you want in an 8-hour period, then 16 hours a day of water fasting

»» The diet will focus on whole foods with an emphasis on non-starchy vegetables, eggs, seafood, and meat.

»» You must drink at least two liters of pure water per day. If you don't like the flavor, add some fresh-squeezed lemon juice.

»» You can find delicious recipes in Recipes section of the Truth About High Blood Sugar Book. Eat any combination you want as long as it's within the 8-hour window.