

a guide to
fasting365

the power of fasting for life

*"the power of life and death is in
your mouth"*

by aaron a. delossantos

fasting365

A Huge Thank You...

...to my wife, Shana. She has encouraged me so much as I've attempted to become a better husband. She has never made me feel like I couldn't, or shouldn't, try to fast.

She has been a huge help to me, allowing me to achieve so much. She has the ability to calm my impatience just by being present.

I love her. She makes me better...xoxo

"The Most Important Step Is To Take The First Step"
- A.A. DeLosSantos

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***Shana's Take: Small inserts written by my wife, Shana, where she includes her experience with fasting.**

BEFORE YOU DO ANYTHING, READ THIS:

In order to make this guide as achievable as possible, we will do our best to provide knowledge, insight and tips that will benefit the reader. Although we do our best to provide reliable and informative material, we cannot and do not make any representations or warranty with respect to the content in our guide.

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Do not disregard medical advice or delay visiting a medical professional because of something you read in our guide or on our other communication channels.

For questions or concerns about any medical conditions you may have, please contact your doctor.

Join FASTING365 to start a Fasting Challenge and experience the benefits of fasting first-hand. We'll be there to answer your questions, comments, and concerns to help you experience the kind of fasting that can change your life.

To get started, join the Fasting365 Facebook group and let us know which type of fast you're doing, how you're preparing, and which goals you have set for yourself.

Be sure to tag us (@fasting365) and use the hashtags #fasting365 and #PowerofFasting in your social media posts!

"YOU MUST FIRST DECIDE THAT IT IS POSSIBLE TO CHANGE" - A.A. DeLosSantos

REVIVE

How I started my personal revival.

My revival began when I looked at the scale and saw a number I never thought I would see. At a height of 5'5", I weighed 250 pounds. An all-time high doubled as an all-time low. I was at my least healthy, but at the same time I was sparked to be my most motivated. That day I began a journey which would change so much more than just my physical health, and as I look back on the many diets and programs I had attempted I can see why this particular method has given me such lasting results.

It's not just your weight that needs to change. I lost weight on the HcG diet, the Paleo diet, the Keto diet... I saw results, as many of us do, but they never lasted. I would fail as quickly as I started, but somehow I would wind up in worse shape than I had begun! I would gain MORE weight than I lost, I would feel MORE defeated than before and I would have LESS hope of conquering my own health. Sound familiar?

The journey that sparked my personal revival was a deep dive down a wormhole to understanding the power of fasting. Fasting is the only approach that has empowered me to not only achieve a new level of health and wellness, but also regain control of my appetite and of my future.

REVIVE CONT'D...

The intent of this guide is to revive the physical, emotional and spiritual areas of your life and set you in motion, down a path that will provide sustainability. People perish for the lack of knowledge, so my hope is that you will take this knowledge and apply it to your everyday life.

After gaining this knowledge for myself, my personal goal shifted from *losing* body fat to *using* body fat and to start adding days to my life.

I plan on living until I'm 120 years old. Enjoy.

"You will revive in proportion to what you are willing to restrict." - A.A. Delossantos

CONFRONTATION

Sugar addiction, coffee addiction, food addiction and CONSUMPTION ADDICTION are all very real things, and they all had a very tight grip on my daily decision making processes. I wasn't even aware of it! The first addiction that I noticed I had was sugar, and while I could have easily written an entire book on the addictive issues and complications that sugar introduces into our bodies, I'll just keep it simple and say that sugar is a drug *nobody* wants to give up. However, once you confront sugar for the no-good addiction that it is, you will have conquered a huge monster that had been wreaking sweet havoc on your health.

Shana's Take: I firmly believe there's another addiction that fasting helps you confront- addiction to sleep. Even as I type this I cry a little on the inside. I love to sleep. I need to sleep. Sleep is my friend. I could sleep all day. (I'm typing this in my pajamas...) When you are fasting, something weird happens to your sleep. You may wake up in the wee hours of the night and have the time and the clarity of mind to accomplish things. God forbid that you rested without requiring quite as much shut-eye. Listen, procrastination and laziness are NOT your friends, k? They are friends with your comfy bed and your warm blankets, but they are NOT friends with you. They don't want you to succeed and they certainly don't want you productive. As we are laying addictions on the chopping block of fasting, don't be surprised when you discover unhealthy relationships with sleep. (FYI, sleep and rest are totally different things.)

