

JASON FUNG COMPLETE GUIDE TO FASTING

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FASTING HAS GAINED SIGNIFICANT POPULARITY AS A POWERFUL TOOL FOR IMPROVING HEALTH, MANAGING WEIGHT, AND ENHANCING LONGEVITY. AMONG THE MANY EXPERTS IN THE FIELD, DR. JASON FUNG HAS EMERGED AS A LEADING AUTHORITY, OFFERING PRACTICAL INSIGHTS AND SCIENTIFIC BACKING FOR FASTING PRACTICES. HIS APPROACH EMPHASIZES THE NATURAL PROCESSES OF THE BODY, THE BENEFITS OF INSULIN REGULATION, AND SUSTAINABLE FASTING METHODS THAT CAN BE INTEGRATED INTO DAILY LIFE. THIS COMPREHENSIVE GUIDE EXPLORES DR. JASON FUNG'S PRINCIPLES ON FASTING, PROVIDING YOU WITH THE KNOWLEDGE TO UNDERSTAND, IMPLEMENT, AND MAXIMIZE THE BENEFITS OF FASTING SAFELY AND EFFECTIVELY.

UNDERSTANDING THE FOUNDATIONS OF JASON FUNG'S FASTING PHILOSOPHY

DR. JASON FUNG'S APPROACH TO FASTING IS ROOTED IN THE UNDERSTANDING OF INSULIN'S ROLE IN HEALTH AND DISEASE. HE POSITS THAT MANY CHRONIC CONDITIONS, INCLUDING OBESITY, TYPE 2 DIABETES, AND METABOLIC SYNDROME, ARE PRIMARILY DRIVEN BY INSULIN RESISTANCE AND ELEVATED INSULIN LEVELS. FASTING IS A NATURAL AND EFFECTIVE WAY TO REDUCE INSULIN, PROMOTE FAT BURNING, AND RESTORE METABOLIC HEALTH.

THE SCIENCE BEHIND FASTING AND INSULIN

- WHEN YOU EAT, ESPECIALLY CARBOHYDRATE-RICH FOODS, YOUR BLOOD SUGAR RISES, PROMPTING THE PANCREAS TO RELEASE INSULIN.
- INSULIN HELPS CELLS ABSORB GLUCOSE FOR ENERGY OR STORAGE BUT CAN BECOME ELEVATED CHRONICALLY WITH FREQUENT EATING.
- ELEVATED INSULIN LEVELS INHIBIT FAT BREAKDOWN, LEADING TO WEIGHT GAIN AND METABOLIC ISSUES OVER TIME.
- FASTING ALLOWS INSULIN LEVELS TO DECREASE, SIGNALING THE BODY TO SWITCH FROM GLUCOSE TO FAT AS ITS PRIMARY ENERGY SOURCE.

CORE PRINCIPLES OF DR. JASON FUNG'S FASTING APPROACH

1. INTERMITTENT FASTING (IF): PRACTICING REGULAR PERIODS OF FASTING WITHIN A DAILY OR WEEKLY SCHEDULE.
2. EXTENDED FASTING: LONGER FASTS LASTING 24 HOURS OR MORE, UNDER MEDICAL SUPERVISION IF NECESSARY.
3. FOCUS ON WHOLE, UNPROCESSED FOODS: EMPHASIZING NUTRIENT-DENSE, LOW-CARB, HIGH-FAT DIETS TO SUPPORT FASTING BENEFITS.
4. INDIVIDUALIZATION: TAILORING FASTING PROTOCOLS BASED ON PERSONAL HEALTH, GOALS, AND LIFESTYLE.

TYPES OF FASTING RECOMMENDED BY JASON FUNG

FUNG ADVOCATES A FLEXIBLE APPROACH, CHOOSING FASTING METHODS THAT ALIGN WITH INDIVIDUAL HEALTH STATUS AND GOALS. HERE ARE THE PRIMARY FASTING TYPES HE RECOMMENDS:

INTERMITTENT FASTING (IF)

- 16:8 METHOD: FAST FOR 16 HOURS EACH DAY, EATING WITHIN AN 8-HOUR WINDOW.
- 5:2 DIET: CONSUME A REGULAR DIET FIVE DAYS A WEEK AND SIGNIFICANTLY REDUCE CALORIE INTAKE (AROUND 500-600 CALORIES) ON TWO NON-CONSECUTIVE DAYS.
- ALTERNATE-DAY FASTING: ALTERNATE BETWEEN DAYS OF NORMAL EATING AND FASTING OR VERY LOW CALORIE INTAKE.

