LIVINGOOD DAILY

CHEAT SHEET

FASTING MADE SIMPLE: UNLOCKING AUTOPHAGY

WHAT IS FASTING?

Fasting is more than just skipping meals... It's a **powerful tool for your body!** This tool isn't just for healthy weight loss, it also allows your body to get rid of toxins and waste, helps you catch up on digestion, and boosts your immune system.

You don't have to fast for long periods of time to see the benefits! Giving your digestive system and liver a break from having to break down food constantly may help support your metabolism, reduce inflammation, and assist in natural detoxification.

This guide is here to walk you through the **why, how, and what** of fasting...

Why it's such a game-changer for your health.

How you can make it fit your lifestyle.

A step-by-step plan to help you ease into **rotational fasting** so you can unlock its full benefits.

No stress or confusion! Just practical, effective, and most importantly, simple strategies to **make fasting work for you!**

TYPES OF FASTING

Snack Fasting

Eliminate snacks and stick to 3 clean meals per day (where everyone should start!)

Food Group Fasting

Focus on eliminating specific foods/groups for health benefits (start with eliminating sugar!)

Intermittent Fasting (IF)

12-18 hour daily fasts with an eating window (generally 7-12 hours).

Rotational Fasting

Alternates fasting periods to optimize autophagy. Focuses on increasing prolonged fasting times, offering various benefits beyond weight loss.

OMAD "One Meal A Day" Fasting

One caloric and nutritionally dense meal per day, allowing for a longer fasting period.

Water Fasting

Fasting while drinking only water for a deeper detox.

Dirty Fasting

Using Collagen + Multivitamin, Greens + Superfoods, Electrolytes, etc. to sustain fasting while getting minor nutrients. Black coffee and/or herbal teas are also acceptable.

For detailed information on each type, see page 9.

WHY SHOULD I FAST?

Giving your body a break from food can lead to numerous remarkable health benefits, including:

GI Tract Reset

Helps digestion and improves gut health

Insulin Regulation

Supports balanced blood sugar levels

Growth Hormone Activation

Aids muscle preservation and fat loss

Accelerated Weight Loss

Encourages fat burning while preserving lean muscle

Increased Energy

Reduces sluggishness and stabilizes mood

Microbiome Support

Nourishes gut bacteria and enhances immunity

Gut Repair

Supports healthy gut lining and reduces inflammation

Have you completed at least three Livingood Daily Challenges and want to dive deeper?

Lifestyle members can explore the **Metabolism Reset Training** for Dr. Livingood's insights on fasting and metabolic health.

Understanding Autophagy: Your Body's Recycling System

Autophagy is a cellular process that cleans out dead cells and body fat, promoting detoxification, immunity, and insulin balance.

Rotational fasting allows you to enter autophagy sooner than intermittent fasting, making it an efficient method for renewal and healing.

Learn more about how autophagy works: Watch the full video.

Autophagy stops when:

- Too much sugar is consumed
- Stress levels spike
- Excess carbohydrates slow fat burning

Boost autophagy naturally by:

- Reducing caloric intake
- Managing stress
- Incorporating 10-minute workouts

How to Implement Rotational Fasting

Dr. Livingood dives deep into rotational fasting in this video.

BEFORE YOU START!!

Warm Up Your Metabolism to Burn Fat:
Curb Your Consumption!

- Follow the guidelines outlined in your Challenge Workbook and stick with 3 clean meals per day.

Week 1 **Cutting Your Breakfast in Half: Controlling Insulin**

- When insulin levels are low, you are burning fat.

Week 2 **No Breakfast: Extending Intermittent Fasting**

- Slide breaking your fast until lunch to increase fat burning benefits.

Week 3 **Eliminating Late Night Eating: Maximize Fat Burning**

- Stop spiking insulin after 6-7pm. Allow your body rest from digesting food.

Week 4 **Incorporate One Full Fasting Day**

- One day, complete a full day of fasting. (or multiple days if experienced with fasting)
- Every other day of the week you will follow the no breakfast and eliminate late night eating steps from weeks 2 & 3.

How to Continue Rotational Fasting Without Plateauing:

- Continue to cycle, or rotate, through each of the weeks. Starting with Week 1, move into Weeks 2 and then 3. After ending with Week 4, you can work your way backwards through the weeks or back to whichever week, or style, of fasting best suits your lifestyle. There is no one size fits all when it comes to fasting! It is important to **find what works best for you!**

Frequently Asked Questions About Fasting

What breaks a fast?
Any food or drink that contains calories, especially those that spike blood sugar or insulin, technically breaks a fast. Still or sparkling water, black coffee (no milk), and unsweetened teas are some zero calorie drinks that will not break a fast. Some chewing gums can break a fast, but sugar free, clean alternatives are generally okay.

Is fasting safe for everyone?
Fasting has many benefits despite many fasting myths that exist. While many people can fast safely, everyone's health is incredibly unique! Please consult with your physician regarding any medical/ medication questions or concerns regarding fasting.

What are the most common fasting methods?
The 16:8, 12:12, and alternate-day fasting methods are among the most commonly practiced approaches. Each method has its own purpose—some are more flexible, others more structured. We recommend trying to stick with a 7-12 hour eating window if possible!