CONFRONTATION

“You will confront every addiction when you fast.”

A.A. DeLosSantos

FEAR OF JUDGEMENT

When you begin fasting, you will no doubt have to confront the fear of judgment from other people. Here's the painful truth- people are expecting you to fail. My advice is to do just that; fail. And just when “they” are about to shout from the mountains of social media or send you that unavoidable “told you so” message, do it again. Start again. Begin to fast all over again.

The truth is that I started writing this book at the peak of my first attempt at extended fasting. I was excited, motivated and determined to change my life and all the lives of the people around me through the POWER of FASTING. I had just obliterated 80 pounds in 90 days and I believed I could conquer anything, but when the reality of life comes and slaps you in the face, it does it in such a way that not only do YOU feel it, but so does the audience that had congregated around you.

Ouch.

CONFRONTATION/FEAR OF JUDGEMENT CONT'D...

Within that crowd there are a small portion of those who truly hope for the best in your endeavors, but rest assured that there are those who will cheer you on and celebrate your victory just so they can be present if and when you fail. I mean, God forbid you succumb to your humanity and completely blow it, these fair-weather fans would quickly rise to the opportunity to point their finger at your weakness.

I want to honestly say that without the failure I wouldn't truly understand the power that exists on the inside. The power to just try again. The power to forgive myself for failing and even the power to appreciate the critics who started off as witnesses and quickly changed to judges, excited to slam the gravel on me as a failure. Guilty of humanity.

"It was only after I failed that I knew I had what it would take to succeed." - A.A. DeLosSantos

REALITY OF THE MIRROR

This will probably be the only section that I will discuss the effects that fasting has on our inner selves, but I must admit it is my favorite aspect of fasting.

Everyone starts their day differently. Often we become so busy that years go by and we don't even notice or recognize the person looking back at us. But the mirror is a true friend who doesn't give opinions and doesn't hold back any hard truths. It simply reflects the good, the bad, and the ugly without regard. The mirror is no respecter of persons. It can give only pure, unadulterated feedback.

The mirror I'm talking about isn't necessarily the one that's hanging on your wall. While that mirror certainly has its purpose, I want to bring your attention to the inner mirrors we often overlook. In addition to the physical mirror we all know, we must acknowledge the mirror of the soul and the mirror of the spirit.

The gateway to reality is to confront the image in the mirror. Now it's easy to identify the flaws and imperfections that the physical mirror reflects outwardly, but how do we take an assessment of the condition of our inward image? The image that we have of ourselves in our mind? How do we take a look into the soul mirror? What can we gaze into it to see the condition of our soul and spirit?

REALITY OF THE MIRROR CONT'D...

I can't answer those questions for everyone. I didn't even know how to fully answer those questions for myself, but fasting is what began the process of finding answers in my own life. As you begin to learn about fasting and implement it, be aware that you will experience reality on three levels. Let's call them Life Levels- physical (your body), emotional/mental (your soul), and spiritual (your spirit). These are all affected by fasting and you cannot separate one from the other. They all go hand in hand.

The physical mirror is the most obvious reflection that we are constantly aware of; we either love it or we fear it. The power of fasting gives the individual the ability to view themselves from the inward out as opposed to only the outward in.

With fasting, you are positioning your spirit (inner being) to a place of control over your physical cravings (outer being). No longer do your cravings and desires tell you what to do, but quite the opposite takes place- your spirit leads. You are able to release the power that's on the inside of you so that it can function in the way it was meant to. Have you ever wondered where the ability to love comes from? I would suggest that the truest form of love can only come from your spirit. Imagine yourself being able to love in its truest and purest form, unconditionally.

Love is not an emotion. It's a decision. You are best able to love unconditionally when you're led by your inward being, and not by physical senses. This is a part of fasting that not only benefits you greatly, but also everyone around you.