EXTENDED FASTING

- FAST FOR 24, 36, 48, OR EVEN 72 HOURS, IDEALLY UNDER MEDICAL SUPERVISION.
- USED FOR RESETTING INSULIN SENSITIVITY, AUTOPHAGY, AND WEIGHT LOSS.

TIME-RESTRICTED EATING

- LIMIT EATING TO A SPECIFIC TIME WINDOW EACH DAY, SUCH AS 10 AM TO 6 PM.
- HELPS REGULATE CIRCADIAN RHYTHMS AND IMPROVE METABOLIC HEALTH.

IMPLEMENTING FASTING SAFELY AND EFFECTIVELY

WHILE FASTING OFFERS NUMEROUS BENEFITS, IT'S CRUCIAL TO APPROACH IT RESPONSIBLY. DR. FUNG EMPHASIZES UNDERSTANDING YOUR BODY'S SIGNALS AND CONSULTING HEALTHCARE PROVIDERS WHEN NECESSARY.

PREPARING FOR YOUR FAST

- GRADUALLY REDUCE MEAL FREQUENCY OR PORTION SIZES TO EASE INTO FASTING.
- STAY WELL-HYDRATED, DRINKING WATER, HERBAL TEAS, AND BLACK COFFEE OR TEA WITHOUT ADDITIVES.
- MAINTAIN A BALANCED DIET RICH IN HEALTHY FATS, MODERATE PROTEIN, AND LOW CARBS TO SUPPORT FASTING PERIODS.

DURING THE FAST

- LISTEN TO YOUR BODY; IF YOU EXPERIENCE DIZZINESS, WEAKNESS, OR OTHER ADVERSE SYMPTOMS, CONSIDER ENDING THE FAST.
- STAY HYDRATED; DEHYDRATION CAN MIMIC HUNGER AND CAUSE DISCOMFORT.
- ENGAGE IN LIGHT PHYSICAL ACTIVITY, SUCH AS WALKING, BUT AVOID STRENUOUS EXERCISE DURING EXTENDED FASTS.

BREAKING YOUR FAST

- BREAK YOUR FAST GENTLY WITH SMALL, NUTRIENT-DENSE MEALS.
- AVOID OVEREATING OR CONSUMING HIGH-CARB, PROCESSED FOODS IMMEDIATELY AFTER FASTING.
- REINTRODUCE FOODS GRADUALLY TO PREVENT GASTROINTESTINAL DISCOMFORT.

HEALTH BENEFITS OF FASTING ACCORDING TO JASON FUNG

DR. FUNG HIGHLIGHTS MULTIPLE HEALTH BENEFITS DERIVED FROM STRATEGIC FASTING, SUPPORTED BY SCIENTIFIC RESEARCH AND CLINICAL EXPERIENCE.

WEIGHT LOSS AND BODY COMPOSITION

- FASTING PROMOTES FAT BREAKDOWN BY LOWERING INSULIN LEVELS.
- ENCOURAGES THE BODY TO MOBILIZE STORED FAT FOR ENERGY.
- SUPPORTS SUSTAINABLE WEIGHT MANAGEMENT WITHOUT EXCESSIVE CALORIE COUNTING.

IMPROVED INSULIN SENSITIVITY AND BLOOD SUGAR CONTROL

- FASTING REDUCES INSULIN RESISTANCE, MAKING CELLS MORE RESPONSIVE TO INSULIN.
- CAN HELP REVERSE TYPE 2 DIABETES OR REDUCE MEDICATION DEPENDENCE UNDER MEDICAL SUPERVISION.

ENHANCED AUTOPHAGY AND CELLULAR REPAIR

- FASTING TRIGGERS AUTOPHAGY, THE PROCESS OF CLEANING OUT DAMAGED CELLS.
- PROMOTES LONGEVITY AND REDUCES THE RISK OF AGE-RELATED DISEASES.

REDUCED INFLAMMATION AND OXIDATIVE STRESS

- FASTING HAS ANTI-INFLAMMATORY EFFECTS, SUPPORTING OVERALL HEALTH AND DISEASE PREVENTION.

