

LITERAL LIFE of Katie

FASTING 101

with Katie Lindskoog

LITERAL LIFE OF KATIE IS ABOUT ...

Revolutionizing Life through the many benefits of ketosis without the strict diet. Pure Therapeutic ketones lead my movement into creating healthy sustainable lifestyle for myself & many others.

Ketones have been an amazing fasting tool that supports & optimizes my intermittent fast & extended assisted fasts.

MY STRATEGY

Intermittent fasting plays an important part of my "No Diet Strategy" that I have created. Fasting has replaced the need for a strict diet.

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WHAT IS INTERMITTENT FASTING

Intermittant Fasting:

I.F is used to supplement your diet/lifestyle. It is simply the timing you allow yourself for food intake.

When you eat, how often you eat and how much you eat has an impact on your health and function.

- Often utilized during the ketogenic diet- but not required to do it while doing the keto diet
- Used to lose fat and improve energy levels

FEEDING PERIOD

- the time slot you have allocated for eating

FASTING PERIOD

- the time in-between your meals

FASTING APPROACHES:

Skipped meals – skip over a meal to induce extra time in fasting mode (usually breakfast)

Eating windows – time you allot for eating – usually 4 -7 hour windows

24-48 hour cleanses

Difference between Fasting & Cleansing

Cleansing may require that people drink something or stay away from certain foods during their cleanse. Usually calorie intake is involved in a cleanse.

Fasting – extended periods of no eating – only water and very low calorie intake.

Example -

Our Reboot 60 hour cleanse is a cleanse but with periods of fasting. (bone broth will break your fast BUT keep you in ketosis during your cleanse)

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Fasting Works.



COMMON METHOD

Most Common fasting method is 16/8 fast (16 hour fast and 8 hour window of eating) - skip breakfast and eat lunch, then or eat when you are hungry. (simple explanation)

HOW FASTING WORKS

Your body breaks down extra fat that is stored for energy.

Ketosis mimics a fasting state (using fat and produced ketones for fuel). Basically instead of using the fats we are eating for energy we are using stored fat for energy during fasting.

During fasting it prevents you from overeating throughout the day. Makes you recognize your eating habits and where you need to buckle down (perhaps you eat in the evening a lot?) I used too!

You will experience hunger pains and cravings. That is natural when you first start fasting. It will dissipate as your cells start to feast on stored fat and ketones!

Pure therapeutic ketones will help with those hungry pains and cravings. PTKs will help you sustain your fast for a longer period too! Plus the energy is top notch.

KEY MECHANISMS BEHIND FASTING

INSULIN REDUCTION

As we fast our insulin levels decrease. This promotes the release of fat cells and stimulates the Ketone producing process. Faster fat loss, here I come!

KETONE PRODUCTION

If you fast you will enter a deeper state of ketosis the longer you fast and your body becomes more efficient with burning fat which leads to a self-cleaning process called autophagy.

AUTOPHAGY

It is basically a regeneration of cells. A process which the cell 'devours' itself. (ohhh, yummy right!? - ha)
Known for slowing down the aging process, reverses diseases, and known for cancer prevention.
Isn't science fascinating?

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Fasting
is more
than
fat-loss.



THE MANY BENEFITS THAT INTERMITTENT FASTING CAN OFFER

- It is quick and safe.

There is less food to convert to energy therefore your body will use stored fat for fuel. Fat loss without losing muscle so athletes often utilize fasting before a competition.

- Convenience! Eating can sometimes be a chore, right? Schedule is easy - most of us involuntarily fast already - how you break it will determine your success in overall health and fat loss goals!

- Prevents Overeating - during and after fasting & you will be full faster (stomach has shrunk, hooray!) I won't eat like a teenage boy anymore! bonus.

- Boosts Metabolism - Rest your digestion! Our digestion drives our metabolism (IF essential resets it).

- Heals the GI Track - Leaky gut (Sounds gross, I know) It is loss of the ability to store the good bacteria in your digestive track. And yes - it has been researched to show in fact promotes healthy and regular bowel movements. (not to hard or soft - yes you read that right! Ha,)

- Improves Immunity - Cell recycling (autophagy)

Huge science around this. Fasting can prevent illness as researched and fasting while sick will help you beat your sickness sooner (starve a cold is true?). It reduces stress in the internal system and the energy you have will focus on healing your body vs the energy to digest food. BOOM!

- Weight Maintenance - more effective the a calorie limiting diet. Each the foods you love your defined window of eating!

- Promotes Longevity - Research shows it helps you live longer - Metabolism increases prevents degeneration and loss of muscle tissue (autophagy).

