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# Summary of “The Intermittent FASTING MISTAKES That Make You GAIN WEIGHT! | Dave Asprey”

YouTube channel: Tom Bilyeu

## Original Source

The Intermittent FASTING MISTAKES That Make You GAIN WEIGHT! | Dave Asprey ([YouTube](#) 48 mins)

## Jottings

- Theme: Fasting
- Over-fasting (> 10 days) not good. That's starving or malnutrition.
- Fasting == go without (eating, digital, etc) that makes us stronger.
- Metabolic/dietary Fasting = does not increase insulin (Water + little pre-biotic fiber)
- Goals of fasting:
  - healing gut,
  - autophagy (little fat ok),
  - more energy,





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- Ketones: body burns fats and not sure, more energy than glucose, brain loves it, more clarity
- Fasting is a practice, start slow. Don't make it painful unless for spiritual reason.
- Spending energy heavily on:
  - Fear: run away from kill
  - Food: eat everything
  - F\*: going crazy
- Fasting is a way out of above spends.

*The above summary was also posted in the Comments section of the original YouTube video.*