CARDIOVASCULAR AND BRAIN HEALTH

- IMPROVES CHOLESTEROL PROFILES AND BLOOD PRESSURE.
- SUPPORTS COGNITIVE FUNCTION THROUGH NEUROPROTECTIVE MECHANISMS.

COMMON CHALLENGES AND HOW TO OVERCOME THEM

IMPLEMENTING FASTING CAN BE CHALLENGING, ESPECIALLY FOR BEGINNERS. DR. FUNG OFFERS STRATEGIES TO NAVIGATE COMMON OBSTACLES.

HUNGER AND CRAVINGS

- DRINKING WATER, HERBAL TEAS, OR BLACK COFFEE CAN SUPPRESS APPETITE.
- STAYING BUSY AND DISTRACTED HELPS REDUCE FOCUS ON HUNGER.
- ENSURING ADEQUATE NUTRIENT INTAKE DURING EATING WINDOWS TO PREVENT DEFICIENCIES.

SOCIAL AND LIFESTYLE FACTORS

- PLAN FASTING SCHEDULES AROUND SOCIAL EVENTS OR FAMILY MEALS.
- COMMUNICATE YOUR FASTING GOALS WITH FRIENDS AND FAMILY FOR SUPPORT.

DEALING WITH FATIGUE OR LOW ENERGY

- ENSURE PROPER HYDRATION AND ELECTROLYTE BALANCE.
- START WITH SHORTER FASTS AND GRADUALLY INCREASE DURATION.
- INCORPORATE GENTLE MOVEMENT AND REST AS NEEDED.

WHO SHOULD AVOID FASTING OR SEEK MEDICAL ADVICE

WHILE FASTING IS GENERALLY SAFE FOR HEALTHY INDIVIDUALS, CERTAIN GROUPS SHOULD CONSULT HEALTHCARE PROVIDERS BEFORE STARTING:

- PREGNANT OR BREASTFEEDING WOMEN
- INDIVIDUALS WITH A HISTORY OF EATING DISORDERS
- PEOPLE WITH CHRONIC ILLNESSES OR ON MEDICATION, ESPECIALLY FOR DIABETES OR BLOOD PRESSURE
- ANYONE WITH A HISTORY OF LOW BLOOD SUGAR OR OTHER METABOLIC ISSUES

CONCLUSION: EMBRACING FASTING WITH KNOWLEDGE AND CARE

DR. JASON FUNG'S COMPLETE GUIDE TO FASTING PROVIDES AN EVIDENCE-BASED FRAMEWORK FOR HARNESSING THE BODY'S NATURAL ABILITY TO HEAL AND OPTIMIZE HEALTH THROUGH STRATEGIC FASTING PRACTICES. BY UNDERSTANDING THE SCIENCE, CHOOSING APPROPRIATE FASTING METHODS, AND LISTENING TO YOUR BODY, YOU CAN ENJOY THE LONG-TERM BENEFITS OF IMPROVED METABOLIC HEALTH, WEIGHT MANAGEMENT, AND VITALITY. REMEMBER, FASTING IS A PERSONAL JOURNEY—APPROACH IT GRADUALLY, STAY INFORMED, AND SEEK PROFESSIONAL GUIDANCE WHEN NEEDED TO ENSURE SAFETY AND SUCCESS.

DISCLAIMER: ALWAYS CONSULT WITH A HEALTHCARE PROFESSIONAL BEFORE STARTING ANY FASTING REGIMEN, ESPECIALLY IF YOU HAVE UNDERLYING HEALTH CONDITIONS OR ARE ON MEDICATION.

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE KEY PRINCIPLES OF JASON FUNG'S COMPLETE GUIDE TO FASTING?

JASON FUNG'S GUIDE EMPHASIZES THE BENEFITS OF INTERMITTENT FASTING FOR METABOLIC HEALTH, WEIGHT LOSS, AND LONGEVITY. IT ADVOCATES FOR STRUCTURED FASTING PERIODS, UNDERSTANDING INSULIN RESPONSES, AND COMBINING FASTING WITH A LOW-CARB, HIGH-FAT DIET TO IMPROVE OVERALL HEALTH.

HOW DOES JASON FUNG RECOMMEND STARTING A FASTING REGIMEN?

