

# Intermittent Fasting:



## Weight Balance, Stem Cells and Detoxification

Intermittent fasting is a technique where you eat all of your food in either a *5 or 6 hour window*. It has several potential benefits: first, it puts your body into keto-genesis. Keto-genesis is when your metabolism switches from burning carbs to burning primarily old dead tissues (such as scar tissue or other abnormalities) and fat.

When you intermittent fast, it allows your body **to clean up dead tissues and body fat**. Note: intermittent fasting can be a technique used for benefit even if you are within normal weight limits. Intermittent fasting is not a “diet” for weight loss, rather a very effective way to give your system a chance to reboot and restore.



60 years or younger : 5 hour window (ie: 1-6pm or 8am-1pm)  
61-110 years of age : 6 hour window (ie: 1-7pm or 8am-2pm)

Outside of your eating window which can be **any consecutive** 5 or 6 hours you are limited to 1) clean water 2) tea 3) broth teas

A secondary benefit to intermittent fasting is stem cell production. Several studies have correlated intermittent fasting with **increased stem cell production**. Specifically, stem cells in the small intestine and gut tissues. A third benefit to intermittent fasting is that it can be an opportunity for increased **detoxification**, specifically of a person's **liver and gallbladder**, but other organs have the potential to benefit as well. Intermittent fasting gives a person's body a chance to **reverse fatty deposits in the liver, increase detoxification of the blood, and increased metabolism**.

Intermittent fasting would be an ideal action step for people with:

- Extra body fat they would like to lose
- Bloating or chronic digestive issues\*
- Chronic fatty liver
- Gallbladders that are clogged or abnormal
- Chronic toxicity issues

Duration: For best results intermittent fasting needs to be given a long duration. It is recommended to pursue **4-6 weeks of intermittent fasting with 1-2 weeks off, in cycle, until goals of health and weight loss are met**. After goals are met, it would be appropriate to have some consistency (i.e. *one week of intermittent fasting a month*) to help **stabilize your metabolism and new weight balance**. For people with chronic weight imbalance issues, intermittent fasting should never be abandoned.

It would also be appropriate to mention that the more toxicity, excess body fat, excess visceral fat or chronic gut issues you have, the longer it will take for a visible response. **During Intermittent fasting, your body will consume abnormal tissues that are having the greatest abnormal affect on your life first** (i.e. visceral fat around your organs or internal scar tissues). Consuming your excessive belly or body fat will come secondary. This is part of what makes Intermittent fasting such a sustainable method of weight loss and better health outcomes.

**Ready to get results even faster?** Here are some supplementation strategies for faster detoxification and results:

**Milk Thistle Forte**, 1 tablet 3x a day  
**Metabol Complex**, 1 tablet 3x a day  
**Cataplex D**, 1 tablet 2x a day

\*If you have abnormal dysfunction of your vagus nerves, your results, even with effective Intermittent fasting will be limited due to decreased neurological communication between your brain and organs.

**For more information call today to schedule your complimentary consultation with an Averio doctor!**