

Dr. Mindy Pelz

THE 6 STYLES OF FASTING

1

INTERMITTENT FASTING

Fasting window: 13-15 hours

Complementary eating styles:

- **Animal-based:** 100g protein, 50g net carbs
- **Hormone building:** 50g of protein, 100g of net carbs
- **Protein building:** 20 grams net carbs, 150-200g protein daily. Eat 20g protein every couple hours, with 40g 1-2 hours before bed.
- **Keto vegetarian:** 75-100g of net carbs, 50g of protein, 60% of calories coming from good fats.
- **Low keto:** 50g of protein, 20g of carbs, 60% of calories coming from good fats.
- **Ketobiotic:** 50g of protein, 50g net carbs, 60% of calories coming from good fats, 1 cup of fermented, probiotic foods.

Guidelines: Supplements, coffee and tea ok during fasting window.

Benefits: Increased human growth hormones (hgh) and ketones, reduced inflammation, fat burning begins, improved energy.

Videos: 

- [Why your doctor should be recommending Intermittent fasting](#)
- [When is the right time for women to intermittent fast?](#)
- [Will intermittent fasting slow your metabolism?](#)
- [Does intermittent fasting work for weight loss?](#)

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AUTOPHAGY FASTING

Fasting window: 17 hours

Complementary eating style:

- **Autophagy:** 20g of protein, 50g of net carbs net, 60% of calories coming from good fats.

Guidelines: Break your fast with good fat, then wait at least one hour before opening up your eating window. Supplements, coffee and tea ok during fasting window.

Benefits: Cellular repair and detoxification, creation of new healthy cells, anti-aging, immune boosting effects and cancer prevention.

Videos: 

- [What is autophagy?](#)
- [Ketosis vs. autophagy: whats the difference?](#)
- [How long do you need to fast to achieve autophagy?](#)
- [5 foods that boost autophagy](#)
- [How to break your autophagy fast](#)
- [what are you actually detoxing with autophagy](#)
- [Autophagy and your immune system](#)

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GUT RESET FAST

Fasting window: 24 hours

Complementary eating style:

- **Ketobiotic:** 50g of protein, 50g net carbs, 60% of calories coming from good fats, 1 cup of fermented, probiotic foods.
- **Animal-based:** 100g protein, 50g net carbs
- **Low keto:** 50g of protein, 20g of carbs, 60% of calories coming from good fats.
- **Keto vegetarian:** 75-100g of net carbs, 50g of protein, 60% of calories coming from good fats.

Guidelines: Supplements, coffee and tea ok during fasting window.

Benefits: Regeneration of intestinal cells, increased GABA production, improved anxiety, depression, mental clarity and brain function, reduced memory loss, healing autoimmune conditions and assisting in weight loss.

Videos: 

- [How you can fix your gut with fasting](#)
- [Can fasting heal your gut Q&A](#)
- [Gut Health - Interview with Dr. Sarica Cernohous](#)
- [Is metabolism affected by your gut microbiome?](#)

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FAT BURNER FAST

Fasting window: 36 hours

How to break your fast:

- **Ketobiotic:** 50g of protein, 50g net carbs, 60% of calories coming from good fats, 1 cup of fermented, probiotic foods.

Guidelines: Supplements, coffee and tea ok during fasting window.

Benefits: Reduced glucose stores, improved insulin sensitivity, anti-aging, increased fat loss and detoxification as toxins are released from stored fat.

Videos: 

- [How to become a fat burner](#)
- [How to lose weight with fasting](#)
- [Turn off your fat storing hormone](#)
- [Which diet you need to burn fat](#)
- [Why fasting is the key to releasing stored fat](#)
- [How much sleep do you need to burn fat?](#)

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DOPAMINE RESET FAST

Fasting window: 48 hours

How to break your fast:

- **Ketobiotic:** 50g of protein, 50g net carbs, 60% of calories coming from good fats, 1 cup of fermented, probiotic foods.
- **Animal-based:** 100g protein, 50g net carbs

Guidelines: Supplements, coffee and tea ok during fasting window.

Benefits: Reset dopamine receptors, the "feel good" hormone.

Reduced anxiety and depression, anti-aging antioxidant production, increased human growth hormone (HGH) by 500%.

Videos: 

- [Can fasting make you happier?](#)
- [How fasting makes your brain happier?](#)
- [How to create more dopamine with fasting](#)
- [Is it time for you to do a dopamine fast?](#)
- [Fasting tips for depression & anxiety](#)
- [REwire your brain for health, happiness and less stress](#)

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IMMUNITY FAST

Fasting window: 72 hours, maximum 5 days

How to break your fast:

- **Phased refeeding:** Break fast with broth first, then probiotic rich foods, then steamed vegetables, then continue with meal (watch video below for details).

Guidelines: Generally this fast is done by consuming only water (and why it's often called a "water fast"), however if you feel more comfortable or it is your first longer fast, you can do it with bone broth. Supplements ok, however ideally avoid coffee and tea during fasting window.

Benefits: Peak autophagy, increased immune and musculoskeletal stem cell regeneration, good for chronic condition and accelerated healing.

Videos: 

- [How to train yourself to do a 3 day water fast](#)
- [when should you do an extended water fast?](#)
- [The best & worst ways to break a water fast](#)
- [How to mentally prepare for a longer water fast](#)

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FASTING FRIENDLY PRODUCTS

Non-toxic coffee and teas:

Camano Island

Pique Tea

Fasting minerals:

LMNT

Body Bio

MIN

Redmond's Sea Salt

Fasting supplements:

Brain Octane MCT oil

Kettle & Fire bone broth

Fastonic

BIND

Ion Biome

Ketone and blood sugar devices:

Keto Mojo US, Keto Mojo EU

Nutrisense continuous glucose monitor