REALITY OF THE MIRROR CONT'D...

Although love isn't an emotion, emotions are still very real and important. When you fast, you will absolutely have to face off with your feelings in the arena of your soul. Your soul is made of three distinct levels: mind, will and emotions. It is in this place where your spirit and your body battle for who will lead.

Imagine this: a fierce cage match, a packed stadium, lights and sound. In one corner is your spirit, surrounded by his trainer and team- love, self control, kindness. In the other corner is your body, but the scene is quite different. Selfish desires, cravings and wants are hyping him up for the epic battle that is about to ensue. And standing there in the middle of it all, dressed in black and white, preparing to mediate the impending fight, is your soul. Your mind, will and emotions will determine the outcome and which corner will lead the individual. There can only be one winner, and winner takes all.

Did I mention this happens every single day? Every day you must mediate this fight between spirit and body to determine who you will be and how you will respond, and the battle boils down to your mind, your will, your emotions.

REALITY OF THE MIRROR CONT'D...

Emotions are electrical signals that are fired from the brain to help navigate the current condition that we may be in. Those signals are rapidly moving all throughout our physical body and we are interpreting them through our senses. Begin to think of emotions as inward motion. These electrical signals are moving rapidly on pathways that can very quickly become congested much like a traffic jam. When you implement fasting into your life, you begin to establish emotional infrastructure that regulates speed and direction; your very own personal traffic control.

Fasting empowers you to think clearly and make decisions that put love first and selfish desires on the back burner. The mirrors you are looking into throughout this process are three-fold, giving you a much needed sense of self-awareness that can only come about by the self control that fasting requires.

My goal, personally, is to be more than just aware of what's happening in each mirror, but to be at my best and live at the most optional health in all three. THAT is the power of fasting.

RESPECT FOOD = RESPECT YOURSELF

"You deserve more than just drive-thru relationships" - **A.A. DeLosSantos**

I'm about the rustle your feathers. That is, if I haven't already with the entire premise and tone of this book, anyway. And for that, I am almost apologetic. Almost, but not quite. I'm not apologetic because you need to hear this:

Your respect for food has a direct correlation to your respect for yourself.

What do I mean? Let's look at it this way. If you don't respect your body and respect yourself, you are likely willing to ingest any old burger or burrito from any old drive thru or off the street. And not just occasionally, but repetitively and regularly. If you require fast food you likely also require fast results and therefore don't have the patience and endurance to enjoy something that took time to prepare. Friend, the best things take time.

When I am ready to break my fast, I will drive to the grocery store and pick out the ribeye I want to eat, gather all the ingredients and purchase them. I'll head home and fire up the grill. I season and marinate meticulously. Meanwhile my wife is pacing frantically, asking if she can start into the watermelon and chips and salsa, but I am content. Once everything is prepared, I'll lay it out on our huge wooden cutting board and the entire family will sit down for "Daddy Steak." It's a feast. It's delicious. The kids are happy. My wife is happy. I am happy.

RESPECT FOOD = RESPECT YOURSELF CONT'D...

Could we have eaten sooner? Sure! We could have driven through a dozen places on our way to the store, and a dozen more on the way back. But would we be sitting together at this table, giving thanks for a meal so well prepared? Would the food taste as good? Would it fuel our bodies as much?

I stand firmly on the grounds that no, it would not. Great moments, great relationships, and great food take time. I respect myself too much to settle for just anything quick.

Might I add that this applies to relationships with others as well? Imagine having so much respect for yourself that you don't allow fast access to your life to just any person that shows up. I know we are talking about fasting, but I warned you- fasting touches EVERY area of your life.

RITUAL VS REFUEL

We typically eat out of ritual as opposed to out of the necessity of refueling. Don't believe me? Have you ever eaten breakfast just because it was "breakfast time?" Have you noticed that your body is trained to eat at least three meals a day, and when you get so busy that you work through lunch you realize that you're "famished" and need to make up for that loss of food intake with a very large dinner? Pile on the potatoes, I didn't have lunch today.

