



STAGES & STYLES OF FASTING

Stages & Styles of Fasting

Many people mistake fasting for another form of dieting, but the truth is that fasting and dieting are nothing alike.

Fasting addresses the cravings that are holding you back, while dieting can make them worse. Fasting teaches you to eat based on your body's needs, while dieting focuses on calories and impersonalized rigid rules.

The calories in calories out (CICO) approach to weight loss doesn't account for the fact that your body is a dynamic system that responds differently to calories based on their source, when they are consumed, and your unique makeup.

The CICO approach says that you get fat because you eat too much food (too many calories).

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However, the actual data shows that if you're getting fat, it's because you aren't turning the food you eat into energy efficiently. Instead, the excess calories are stored in your tissues. This is a metabolic problem, not a willpower problem.

CICO sets you up for failure due to something called your set point. Your set point is a weight range that is controlled by your hormones, and it's based on your current weight. When you follow a calorie-restriction diet, you're fighting against these hormones — and you'll lose every time. On the other hand, fasting increases ketones, which simultaneously turn off hunger while resetting your body set point to a healthier range for you.

There are many different ways to fast, and you can choose to extend your fast or keep it relatively short.

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There are benefits to all the different forms of fasting, and you'll experience different physiological responses as you hit different phases in the fasting process. In general, the five stages of fasting include:

● **Stage Zero:** Stage Zero of fasting begins the moment you finish your meal until three hours after the meal. During this stage, your body is still digesting its food from your last meal, so you can consider it an "anti-fast."

● **Stage One:** Stage One of fasting kicks in 4 to 16 hours after your last meal, also considered the 16:8 fast, and is a great way to start fasting. At this point, all the energy from your last meal has been put to use, and you start using stored energy (mostly stored glucose) as fuel.



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● Stage two: Stage two of fasting is the one meal a day fast (OMAD) and begins after the 16-hour mark. Typically, OMAD is a 24-hour fast. At this point, your body switches over to fat-burning as glycogen stores diminish, and you start producing ketones.

● Stage three: Stage three of fasting is an advanced fast of 36 to 120 hours and is only for people that are already comfortable with fasting. At this point, you are fully in ketosis, hunger diminishes, energy is high, and Autophagy gets turned up.

While there are many benefits to extended fasts, they can also be dangerous and must be done cautiously.

Inconsistency will challenge your body and make it stronger, so for maximum impact, regularly change both the duration and style of your fast. This will also enhance your metabolic flexibility.