

Fasting



The Bigger the Belly the Smaller the Brain

Fasting is the practice of abstaining from food and drink for a period of time. It has been practiced for centuries as a way to promote physical and spiritual well-being. In recent years, fasting has gained popularity as a way to improve health and enhance weight loss.

There are several different types of fasting, including intermittent fasting, alternate-day fasting, and extended fasting. Intermittent fasting involves restricting food intake to specific periods of the day or week, while alternate-day fasting involves alternating between days of normal eating and days of restricted food intake. Extended fasting involves abstaining from food and drink for a longer period of time, typically lasting several days to several weeks.

There are several potential health benefits associated with fasting, including weight loss, improved insulin sensitivity, and reduced inflammation. Some research has also suggested that fasting may have a positive impact on brain function and may even play a role in the prevention of certain diseases, such as diabetes and heart disease.

However, it is important to note that fasting is not for everyone and may not be suitable for certain individuals, including pregnant women, children, and those with certain medical conditions. It is always important to consult with a healthcare provider before starting a fasting regimen to determine if it is safe and appropriate for you.

If you are interested in trying fasting, it is important to start slowly and gradually increase the length of your fasts as you become more comfortable. It is also important to listen to your body and stop fasting if you experience any negative side effects.

Overall, fasting is a complex and multi-faceted practice that has the potential to offer a range of health benefits. As with any significant change to your diet or lifestyle, it is important to consult with a healthcare provider before starting a fasting regimen to determine if it is safe and appropriate for you.

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Here are some important things to pay attention to when starting a fast:

1. Consult with a healthcare provider: Fasting is not for everyone and may not be suitable for certain individuals, including pregnant women, children, and those with certain medical conditions. It is always important to consult with a healthcare provider before starting a fasting regimen to determine if it is safe and appropriate for you.
2. Start slowly: If you are new to fasting, it is important to start slowly and gradually increase the length of your fasts as you become more comfortable. This can help to minimize any negative side effects and make the transition to fasting easier.
3. Drink plenty of water: It is important to stay hydrated during a fast, as dehydration can lead to a range of negative side effects. Aim to drink at least 8 cups of water per day to stay hydrated.
4. Eat a balanced diet: Even when you are not fasting, it is important to maintain a balanced diet that includes a variety of nutrients. This can help to support overall health and well-being.
5. Monitor your body's response: Pay attention to how your body responds to fasting. If you experience any negative side effects, such as dizziness, weakness, or extreme hunger, it may be necessary to stop fasting and consult with a healthcare provider.
6. Be mindful of your activity level: Fasting may affect your energy levels and physical performance. It is important to be mindful of this and adjust your activity level accordingly.
7. Don't forget to eat: It is important to remember to eat after a fast. This can help to support healthy blood sugar levels and prevent overconsumption.
- 8.

Overall, it is important to pay attention to your body's needs and responses when starting a fast. If you experience any negative side effects or have concerns about your health, it is important to stop fasting and consult with a healthcare provider. Remember, talk to your doctor, pcp, prior to changing anything about your health.

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What does fasting for 20 hours a day, every day, for a year sound like? What about fasting for 3-5 days at the start of each month? [Unless you are looking to lose weight or suffering from obesity, depression, or anxiety, or gut-related issues this may sound crazy.](#) According to research, when you don't have food in your body, your body begins to feed on itself in a beneficial way. This process is called autophagy and apoptosis. Main importance of fasting is to reduce Glycation and AGE's. When you consume sugar throughout the day, sugar binds with your body's proteins rendering them dysfunctional. Unless you fast, your body is filled with useless proteins. This is the main reason fasting is knowing to improve cognitive functioning because it actually cleans you brain.

The increased cellular output is accompanied by increased levels of neurogenesis, neuroplasticity, and, most importantly, BDNF. [Autophagy and apoptosis occur to destroy old, malfunctioning, or mutated cells, thus protecting your DNA and fighting cancer.](#) Fasting has even been shown in studies to preserve healthy cells during chemotherapy. The main importance of fasting is to correct insulin resistance, reduce visceral belly fat, improve depression symptoms, improve anxiety symptoms, clear plaque out of your brain, improve glucose utilization, and I can keep going but I would like you to do your own research.