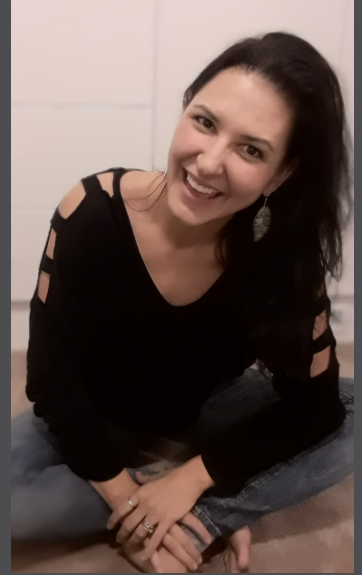
- Slows down aging - the growth hormone is stimulated while fasting. Also it increases bone strength and muscle mass - Slows down aging internally and externally. Just over here reverse aging! YES PLEASE!

- Promotes detoxification - Rids of additives in some of the foods we eat.

Some are toxic and those are stored as fat deposits around the body. Brain then gets threatened in fasting and has adaptive stress responders - the brain must ensure that metabolism keeps running so it triggers the conversion of the glycogen stored within the liver into energy. So those fat deposits and toxins within those fat cells are released and removed with the help of liver & kidneys - bye by toxins!

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Fasting
restores your
Relationship
with food.



BENEFITS CONTINUED

·Brain Function - Boosts the brain hormone - activates stem cells in the brain and converts them into neurons and other chemicals good for your brain. It increases that hormone which protects the brain cells - (Often people that have Parkinson's, Alzheimer's will practice fasting) - if that hormone is low - conditions like depression, and other brain conditions can occur. When fasting the brain is in survival mode so it creates fierce focus! Lots of research on this topic! I am not a doctor so research to your hearts content!

Decreases oxidative stress, reduced insulin resistance and blood sugar levels; reduces inflammation - all good for health of your brain

·SKIN - Prevents Acne - Rids of toxins cause acne. My 40 year old face thanks fasting!

Insulin Sensitivity - Type 2 Diabetes is sky-rocking! Fasting can really help people struggling with this disease. So basically, these people have reduced insulin sensitivity which leads to sensitivity which leads to a spike in levels of sugar in the bloodstream. So essentially it helps regulate blood sugar levels.

People with insulin resistance can increase their sensitivity to insulin thru IF.

Creates healthy habits - you learn to recognize when you are truly hungry & when you are eating out of habit (late night snacking, boredom) Tell your inner snack queen /king to SIT down!

Good for the heart - Heart disease is at an all-time high! LDL cholesterol is used to fuel your body when fasting - so you are riding off that cholesterol in the body as well. High cholesterol will normally result in heart disease. Also, very good for cardiovascular health.

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Consistency equals Simplicity



TIPS ON HOW TO START INTERMITTENT FASTING

*Drink A lot of water in your fasting window. If you think you drink a lot... drink more, ha.

*Supplment with an electrolyte! keep your essential mineral at proper levels (sodium, Magnesium and Potassium)

*Stay busy! Try music and dancing while you work! People think I am crazy at work but whatevs.

*Drink coffee or tea, this will fill your tummy!

*Ride out the hunger waves but eat if you feel dizzy or sick.

*Give yourself one month to see if intermittent fasting (such as 16:8) is a good fit for you.

*Follow a carb conscious lifestyle between fasting periods. This reduces hunger and makes intermittent fasting easier. It may also increase the effect on weight loss

*Don't binge after fasting - Eat until full!

*add in exogenous ketones while fasting to stay full and energized!

OPTIMIZED MEAL PLAN & FASTING SCHEDULE

TAKE CONTROL OF YOUR HEALTH. TAKE CONTROL OF YOUR LIFE!

*WORKOUT 3-5X WEEKLY PREFERABLY DURING YOUR FASTING TIME

DAILY MEAL PLAN

OPTION #1
LOW CARB
DRINK KETONES 2x DAY
EAT 2 MEALS DAILY

Meal #1:

Heavy on Veggies! Recommended: a BIG salad loaded with veggies, protein & healthy fats

Meal #2: Protein & green veggies cooked in fat

DAILY MEAL PLAN

OPTION #2
MINIMAL CARB
DRINK KETONES 2x DAY
EAT 2 MEALS DAILY
*One meal can contain 1 serving of complex carbohydrates

Meal #1: Protein, veggies & complex carb

Meal #2: Protein & green veggies cooked in fat

WEEKLY FASTING SCHEDULE

16/8 FASTING

EAT DURING AN 8 HOUR PERIOD
FAST FOR A 16 HOUR PERIOD
FOLLOW A 16/8 FASTING SCHEDULE, 5 DAYS A WEEK

COMPLETE A 24-HOUR FAST, ONE DAY A WEEK

COMPLETE A 60-HOUR KETO REBOOT, ONCE A MONTH

WHAT CAN I HAVE DURING MY FASTS?

PRUVIT KETONES
KETO / UP
KETO OS PROTONES
KETO KREME
SIGNAL OS
COFFEE
TEA
MCT 143

DO NOT HAVE BULLET PROOF COFFEE, or add anything to your coffee/tea other than our approved Keto KREME/MCT 143

OTHER WAYS TO OPTIMIZE

Keep snacking to a minimum and **track your macros** if you're eating outside of your two meals a day (This is to avoid overeating)

Use Keto OS PROTONES, Keto KREME or our Keto Bone Broth as a great snack option

Other great snack options
Nuts, cheese, meat, raw veggies, fat bombs, pork rinds, olives

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A Diet
has an
expiry.
Your
Lifestyle
doesn't.



