

FASTING BENEFITS TIMELINE

Fasting isn't about food deprivation; it's about fostering a healing state when practiced correctly.



INTERMITTENT FASTING 12-16 HOURS

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



GUT RESET FAST 24 HOURS

- intestinal cell regeneration
- microbial rebalancing
- GABA production
- brain healing
- autoimmune healing



DOPAMINE RESET FAST 48 HOURS

- dopamine receptors reset
- reduced anxiety & depression
- anti-aging antioxidant production
- HGH increased by 500%

- *Children should never fast*
- *Pregnant women should never fast*
- *Diabetics taking insulin should never fast without the express approval of their physician*
- *Nursing mother's should never fast longer than 15 hours*
- *Always seek the advice of your physician before starting a new health care regimen*



AUTOPHAGY FASTING 17 HOURS

- cellular detoxification
- cellular repair
- hormonal balancing
- improved immune function
- cancer prevention



FAT BURNER FAST 36 HOURS

- reduced glucose & insulin stores
- reduced cholesterol
- increased fat burning
- detoxification
- anti-aging



IMMUNE RESET FAST 72 HOURS

- peak autophagy
- immune stem cells generated
- musculoskeletal stem cells generated
- chronic conditions eased
- accelerated healing



Supercharge your innate healing power with a Fasting Lifestyle!

I am excited to share that I recently trained under Dr. Mindy Pelz to become one of the first **Fast Like a Girl Certified™ Coaches** in Ontario! Together, we can customize a Fasting Lifestyle to help you:

- improve metabolic flexibility
- increase energy
- mitigate symptoms of hormonal imbalance
- boost cognition & mood
- shed excess weight
- feel amazing in the process!