All of us have been there. We are ingrained to believe that in the morning we must eat breakfast. It's the most important meal of the day. It sets the tone for the rest of our day. I don't disagree here, but let me let you in on a little secret- breakfast is when you break your fast. When you sleep at night, you are fasting. We've always broken that fast with a bowl of cereal or perhaps some bacon and eggs, but the time of day or type of food has very little to do with what we call "breakfast." Your breakfast can happen at 2 in the afternoon on watermelon and a steak. Why? Because you will break your fast when you eat the first time that day.

But Aaron, that's so weird. I can't start my day without my Frosted Flakes! I always have a cup of coffee! Yes, we all love our rituals. I did, too, but we must recognize what we are doing. We are creatures of habit. We live by routines.

RITUAL VS REFUEL CONT'D...

But Aaron, my stomach is growling! I'm starving! No, you're not. Take a look in the mirror. Very few of us have ever experienced true starvation. If you've ever traveled to an impoverished country and seen with your own eyes the inflated stomachs and protruding bones, THEN you've witnessed starvation.

What we have experienced for the most part in our food-satiated society is not real hunger. Real hunger is not your stomach growling. It's when you can't walk.

I implore you, those are not hunger pains you're feeling- my friend, they're habit pains.

So are we eating just to eat? Or are we being intentional about the frequency and the content with which we are fueling our body?

Drop the rituals. Stop using food religiously and begin fueling your body to conquer your day and conquer your habits.

RITUAL VS REFUEL CONT'D...

Shana's Take:

I've never felt more understood regarding my relationship with food than when I was watching Lord Of The Rings and Pippin expressed GREAT concern over when and if they'd be having "second breakfast."

I have had many an amazing conversation about where we should eat dinner, while I was eating lunch.

I never imagined in a million years that I would be able to function- wait, no- THRIVE without having a hot cup of coffee to start my day. There are few things I enjoy more than great food and great conversation with great friends, but for this I am thankful- that I'm no longer feasting for every single meal and eating myself into excessive oblivion.

When I have a big meal, it's on purpose and I find I'm much more grateful, rather than eating big and pigging out all day long.

FASTING FOCUSED LIFE

***"Make up in your mind that once you start It will never end"* - A.A. DeLosSantos**

I'm certain that you've heard of or even read book upon book about diets and health. There is no shortage of material regarding which types of food are best for which body type, or what exercise regimen you can employ to get results. But something these books rarely address is one of the most effective means to achieving health for any and all body types- fasting.

The idea of fasting is nothing new. As you know, the human race greatly pre-dates conveniences like grocery stores and fast food chains. Food has not always been so readily available and easily accessible, and yet our ancestors were able to survive. Consider the days of hunting and gathering, when meals were spaced out for days or even weeks! Our bodies were created to endure periods of fasting, and you'll find that not only can you survive it, but you will adapt and thrive. Even now, fasting is still a common practice throughout the world.

The Fasting Focused Life incorporates fasting not just as a one-time practice, but as a new normal. When you add fasting into your life as a regular routine, you are investing into your health and longevity of life.

FASTING FOCUSED LIFE CONT'D...

Intermittent fasting (IF) involves fasting for 12 to 20 hours between one day's final meal and the following day's first. IF is great for entry level approach to fasting for people who want the “minimum effective dose” for reaping the benefits of fasting.

The combination of elevated fat metabolism and increased secretion of HGH(human growth hormone), both of which begin between 12 and 16 hours into a fast, contribute to improved body composition via fat loss and muscle preservation. Many people also find that it's easy to exercise during this short fasting window, which may support body composition even further.

Tips: The point of this type of fasting is not to restrict calories which can be difficult to stick with and may negatively affect hormones. To keep hormones balanced, it's best not to skip calories during these daily fasts; simply consume a normal day's worth of calories in a condensed 2-12 hour period.

If you are new to fasting, it is recommended to start with a 12-hour daily fast. If you are an experienced intermittent faster, try extending your fasting period to 16-20 hours. In other words, condense your daily calories into one or two meals a day.