FUNG SUGGESTS BEGINNING WITH SHORTER FASTS, SUCH AS 12-16 HOURS, AND GRADUALLY INCREASING DURATION AS YOUR BODY ADAPTS. HE EMPHASIZES LISTENING TO YOUR HUNGER CUES AND MAINTAINING HYDRATION THROUGHOUT THE FASTING PERIOD.

ARE THERE ANY SPECIFIC FOODS OR DRINKS TO AVOID DURING FASTING ACCORDING TO JASON FUNG?

YES, FUNG ADVISES AVOIDING CALORIE-CONTAINING FOODS AND BEVERAGES DURING FASTING PERIODS. IT'S RECOMMENDED TO CONSUME WATER, BLACK COFFEE, OR TEA WITHOUT SWEETENERS OR MILK TO MAINTAIN FASTING BENEFITS WITHOUT BREAKING THE FAST.

WHAT ARE THE HEALTH BENEFITS OF FASTING HIGHLIGHTED IN JASON FUNG'S GUIDE?

FUNG HIGHLIGHTS BENEFITS SUCH AS IMPROVED INSULIN SENSITIVITY, WEIGHT LOSS, REDUCED INFLAMMATION, BETTER BLOOD SUGAR CONTROL, AND POTENTIAL ANTI-AGING EFFECTS AS KEY ADVANTAGES OF FASTING.

CAN FASTING BE COMBINED WITH EXERCISE ACCORDING TO JASON FUNG?

YES, FUNG SUGGESTS THAT LIGHT TO MODERATE EXERCISE CAN BE BENEFICIAL DURING FASTING PERIODS, ESPECIALLY AFTER THE BODY HAS ADAPTED. HOWEVER, HIGH-INTENSITY WORKOUTS MAY NEED TO BE TIMED CAREFULLY TO AVOID FATIGUE OR LOW ENERGY.

WHAT ARE COMMON CHALLENGES FACED WHEN STARTING FASTING, AND HOW DOES JASON FUNG RECOMMEND OVERCOMING THEM?

COMMON CHALLENGES INCLUDE HUNGER, FATIGUE, AND SOCIAL SITUATIONS. FUNG RECOMMENDS GRADUAL ADJUSTMENT, STAYING HYDRATED, CONSUMING ELECTROLYTES, AND HAVING A SUPPORTIVE COMMUNITY OR PLAN TO STAY MOTIVATED DURING THE TRANSITION.

IS FASTING SAFE FOR EVERYONE ACCORDING TO JASON FUNG?

FUNG ADVISES CAUTION FOR CERTAIN GROUPS SUCH AS PREGNANT WOMEN, PEOPLE WITH EATING DISORDERS, OR THOSE ON SPECIFIC MEDICATIONS. IT'S IMPORTANT TO CONSULT A HEALTHCARE PROFESSIONAL BEFORE STARTING A FASTING REGIMEN, ESPECIALLY IF YOU HAVE UNDERLYING HEALTH CONDITIONS.

WHAT DOES JASON FUNG SAY ABOUT BREAKING A FAST AND REFEEDING STRATEGIES?

FUNG RECOMMENDS BREAKING A FAST GENTLY WITH SMALL, NUTRIENT-DENSE MEALS THAT INCLUDE HEALTHY FATS AND PROTEINS. HE ADVISES AVOIDING OVEREATING OR CONSUMING HIGHLY PROCESSED FOODS TO MAINTAIN THE BENEFITS OF FASTING AND PREVENT DIGESTIVE DISCOMFORT.

ADDITIONAL RESOURCES

JASON FUNG COMPLETE GUIDE TO FASTING: UNLOCKING THE POWER OF INTERMITTENT AND EXTENDED FASTING FOR OPTIMAL HEALTH

FASTING HAS GAINED REMARKABLE POPULARITY IN RECENT YEARS, NOT ONLY AS A WEIGHT LOSS STRATEGY BUT ALSO AS A POTENT TOOL FOR IMPROVING OVERALL HEALTH, LONGEVITY, AND METABOLIC FUNCTION. AMONG THE MANY RESOURCES AVAILABLE, DR. JASON FUNG'S COMPLETE GUIDE TO FASTING STANDS OUT AS AN AUTHORITATIVE AND COMPREHENSIVE MANUAL THAT DEMYSTIFIES FASTING, PROVIDES PRACTICAL STRATEGIES, AND EXPLAINS THE SCIENCE BEHIND IT. THIS GUIDE AIMS TO DELVE DEEPLY INTO THE CORE PRINCIPLES, BENEFITS, PROTOCOLS, AND NUANCES OF FASTING AS OUTLINED BY DR. FUNG, OFFERING AN IN-DEPTH UNDERSTANDING FOR BEGINNERS AND EXPERIENCED FASTERS ALIKE.