We coined the phrase "[Mind your Gut and you'll Keep your Mind](#)" at this point. The phrase "[bigger the belly, smaller the brain](#)" was due to belly fat being linked to a smaller hippocampus. There is proof that carrying around extra belly fat will increase your risk of mortality. Eating these unhealthy foods can harm the gut microbiome, putting you at risk for disease and illness. Think about it this way. You can either "[wake up, don't eat, let your glycogen deplete](#)" or go straight to food, never allowing your body to deplete its carb/sugar stores from the day before. If you do this for a number of months in a row, you will gain a significant amount of weight. The main thing to understand with fasting is that it is hard at first. Since fasting is actually hard here is part two.

Fasting Part 2

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Now that fasting is crucial, I'll compose this second page. At the moment, I only eat one meal each day, or OMAD. This will lessen glycation and AGE production which is important for aging. **The process of glycation occurs when simple sugars combine with bodily proteins, causing damage, malfunction, and resistance to normal replacement.** Excessive cooking and AGE-rich foods can both contribute to glycation. Now imagine having a ton of useless trash in your body that sits there for years.

Examples of foods that are high in AGE's.

- Processed Sugars
- Meat
- Dairy
- Deep-fried Foods
- Fried Foods
- Baked Foods
- Processed Foods
- Lunch Meat

You'll go through a process known as intermetabolic switching when you initially begin fasting. Your body is currently learning how to burn fat for energy. To aid your body in transitioning from carbs and sugars to fats, think about consuming more B5. Due to the brain's inability to adequately function on ketones, you may probably experience hypoglycemia (low blood sugar). "Hangry" is a very real word. Do not eat a snickers to solve this problem... The most essential thing to realize is that when you fast, your gut microbiome community changes, which may cause stomach discomfort. There are actually [links between your gut and brain that you can feel](#). You'll find that you urinate a lot more while you fast. It is both common and crucial that you pay special attention to your water-soluble vitamins going forward. This is why fasting and OMAD are challenging because you have to consume a bunch of food in a short period of time. To determine which type of fasting is most suitable for you, please speak with our dietician.

Fasting Part 3 IXI

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Let me give you my daily process for fasting when I first began. Please talk to your doctor, pcp or someone smarter than me. I was fasting for 20 hours a day every single day for an entire year. I would not eat for 3-5 days at the beginning of every month. I would not consume food until after I exercised.

PLEASE TALK TO YOUR DOCTOR OR PCP, SOMEONE SMARTER THAN ME BEFORE TRYING THIS.

- Wake up and consume 30 cal of almond milk with a B-complex (Looking for B5).
- Cycle a small green tea every other day or black coffee, your choice.
- Head off to landscaping job and read a book.
- Drink water.
- Meditate over lunch. (one hour).
- Drink water.
- Get off work and head to the gym.
- Exercise Vigerously paying attention to your optimal heart rate.
- Calculator here. ([Link to active.com heart rate calculator](#)).

Exercise does not always mean the gym. You can go on a 2 hour long bike ride in the morning while listening to a book. This means if you are listening to books on a faster speed, you will literally be able to finish half a book before half the world is even awake. Might sound crazy until you read 500 books and realize the importance of reading. You can meditate for one hour but i suggest doing this in the afternoon. Yoga is a great form of exercise due to the fact that most people cant even touch the ground with their hands. **A fun exercise to tell if you have a high mortality risk is by sitting and trying to get up without your hands.** This leads me to say the words Qigong, which is one of the most beneficial forms of exercise and you can learn about it in this book ([The Telomere Effect](#)) Also, being flexible and mindful is a double bonus. Consider swimming because it is a low impact exercise that you can fully exhaust yourself. Please just understand getting your heart rate up is the most important part of any exercise regimen.