Additionally, we prefer Rotational Fasting at Livingood Daily as it allows you to enter autophagy sooner than intermittent fasting, making it an efficient method for renewal and healing.

Check out the Metabolism Training in the Members Area which is an Advanced Challenge training all about rotational fasting: Watch the training video.

Frequently Asked Questions About Fasting (continued)

What's the best way to break a fast?
Start gently to avoid upsetting your stomach. Some ideal first foods include bone broth, steamed veggies, eggs, avocado, or smoothies. We would recommend avoiding heavy, greasy meals, raw veggies, high fiber foods, sugary treats, and alcohol when breaking a fast.

Where should I start if I am fasting for the first time?
Dr. Livingood breaks down how to work into Rotational Fasting in this video.
Start with eliminating snacking and sticking with 3 clean meals per day. Once complete, eliminate specific food groups from your meals, such as sugar and carbs. From there, you can start intermittent or rotational fasting by reducing portion sizes, eliminating meals, and/or sticking with a certain eating window.

Is fasting beneficial for hormone health?
Fasting can support hormone health! Some of its potential benefits include improving insulin sensitivity, balancing cortisol levels, supporting thyroid function, and enhancing muscle growth through increased human growth hormone production.

What should I expect physically and mentally?
You might feel mild hunger, cravings, slight fatigue, and mood shifts. After a few days of fasting, some individuals report experiencing increased mental clarity. These are normal and usually pass as your body adapts. The Breathing Guide can be a helpful resource to utilize while fasting.

Specific Types of Fasting

Snack Fasting

Eliminating all snacks and sticking to three clean, balanced meals per day.

How to Implement

- Eat breakfast, lunch, and dinner at consistent times.
- Avoid grazing or nibbling between meals.
- Focus on whole foods with protein, fiber, and healthy fats to stay full.

Why it Matters

- This is a foundational reset that stabilizes blood sugar, reduces insulin spikes, and curbs consumption. It's ideal for beginners and helps build discipline before diving into longer fasts.

Food Group Fasting

Temporarily removing specific foods or food groups to reduce inflammation or improve metabolic health.

How to Implement

- Start with eliminating sugar
- Progress to removing specific food groups, such as carbohydrates, night shades, etc. (can vary based on personal goals/ needs!)
- Try 7–30 day cycles (cycle off for a period and then reintroduce) and observe how your body responds.

Why it Matters

- This helps identify food sensitivities, reduce cravings, and support gut healing. It is also a great way to ease into more structured fasting by cleaning up your food first.

If you are a Lifestyle Member, check out the Basic Gut Reset in the Member's Area!

Intermittent Fasting (IF)

Fasting for 12–18 hours daily, with an eating window of 6–12 hours.

How to Implement

- Common schedules: 16:8 or 14:10.
- Example: Eat between 10am–6pm, fast from 6pm–10am.
- Stay hydrated with water, herbal tea, or black coffee during fasting hours.

Why it Matters

- IF improves insulin sensitivity, supports weight loss, and enhances cellular repair. It's flexible and sustainable for most lifestyles.

Rotational Fasting

Alternating fasting styles throughout the week to optimize autophagy. Focuses on increasing prolonged fasting times, offering various benefits beyond weight loss.

How to Implement

- Week 1: Cutting Your Breakfast in Half
- Week 2: No Breakfast
- Week 3: Eliminating Late Night Eating
- Week 4: Incorporate One Full Fasting Day

See page 6 for a deeper dive on rotational fasting.

Why it Matters

- Prolonged rotational fasting offers various benefits beyond weight loss. It helps reset your relationship with food and promotes mindful eating. It can improve your body's ability to utilize stored energy, known as autophagy, and this process supports cellular repair and renewal.

OMAD (One Meal A Day)

Eating one nutrient-dense meal per day, typically within a 1–2 hour window.

How to Implement

- Choose a consistent time. (e.g., 5–6pm)
- Prioritize protein, healthy fats, and fiber-rich veggies.
- Avoid ultra-processed foods. (quality matters more than quantity!)

Why it Matters

- OMAD simplifies meal planning by promoting greater focus on the quality and nutrient density of the meal. It can also support weight loss and mental clarity!

Water Fasting

Fasting while consuming only water. No calories can be consumed.

How to Implement

- Start with 24–48 hour fasts under supervision.
- Stay hydrated with mineral-rich water.
- Some individuals may need to avoid exercise and prioritize rest.

Why it Matters

- Water fasting can help initiate deeper autophagy, support immune health, and aid digestive reset. Best used periodically (e.g., monthly or quarterly) for detox and healing.

Dirty Fasting

A modified fast that allows minimal nutrients like the Collagen, Greens, Electrolytes, or Coffee.

How to Implement

- Use low-calorie, non-insulin-spiking beverages.
- Helpful for extending fasts without full depletion.
- Other common tools: bone broth, apple cider vinegar, black coffee, or green/herbal tea.

Why it Matters

- Dirty fasting helps you **fast longer with less discomfort**, supports electrolyte balance, and reduces hunger. It's a practical bridge between clean fasting and real life.

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