BODY BENEFITS

The benefits of fasting are similar to the benefits of calorie restriction, with a few distinct differences. Multiple studies have associated calorie restriction with better aging, improved body composition, and a reduced risk of metabolic disease. The issue is that long-term calorie restriction can negatively affect thyroid and sex hormone levels, may lead to a decrease in metabolism, reduce lean muscle mass, and even worse: leave you perpetually hungry and cold.

Fasting is the best way to reap the benefits of calorie restriction while minimizing the drawbacks. Here are a few benefits that you'll want to familiarize yourself with while fasting:

Autophagy: Autophagy is a repair process wherein cells cleanse themselves by removing old and damaged proteins, replacing them with new ones and optimizing their function. This process has been associated with anti-aging, longevity, and improved metabolic health, and it only occurs during periods of fasting. Autophagy also has major implications for longevity and anti-aging because it keeps cells young, healthy, and functioning optimally. It is made up from 2 words: AUTO - meaning “self” and PHAGY - meaning “eat”. It is “self” “eating,” so when the body is in autophagy mode it is eating itself. Once it becomes depleted in quick access energy, it will begin to search for fuel and will tap into stored energy, aka your FAT STORES. This is an amazing process that our bodies have always had, but rarely get the chance to execute. The body will typically be in autophagy phase between the 48-72 hour fasted mark.

Improved Body Composition: Fasting for periods of 12 hours or more has been shown to improve fat oxidation and induce mild ketosis. Fasting has also been shown to increase the body's secretion of human growth hormone (HGH), which aids in preserving muscle and burning body fat.

Improved Energy Levels: It's been observed that all mammals tend to be active when hungry and sedentary when fed. As counter-intuitive as it might sound, energy levels tend to increase during times of fasting, potentially as a way to give the body a boost to go hunt and kill for food.

Blood Sugar Regulation: Controlling blood sugar is crucial for your metabolic health. Fasting can improve insulin sensitivity and lower overall levels of blood sugar.

Gut Health: Fasting can protect the gut against the negative impacts of stress and can lead to making your immune system stronger.

Brain Health: Fasting can improve mental clarity, learning and memory. In addition to protecting existing cells, fasting can aid in the growth of new nerve cells.

Appetite Regulation: Ghrelin, known commonly as the “hunger hormone,” is one of the hormones responsible for making us feel hungry. Ghrelin stands in direct contrast to leptin, the hormone responsible for telling us that we’re satiated, so balancing these hormones is one of the driving factors behind appetite regulation. Fasting has been shown to help us regulate ghrelin which allows leptin to normalize and appetite to balance out.

Improved Blood Lipid Profiles: Fasting has been shown to improve a number of blood lipid markers including blood pressure, cholesterol, blood sugar, and triglycerides.

Now that you know the benefits of fasting, how do you actually incorporate the practice into your life? There are many different types of fasting, ranging from short daily fasts to multi-day fasts and even to consecutive day fasts. The right choice depends on your goals and your level of experience.

PREPARING YOURSELF FOR AN EXTENDED FAST

Try the following during the week before your fast to enhance your body's ability to burn fat and go for longer stretches without food. The principles of the prep week are as follows:

Ease into mild ketosis. During the week before your fast, you'll want to improve the body's fat-burning capability and shift away from relying on glucose for fuel. Focus on limiting your carbohydrate intake and increasing your intake of healthy fats. Your meals should mainly consist of vegetables and protein, supplemented with healthy fats like avocado and coconut oil. Your only carbohydrates should be carbs from non-starchy vegetables and plant fats, ideally eaten at dinner or after a workout.

Restrict your feeding window. If you are preparing for a moderate to advanced fast, during your preparation week try to restrict your feeding window to 12 hours per day. For example, if you have dinner at 7 PM, eat breakfast at 7 AM the next day (or later). This will help ease the body into mild ketosis and get it accustomed to time without food.

FIRST 48HRS

Fasting begins after you finished your last meal, so here's a fun fact- you fast every single night already! Let's say you finished eating at 7PM. From then until the moment you eat again the next day is time that you have been fasting, whether you meant to or not. Ever skip breakfast unintentionally? If you don't eat until 2PM on the next day, then you will have been fasting for 19 hours! That's almost a full day without food. It's within this time frame that many people will begin confronting a few things.