HOW TO BREAK YOUR INTERMITTENT FAST

First and foremost, keep in mind that fasting shouldn't be viewed as an excuse to eat lots of junk. Concentrate on eating whole, good-for-you foods, which will only amplify fasting's many health benefits! Eat like you LOVE yourself!

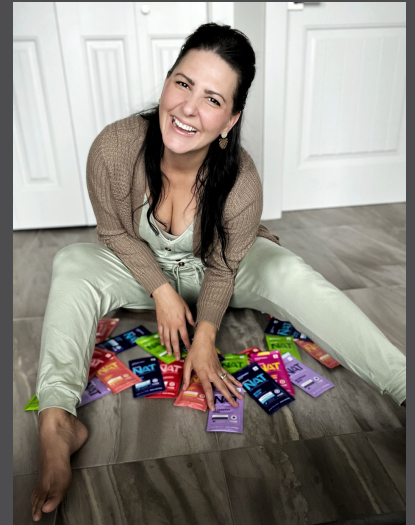
You can expect to feel pretty hungry once you break your fast. This is why it's best to focus on eating filling, satiating whole foods during your eating window – especially those that provide protein, healthy fats and fiber.

- o Freshly-made fruit and vegetable juices
 - o Raw fruits
 - o Bone broths - Better Broth
 - o Fermented foods, such as yogurt (opt for unsweetened), kefir, sauerkraut, etc.
 - o Leafy green lettuces, sun as spinach, kale, etc.
 - o Cooked vegetables, including cooked starchy veggie like potatoes
 - o Vegetable soups
 - o Healthy fats like coconut oil, olive oil, avocado, eggs, grass-fed butter and ghee
 - o Raw vegetables
 - o Whole grains and beans (soaked/sprouted is best for improving digestion)
 - o Nuts and seeds, such as chia, flax, hemp, almonds, etc.
 - o Pastured eggs
 - o Grass-fed or pasture-raised meat and poultry
 - o fish, tuna, salmon, halibut
- QUALITY PROTEIN SHAKE! (my fave!)

Note: I am not a doctor, scientist or specialist - This outline is formed from research & personal experience. Consult a doctor if you have concerns about fasting.

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IT IS NOT
ABOUT
WHAT YOU
EAT. IT
IS ABOUT
WHEN YOU
EAT!



INTERMITTENT FASTING WITH PURE THERAPEUTIC KETONES

1. One Ketone a Day: 1 ketone a day is better than no ketones! follow the standard 16:8 intermittent fast window. Drink in your fasting window!

Optimize this fast with a second ketone in the afternoon. A perfect option to follow this 2 a day plan would be our 10 day challenge/variety kit! The perfect meal plan and schedule is on page 5.

Included:

- ~20 ketones; 10 Caffeine (charged), 10 Caffeine Free.
- ~A mix of 5 flavours.

Found on:

[Katielindskoog.shopketo.com](https://katielindskoog.shopketo.com)



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INTERMITTENT FASTING VERSUS STRICT DIETING WILL BE THE SHIFT YOUR LIFESYLE WILL LOVE. NO MORE RESTRICTING FOODS YOU LOVE!



2. Guided Intermittent Fasting: This 5 day I-Fast System will optimize your regular fast or jet boost your initial experience! PRO TIP: Combine this with your 10 Day challenge!

WHY FAST

✓ Boosts natural ketone production†

✓ Encourages cellular detoxification†

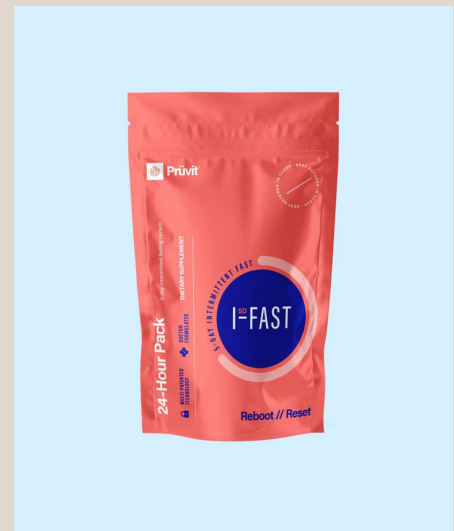
✓ Balances digestion and metabolism†

✓ Promotes appetite & cravings control†

✓ Supports healthy immune function†

✓ Imprüved sense of well-being†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



YOUR FAST DAY LAYOUT

HOW DOES IT WORK

Simple daily actions



- Consume whole foods
- Drink plenty of water and avoid gluten
- Lower carbohydrate intake
- Prioritize protein, veggies, fruits, and healthy fats
- 30 minutes of Müvement most days of the week