INTRODUCTION TO FASTING: WHAT IS IT AND WHY CONSIDER IT?

FASTING, IN ITS SIMPLEST FORM, IS THE VOLUNTARY ABSTENTION FROM FOOD AND CALORIC BEVERAGES FOR A SPECIFIC PERIOD. THE PRACTICE ISN'T NEW—IT'S ROOTED IN ANCIENT TRADITIONS AND RELIGIOUS PRACTICES—BUT MODERN SCIENCE HAS REKINDLED INTEREST BY UNCOVERING ITS HEALTH-PROMOTING POTENTIAL.

WHY FASTING?

- METABOLIC BENEFITS: IMPROVES INSULIN SENSITIVITY, PROMOTES FAT LOSS, AND SUPPORTS METABOLIC FLEXIBILITY.
- CELLULAR REPAIR: STIMULATES AUTOPHAGY, THE BODY'S PROCESS OF CLEANING OUT DAMAGED CELLS AND REGENERATING NEW ONES.
- HORMONAL REGULATION: ALTERS HORMONE LEVELS TO FAVOR FAT BURNING AND MUSCLE PRESERVATION.
- LONGEVITY AND DISEASE PREVENTION: EVIDENCE SUGGESTS FASTING CAN EXTEND LIFESPAN AND REDUCE AGE-RELATED DISEASES.

DR. FUNG'S CORE THESIS IS THAT FASTING IS A NATURAL, SUSTAINABLE, AND EFFECTIVE APPROACH TO HEALTH OPTIMIZATION THAT WORKS SYNERGISTICALLY WITH OUR BIOLOGY.

THE SCIENCE BEHIND FASTING ACCORDING TO DR. JASON FUNG

UNDERSTANDING THE SCIENCE IS ESSENTIAL TO APPRECIATE THE EFFECTIVENESS OF FASTING. DR. FUNG EMPHASIZES THAT THE BODY'S METABOLIC RESPONSE TO FASTING IS DEEPLY ROOTED IN EVOLUTIONARY BIOLOGY.

KEY BIOLOGICAL PROCESSES ACTIVATED DURING FASTING

- GLYCOGEN DEPLETION: INITIALLY, THE BODY USES STORED GLYCOGEN IN THE LIVER FOR ENERGY. THIS PROCESS GENERALLY OCCURS WITHIN 12-24 HOURS OF FASTING.
- SWITCH TO FAT BURNING: ONCE GLYCOGEN STORES ARE EXHAUSTED, THE BODY SHIFTS TO BURNING FAT FOR ENERGY, PRODUCING KETONE BODIES—A STATE CALLED KETOSIS.
- HORMONAL SHIFTS: FASTING DECREASES INSULIN LEVELS AND INCREASES HUMAN GROWTH HORMONE (HGH), FACILITATING FAT LOSS AND MUSCLE PRESERVATION.
- AUTOPHAGY ACTIVATION: FASTING TRIGGERS AUTOPHAGY, A CELLULAR "SELF-CLEANING" PROCESS THAT REMOVES DAMAGED ORGANELLES AND PROTEINS, PROMOTING CELLULAR HEALTH AND LONGEVITY.

FASTING AS A TOOL FOR INSULIN REGULATION

PERSISTENT HIGH INSULIN LEVELS ARE LINKED TO OBESITY, TYPE 2 DIABETES, AND METABOLIC SYNDROME. FASTING HELPS LOWER INSULIN LEVELS, ALLOWING THE BODY TO ACCESS FAT STORES MORE EFFECTIVELY AND REVERSE INSULIN RESISTANCE.

TYPES OF FASTING PROTOCOLS: WHICH ONE IS RIGHT FOR YOU?