Have you ever said, "If I don't eat something right now I'm gonna die?" You know the feeling. You're hungry. You want to eat. And we're told that we should have 3 square meals a day, so we're already way behind if we've missed the most important meal of the day! But let's talk about the first thing you'll confront: habit. You feel like it's a hunger pain, but truly it's a habit pain. We're used to eating. We're used to satiating our bellies the moment they begin to make noises and then we FEEL good. It's a habit. You WANT food, but if you don't get it you're not actually going to die. You can make it through a day without eating anything at all, believe it or not.

Another thing you'll confront is fear. But I really can't go without food, you say. So often this notion is backed by fear. Fear that we can't survive missing a meal. Fear we'll be "hangry." Fear of a headache or withdrawals. I understand the fears because I felt them, as well. I was convinced that if I didn't eat I would pass out. And so I ate. Then the day came that I decided I was tired of being led by fear, and that's when everything changed.

WHAT TO EXPECT DURING A FAST

Here are some common milestones you might experience during your fast. Remember that these processes and the rate at which they occur are highly individual - they will be influenced by your genetics and level of fasting experience.

You begin to experience the benefits of fasting, including autophagy, mild ketosis, and hormone balance after abstaining from food for just 12 hours. You're unlikely to experience irregular hunger at this point, even if you're brand new to fasting. Your brain function and physical energy are unlikely to diminish during this time, and you might even feel a slight increase in performance, which makes this portion of the fasting window a great time to exercise and get a jump on any tasks that require brain power.

In my experience, right around the 16 hour mark is where I will experience 2 constant signals- the stomach growl and coldness. I've learned to not only power through that part of the process, but even to embrace it because I understand that right on the horizon are amazing benefits. Don't give in and eat at this point, hang in there and you'll see the payoff!

The 18-36 hour mark is a sweet spot for experiencing all of the benefits of fasting without too much in the way of hunger or diminished energy levels, since your body is primarily operating on stored glycogen for energy. Weekly fasts averaging 24 hours are popular for this reason.

36-72 hours

This is where fasting can start to feel slightly difficult. People tend to feel an increase in hunger during this time frame, which is typically more psychological than physiological. Some report feeling slightly lethargic during this period, but nothing so severe that it can't be overcome with a cup of coffee or tea. At this point in your fast, pay extra attention to hydration and make sure you're consuming plenty of electrolytes to stay energized and ward off hunger pains.

3-5 days

At the three day point, you're likely to feel a radical uptick in energy levels as the body shifts into deeper levels of ketosis. Many people report not feeling hungry at this point in the fast, and some report feeling a state of bliss and heightened cognitive function which is likely due to how efficiently the brain operates on fat and ketones.

7 - 10 days

The longest I've ever fasted consecutively was 7 days. The interesting thing about it was that I knew I could've gone longer, but I felt I had reached my mental limit. I have noticed that at 7 days fasted I've felt the best. More than likely, I'll continue experimenting with fasts that don't exceed 7 days.

REFEEDING

**WARNING: DO NOT (AND I REPEAT) DO NOT MESS THIS PART UP!!
YOU CAN HURT YOURSELF AND/OR SABOTAGE YOUR PROGRESS AT
THIS STEP IF IT'S NOT DONE CORRECTLY!!**

Many people's inclination is to eat a huge meal when their fast is over, not because of physical hunger, but because of a psychological compulsion to consume. This can lead to stomach pain and issues, and while it doesn't ruin or counteract the benefits of fasting, it won't exactly leave you feeling great. Here are some tips for easing back into eating after your fasting window has ended.

Don't Gorge. Binge eating will hurt! Trust me on this, ok? To avoid potential stomach issues, resist the compulsion to hit the buffet post-fast. Opt instead to break your fast gently with a normal-sized, healthy meal. For fasts lasting longer than 24 hours, try easing back into eating with a small snack followed by a meal 30 to 60 minutes later. Watermelon is our go-to pick for breaking any fast.

