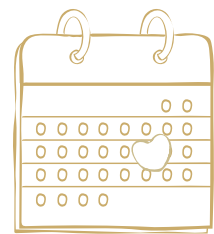




intermittent fasting

1. Do a One Week Challenge



Once you decide which 8 hours will be your feed time and which 16 hours will be your fast time, stick to it for a week, it will seem a lot easier to stick to the schedule.

2. Pack Nutrients into smoothies and juices.



With IF you will eat less. You'll naturally become aware of nutrient density... and filler foods will become less appealing. Break your fast each morning with nutrient-rich fruits and juices made from veggies, fruits, avocado or almonds and water. Notice the life force in these living foods!

3. Eat 2, not 3, "real" meals a day.



About an hour after your juice or smoothie, enjoy a "real" breakfast: eggs and toast, oatmeal, chia seed porridge. About 5 hours later, eat "dinner," your main meal. This eating schedule opens up a lot of time in your day, allows you to digest your food more completely, and generates a stronger digestive fire, a deeper, more even flow of energy, and more mental clarity throughout your day.

4. Change WHEN before WHAT



Make it easier on yourself! Too much change at once will result in resistance and will send you back into old patterns that don't serve you. If you want to evolve what you're eating, do it after you're comfortable with your new eating schedule

5. Nourish your Body from the outside.



In the evening, practice self massage with quality, organic, cold pressed oils. For an even more decadent experience, add essential oils. Self massage aids in detoxification and transformation of fat tissue. You'll sleep better too!

6. Don't give up tea or coffee . . . yet



Similar to tip number 4, don't take on too many changes at once. Caffeine can aid in the transition to intermittent fasting by suppressing the appetite in the morning. Avoid adding calories in the form of cream or sugar.

7. Hydrate during fasting times.



Too much water during feeding times can dilute digestive fire. Drink plenty of warm or room temperature water during your fasting times. During feeding times, eat foods with plenty of water content.

8. Eat quality fats



Your body needs high quality fat. Breaking your fast with good clean fats and protein will keep you from overeating. Choose avocado, sesame tahini, coconut, and soaked almonds and cashews. Cook with ghee and high quality, organic, cold-pressed oils like olive oil and coconut milk. Find out what nuts or seeds are local to your ecosystem... and eat more of those. If you eat animals - choose organic and enjoy the fat that is part of the meat.

9. Use the buddy system



It's easier to evolve when you're not doing it alone. Recruit friends and family to try intermittent fasting (IF) with you. It's not exclusive to Ayurveda, so point potential partners in the direction of other communities that are employing IF. If you can't recruit your family, let them know about the changes you're making and ask for support.

10. Have fun!



Eating 2 meals a day frees up a lot of time, especially in the evening. Use that time to do things you love to do. Walk, read, swim, play with your kids, practice yoga, garden, meditate . . .

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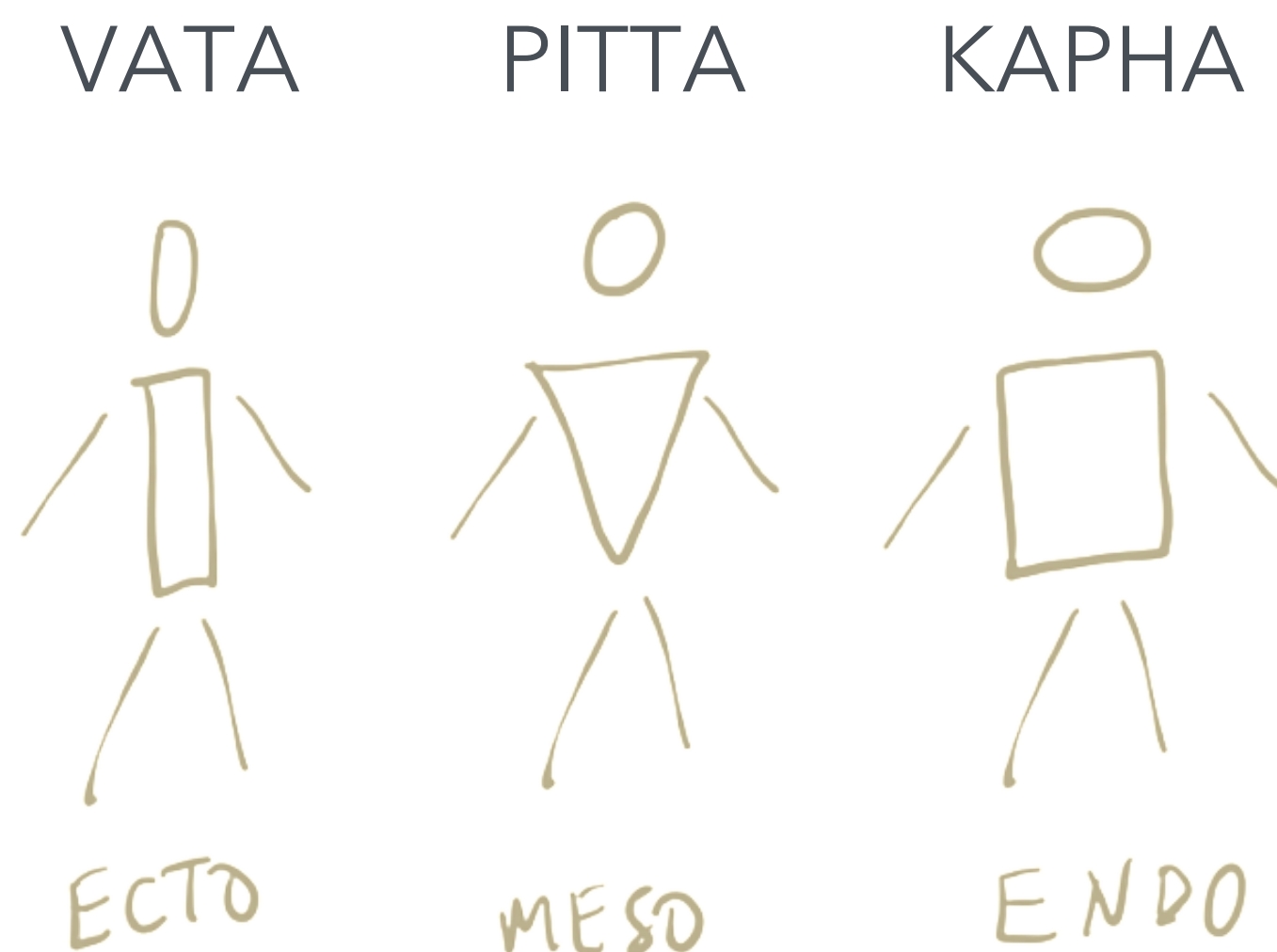
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which are you?



VATA	PITTA	KAPHA
VARIABLE BURNERS Start with 14/10	HOT BURNERS Start with 16/8	SLOW BURNERS Start with 18/6
Break your fast with a good meal, warm, spiced, and rich in fat.	Decrease spicy foods, caffeine and alcohol. Eat clean.	Decrease carbs, increase greens and beans.
2-3 meals a day, at the same time.	2 substantial meals a day.	Aim for a few OMAD's a week; mix up times + rhythm.
Focus on self-massage and slow walks.	Focus on time outside, relaxing and enjoying life.	Focus on active evenings, lively mornings.

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