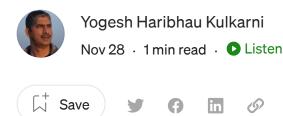




Published in TL;DR,W,L



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. Thats 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,









- 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.