Eat Slowly. No matter how much you eat to break your fast, avoid wolfing your food down. Eat slowly to optimize digestion and allow your body to adjust to eating again.

Drink Your Food. Liquid foods are much easier to digest than solids. Try breaking the fast with easy to digest foods like smoothies and soups. You can also prepare your system for digestion by supplementing with digestive aids like lemon and/or apple cider vinegar.

REFEEDING CONT'D...

If your goal is to drop a significant amount of body fat, then step 1 is to go as long as you possibly can without any caloric intake. Step 2 is to refeed on as few calories as possible. Why? You want to spike insulin just enough to “REFUEL” then jump right back into ketosis.

How often should you refeed? As little as possible. Be mindful, the more body fat you have the longer you are able to fast, which means if you have enough fat to use, and you could potentially only have one refeed per week. I'll show you the 365ROUTINE I used to demonstrate a refeed cycle.

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365ROUTINE

STEPS TO REAL RESULTS

THE “365ROUTINE”

1

— RESTRICT —

ALL SUGARS/food and drink

ALL CARBS

ALL CAFFEINE

ALL CALORIES

2

— REFEED —

1hr window

Combination of Protein/Fats

0 Carb

0 SUGAR

0 Artificial sweeteners

3

— REGIMEN —

On your Start day, eat Morning, Noon and Night. At your last meal, record the time.

48hr fast

Refeed at recorded time

72hrs fast

Refeed at recorded time

48hr fast

(7 day REGIMEN)

4

— RELAX —

Throughout fasting make time to just be still and chill.

Don't over exert

Allow time for your body to naturally heal and detox

5

— RECIPE—

ONLY CONSUME DURING FASTS

2L water

1/2 tsp Pink Salt - 775mg SODIUM /per 2L // RDA - 2300mg

1tsp “No Salt” potassium chloride powder - 2600g POTASSIUM/per
2L // RDA - 4700mg

EXAMPLE WEEK:

Sunday

- Breakfast
- Lunch
- Dinner, ended at 6PM, fasting begins

Monday

- Fast

Tuesday

- Fast until 6PM
- Eat between 6-7PM, fasting begins

Wednesday

- Fast

Thursday

- Fast

Friday

- Fast until 7PM
- Eat between 7-8PM, fasting begins

Saturday

- Fast

Sunday

- Fast until 6PM
- Eat between 6-7PM, fasting begins

RISK FACTORS

There are several populations who should proceed with caution and only fast under the direct supervision of their physician:

People with gout: Gout is the result of a chronic build-up of uric acid. During fasting periods, the elimination of uric acid through urine decreases, which leads to increased levels in the body. Fasting has not been shown to cause gout, but those with a preexisting condition should take extra precautions when beginning fasting.

People taking prescription medications: Certain medications are only to be taken with food, so people taking these medications need to plan their fasting schedules accordingly. It is possible to work medications into your fasting pattern, depending on what kind of fasting regimen you choose and how often you need to take medications. This is especially true for those with diabetes and other blood sugar regulation issues who are at an increased risk for hypoglycemia.

Extremely lean individuals: Very lean individuals (men under 10% body fat and women under 18% body fat) are at an increased risk for hormonal imbalances as a result of calorie restriction. These individuals also don't have as much energy to burn, which puts more strain on their bodies during fasting.

Diabetics (Type 1 or 2): People with diabetes run the risk of diabetic ketoacidosis, a complication that occurs when the body can't produce enough insulin. When the body doesn't have enough insulin during the fasting periods, diabetics run the risk of overproducing ketones, which could potentially damage the kidneys and cause swelling in the brain.

Though fasting is a great practice, it's ultimately a tool, and no tool is right for every situation.

There are several populations who should not intentionally be fasting, including:

People with a history of eating disorders

People who are malnourished and/or underweight (BMI of under 18.5)

Pregnant or breastfeeding women - you need extra nutrients for your child

People who have recently undergone surgery

Women respond differently to fasting than men.