DR. FUNG CATEGORIZES FASTING STRATEGIES BASED ON DURATION AND FREQUENCY, EMPHASIZING FLEXIBILITY AND INDIVIDUAL GOALS.

INTERMITTENT FASTING (IF)

INTERMITTENT FASTING INVOLVES CYCLING BETWEEN PERIODS OF EATING AND FASTING WITHIN A DAY OR WEEK. COMMON PROTOCOLS INCLUDE:

- 16/8 METHOD: FAST FOR 16 HOURS, EAT DURING AN 8-HOUR WINDOW.
- 5:2 DIET: EAT NORMALLY FOR FIVE DAYS, RESTRICT CALORIES (~500-600) ON TWO NON-CONSECUTIVE DAYS.
- EAT-STOP-EAT: 24-HOUR FAST ONCE OR TWICE A WEEK.
- ALTERNATE-DAY FASTING: FASTING EVERY OTHER DAY.

EXTENDED FASTING

EXTENDED FASTS LAST BEYOND 24 HOURS, OFTEN RANGING FROM 48 HOURS TO SEVERAL DAYS. THESE ARE TYPICALLY UNDERTAKEN WITH MEDICAL SUPERVISION AND ARE USED FOR DEEPER DETOXIFICATION, AUTOPHAGY, OR THERAPEUTIC PURPOSES.

CHOOSING THE RIGHT PROTOCOL

FACTORS TO CONSIDER INCLUDE:

- PERSONAL HEALTH STATUS AND MEDICAL HISTORY
- GOALS (WEIGHT LOSS, METABOLIC HEALTH, DISEASE REVERSAL)
- LIFESTYLE AND SCHEDULE
- EXPERIENCE WITH FASTING

DR. FUNG RECOMMENDS STARTING WITH SHORTER FASTS, SUCH AS THE 16/8 METHOD, AND PROGRESSING GRADUALLY.

PRACTICAL GUIDELINES FOR SUCCESSFUL FASTING

IMPLEMENTING FASTING EFFECTIVELY REQUIRES MORE THAN JUST ABSTAINING FROM FOOD. DR. FUNG PROVIDES CRITICAL INSIGHTS INTO PREPARATION, EXECUTION, AND BREAKING THE FAST.

PREPARING YOUR BODY

- GRADUAL TRANSITION: EASE INTO FASTING BY GRADUALLY INCREASING FASTING DURATION.
- HYDRATION: DRINK PLENTY OF WATER, HERBAL TEAS,

[Jason Fung Complete Guide To Fasting](#)

jason fung complete guide to fasting: Complete Guide To Fasting Jimmy Moore, Jason Fung, 2016-10-18 The ultimate resource on intermittent fasting, the incredibly effective therapeutic approach to feeling better and losing weight that produces life-changing results. Whether you're new to intermittent fasting or you want to fine-tune your fasting plan, this is the intermittent fasting manual to help you build the right fasting program for the best results. Whether your goal is to lose weight, improve your body's insulin response, sharpen your mental faculties, turn down depression or anxiety, or slow the aging process, The Complete Guide to Fasting is the best companion for your

journey. Here you'll find everything you need to get you through your first fast, including a 7-Day Kick-Start Fasting Plan and 20 healing recipes. Get the guidance you need to make intermittent fasting work for you! You will learn: • How intermittent fasting works, and how you can successfully combine it with diets and eating preferences such as keto, low carb and low sugar • How intermittent fasting amplifies weight loss and improves many other health conditions, such as pre-diabetes, type 2 diabetes, metabolic syndrome, hypertension and heart health • Which fluids are allowed and can even aid fasting, and which will break your fast • What should you expect when you start fasting, and how to avoid potential negative effects • How to manage hunger and create the right mindset • What are the different fasting types and protocols, including 16:8, 20:4, alternate day fasting, and other extended fast Forget about starving yourself or diets with complicated rules—intermittent fasting has never been easier!

