



# The Stop Hunger Guide

Congrats on starting a fasting protocol! I am sure that you will get the results that you are looking for.

Intermittent fasting has many wonderful benefits but it is important that you have some tools in your belt. This way you can fast with success for years to come.

One of the biggest drawbacks in the first few months is hunger. Hunger while fasting is quite natural but it can be uncomfortable and distracting.

Over time your body will get used to fasting and hunger won't be as much of a problem. In the meantime here are some tactics you can use to make your fasting experience as easy as possible.

## 1. Drink Lots of Water

I am sure by now you know how important it is to drink lots of water while fasting. While some practice dry fasting, I don't recommend it unless you are doing for religious purposes.

If you are fasting to maintain a healthy weight and lifestyle, drinking water is key. If you are working out in a fasted state, keep an eye out on water consumption.

There is no need to get dizzy, nauseous, or fatigued from dehydration.

[Here is a water consumption calculator.](#)

*Note: You may have to pee alot when you first start fasting a drinking the proper amount of water. This is normal and over time your body will regulate.*

## 2. Eat a Whole Foods Diet

Fasting will help you lose weight. This is only possible if you eat a diet filled with minimally processed whole foods. Aim to eat healthy at least 85% of the time.

If you run across Instagram handles of fit guys shoving junk food down their throat claiming that fasting allows them to eat whatever ignore this.

**Fasting should be part of your overall healthy lifestyle. Eating tons of junk food and fasting will cause:**

- Bloating
- Fatigue
- Moodiness and hunger while fasting
- The potential to develop diseases like diabetes, hypertension, and cancer.

Fasting does not cancel out junk food eating.

I know if I don't eat the best the day before a long fast, I feel it. If my diet is high carb my fasting is rough. I have hunger pangs and low energy.

**Seek to eat foods like:**

- Salmon, Wild Shrimp, Monkfish, Mussels, and Wild Catfish
- Bison, Grass Fed Beef, Duck, and Turkey
- Wild Rice, Quinoa, Black Bean Pasta, and Sweet Potato
- Kale, Arugula, Spinach, and Watercress
- Garlic, Mushrooms, and Onion
- Honey, Maple Syrup, and Organic Dark Chocolate

If you eat well, weight will fall off and hunger won't be an issue while you are fasting.

*Note: Make sure that you are meeting your caloric needs. Fasting while restricting calories for a long time will result in overeating or bingeing.*

### 3. Use Black Coffee and Tea to Your Advantage

Some fasting purist don't drink caffeine while fasting. Caffeine [does disrupt the process of autophagy to some extent which is important for the anti-aging benefits of fasting.](#)

That being said, coffee and tea is a great way to blunt hunger and increase your focus when you fast.

The key is to use coffee and tea in moderation.

Most days I practice OMAD and I'll have one cup of coffee at about 16-18 hours into my fast.

This way I won't get addicted to caffeine and my body has a chance to be in a fasted state without caffeine each day.

If you drink coffee or tea while fasting, steer clear of any creamer or sweeteners (this includes artificial sweeteners).

Bulletproof coffee (which has calories) should not be consumed while you fast.

Lemon, mint, and club soda can make things interesting with your tea.

Note: A good habit to get into is to not drink caffeine immediately after waking. You will find that over time you will have natural energy from living a healthy lifestyle. This will help with caffeine dependency.

## 4. Quality Sleep Does Wonders

Fasting can help you get more in tune with your circadian rhythm. Sleeping well will also minimize hunger while you fast.

If you are tired when you are fasting, you'll want food to keep you going. This can lead to unpleasant fasting periods if you suffer from lack of sleep.

I know that it is hard to be consistent with a good sleep schedule but your body will thank you by releasing excess weight (from lack of bad stress). Your fasts will be more enjoyable.

Fasting helps you get to know your body better. If you want to change your sleeping habits do it gradually for best results.

## 5. Develop Awareness around Physical Hunger vs. Psychological Hunger

One of the great things about fasting is that you begin to learn the difference between physical and psychological hunger.

**For instance, if you:**

- Are fasting and have a craving for something sweet that's physical hunger. Your body needs more vitamins and minerals.
- Go to the fridge after eating a great meal that's psychological hunger. There is emotional unrest in your body. For some the first instinct is to fill the void with food.

The more you fast the more in tune you will be with your body.

Don't worry if during the first few months of fasting you overeat on occasion. You will learn from your mistakes.

The goal should be for you to recognize the difference between your physical and emotional needs.

This will take some practice so don't get upset if you are not a perfect faster straight away. I know that I'm not and I've been fasting for over two years.

## My Support For You

I offer a 1 hour Fasting & Weight Loss Breakthrough Session to help you fast with success, lose weight, and gain the energy you need.

### **In the session you will:**

- Create the best fasting schedule and diet that works for you.
- Uncover hidden challenges that are sabotaging your efforts make consistent lifestyle changes.
- Leave our session inspired and renewed. You will be ready lose the weight you want and have the motivation to do it.

If you are ready to take the next step, [schedule your free session here](#).