The female body is extremely sensitive to caloric restriction, which can result in irregular menstrual cycles, sex hormone imbalances, and blood sugar dysregulation. That doesn't mean that women shouldn't fast at all - they simply need to take extra precautions to avoid these downsides. Women should consider shorter fasting periods (12-14 hours rather than 16 or higher) or fewer fasting days (once every week or two) and should take extra care to ensure they meet their macro and micronutrient needs during their feeding windows.

Possible side effects of fasting:

Fasting can come with a lot of different side effects some of those side effects may include:

Constipation

Headaches

Dizziness

Heartburn

Muscle cramps

Right-sided shoulder pain

Abdominal pain

Bloating, burping, and belching

Nausea

Changes in mood

Extreme hunger

Low energy

Obsessive thoughts about food

Binge eating behavior

An increase in blood glucose readings since the body will be producing and releasing more glucose for energy.

Fortunately, these symptoms should subside over time, and most can be alleviated

One final, more serious side effect is the refeeding syndrome.

Refeeding syndrome is the potentially fatal shifts in fluids, electrolytes, and hormones that might occur when malnourished people refeed. Fortunately, it's a rare condition - it only occurs in 0.43% of the world population, and generally only happens after fasts lasting 5-10 days or more.

REST AND RECOVERY

I could have easily made this the first chapter of this guide. When I first attempted to fast regularly, I quickly recognized that my success with fasting was directly connected to my success at resting. The two will go hand in hand. Only when you allow your body sufficient amount of time to properly rest will it begin the process of true recovery.

Recovery begins internally first. When you are truly in a rested state, physically, your body will begin the process of eliminating cells, dead cells, damaged cells, and cells that cause a potential threat will be expelled. How long you will need to rest depends on how active you are. Your body will send signals telling you when it needs to slow down, sit down or lay down.

This rest time is a great time to do some internal inventory. We touched on the internal battle earlier in this guide, and I look forward to releasing another work where I can discuss it in depth, because when you are fasting you will experience degrees of detox that touch the physical, soul and spirit. Resting is a very effective way to filter all of the debris that is fighting to be released from your being.

Make time to rest. Give your body permission to heal. It may take as little as an hour or two a day in order to flush through the detoxing symptoms, just be assured that the symptoms won't last forever; they will subside and you will be reenergized and on your way.

Shana's Final Take

Recently I watched a boxing match with Aaron. They were showing behind the scenes of one of the boxers backstage and he was rubbing his face and jawline really fast, over and over. I asked Aaron why he was doing that, and the response was not surprising- he is essentially numbing that area so that when he takes a hit, it won't come as such a shock and he can repeatedly take hits to the face without getting as stunned as he would otherwise.

It is with this understanding that I now look at fasting. Before we became regular “fasters” we would eat and eat and eat. Regularly. Repeatedly. So when food came, it was all very normal and never a surprise. This is how it became more difficult for us to be truly grateful. To truly FEEL the awe and amazement of eating a delicious meal. We ate all the time, what was so special about that?

We were numb. You may be numb.

In addition to all the many benefits of fasting, I propose one of the best is gratefulness. Fasting removes the numbness so that when you finally do eat, it comes at you like a jab to the face- you feel it. You don't take it for granted. You are thankful for what you have, and this translates into a more grateful view of all the many blessings we often become numb to in our lives.

Final thought.

There is still so much to be said about this subject of fasting, especially as this way of life is becoming more the trend. It's my hope that this attempt to give you some insight into fasting has been enough to at least entice you to try and, when you fail, try again.

I have a long way to go in my own understanding of how my body responds to fasting, but no matter what I will continue my search for more understanding. I will never again fast without understanding, and I will never stop fasting as a lifestyle. It is now part of who I am.

Every day, 365 days out of the year, I will fast in some way so that I can continue to learn how intricate the human body is.

Peace and blessings,

A.A. DeLosSantos

THANK YOU

By purchasing and consuming this content, you are making it possible for me to continue educating people about the incredible benefits of a fasting focused life.

Not only am I grateful for your support, but I want to offer mine as well! Please feel welcome to join the Fasting365 Facebook group and get involved with the community.

We all need to be surrounded by people who are cheering us on in order to succeed, and you will find that within the Fasting365 group.

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