jason fung complete guide to fasting: THE COMPLETE GUIDE TO FASTING -

Summarized for Busy People Goldmine Reads, 2019-02-22 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Countless books have been published discussing the best and the latest eating regimens that promise weight loss and better health. What most people do not realize is that the missing component to an effective dietary program lies in a centuries-old practice: fasting. Fasting is more than just deliberate starving. At the right conditions and regardless of dietary program, the effects of fasting to the human body are astonishing. Dr. Jason Fung, a nephrologist based in Toronto, has utilized an assortment of fasting procedures to help more than a thousand of his patients. With the help of health broadcaster and bestselling author Jimmy Moore, Dr. Fung explains the real science behind fasting, its advantages to our health, and how it can be done in the most effective way. In *The Complete Guide to Fasting*, Dr. Jason Fung and Jimmy Moore describe: • the importance of fasting throughout history • how fasting improves our health • the different approaches to fasting (intermittent, alternate-day, and extended) • who can experience the perks of fasting (and those who can't) • how fasting is beneficial to weight loss • what to prepare for in the beginning of the fast • methods that can be used to monitor progress during a fast Wait no more, take action and get this book now!

jason fung complete guide to fasting: Notes on Jason Fung's MD *The Complete Guide to Fasting* by Instaread Instaread, 2017-02-14

jason fung complete guide to fasting: Summary: Dr. Jason Fung's *the Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, ...* Sarah Fields, 2019-02-16 Dr. Jason Fung's book *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended* is the comprehensive manual to the revolutionary healthy habit of fasting. Thousands of books have been published about the greatest and latest diets that can help individuals lose excess weight and improve their overall health. The key element in any effective nutritional health program is the method that has been tried for many ages: fasting. In this book, Dr. Fung defines what fasting is really about and how it can effectively produce amazing results and become therapeutic when it's done right. *The Complete Guide to Fasting* also provides the tools that readers need to get started and get through their fasts. In this comprehensive look into *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

jason fung complete guide to fasting: Summary Quality Summaries, 2019-10-02 IMPORTANT

NOTE: This is a book summary of *The Complete Guide to Fasting* by Jason Fung and is not the original book. Different diets drop in and out of fashion all the time. All of them promise sustainable weight loss and a healthier, fitter you but most are quickly replaced by the new 'next best thing'. One buzzword in the world of dieting and wellness at the moment is 'fasting' - but is it just another fad? Not at all, says Dr. Jason Fung, author of *'The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting'*. In fact, it's a practice that goes back thousands of years. It's also a highly effective way to lose weight and boost your health. Dr. Fung uses his experience of working with patients who adopted fasting methods alongside the knowledge of Jimmy Moore, a health expert podcaster, to discuss the revolutionary benefits of fasting in this guide to maintaining prolonged periods without food. In this book, *A Summary of The Complete Guide to Fasting*, you will find the key points of Dr. Fung's research so you can learn about fasting in a much quicker time. All of the information is laid out in a concise and straightforward way so it's easy to refer back to if you want a quick reminder of certain points. Fasting, according to Dr. Fung, isn't about restricting your food so that you feel miserable and famished. It can actually leave you feeling energetic and focused, as well as bringing remarkable health benefits and weight loss. This summary briefly explains the ins and the outs of Dr. Fung's guide to fasting so you can learn quickly and start putting your knowledge into practice immediately. In this book, you will discover: - A brief yet informative summary of Dr. Fung's guide to fasting. - A look at what fasting is and how it can give your health a huge boost. - Why fasting doesn't mean starving - and how you'll feel great from doing it. - An overview of the history of fasting and why it is more than just a modern-day fad. Fasting isn't going away any time soon! - A summary of how you can start fasting and reaping the benefits straight away. If you want to learn more about fasting and how you can do it, this quick yet educational summary is ideal. Click below to buy now!

jason fung complete guide to fasting: *The Obesity Code* Dr. Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss. Understand the science of weight gain and insulin resistance. Stop suffering and ditch calorie counting, yoyo diets, and excessive exercise. In this highly readable book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He reveals that everything you've been told about how to lose weight is wrong: weight gain is driven by hormones, and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. Dr. Fung shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—permanently.

jason fung complete guide to fasting: SUMMARY: The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting: by Dr. Jason Fung | The MW Summary Guide The Mindset Warrior, 2018-02-05 An Easy to Digest Summary Guide...
☐☐BONUS MATERIAL AVAILABLE INSIDE☐☐ The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? ☐ Maybe you haven't read the book, but want a short summary to save time? ☐ Maybe you'd just like a summarized version to refer to in the future? ☐ In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the *The Complete Guide to Fasting* (full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

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