

Intermittent Fasting

Your Start with
Intermittent
Fasting - broken
down into 4
simple Tiers



17A

PREMIUM 400

17

18

18A

PREMIUM 400

18



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PREMIUM 400

Tier 1 – Diurnal Eating

The most important step on your intermittent Fasting journey is the first one – away from eating at odd and night ours to solely eating when the sun is out. Eating at night is bad for many reasons:

- It messes up your signals to get to sleep, the sleep itself and your dreams
- It keeps digestive hormones up while they should be down
- Your gut and microbiome never gets a period of rest
- It prevents you from tapping into mild ketosis and fat-burning at any time of the day
- It messes up your neurotransmitters like dopamine, serotonin, GABA, and Co
- Plus, even more and the downstream effect associated with those primary effects

Basically **nocturnal eating messes up everything** when we take the effects of sleep, all your neurotransmitters and basic metabolic functions into account. Sounds bad? Because it truly is.

Therefore before you think about any fast – get this very basic one checked and **only eat while the sun is out**. This means roughly from 7 am – 7 pm, a twelve hour feeding window. I know in the winter and summer those times might diverge strongly depending on where you live. But even than, limit yourself to those times, avoid eating directly after rising and eating at least 2 hours before going to bed. The 12 hour feeding window is therefore a great cornerstone to orientate with and is doable for everyone.

With this first step you got already the biggest one done – you actually thought about fasting, improving your metabolic health, and took action!

Plus you actively thought out knowledge to act on. That's in my opinion the toughest one, tougher than any 3-day fast might ever be. With this change also think about improving the quality of your foods. As I often write, timing is great but only one part – the biggest part is your foods quality – get rid of seed oils and processed foods, eat animal meats and organs, avoid toxic plant foods, and eat like your ancestors did for millions of years as the apex predator. Read more about everything that gets encompassed [by the Animal-Based Diet in this post.](#)



Tier 2 – 16/8

With that first step done we get further down the rabbit hole of intermittent fasting with the 16/8 schedule also often known as TMAD, two main meals a day. This means either skipping breakfast or dinner depending on your preferences. Regarding the benefits of fasting, and the low risks of getting a bit more stressed if you generally are stressed, some kind of intermittent fasting should be in everyone's health repertoire.

As a few guidelines:

- Try out *skipping your breakfast and your dinner* – each for ~2 weeks and see how you feel, how you sleep and how it fits your lifestyle
- TMAD **puts you by definition daily into mild states of ketosis and fat-burning** – making the switch takes some time to adapt but is of huge benefit
- Try out **working out fasted** – some loath it, others love it. As a tip of mine – train while in ketosis, either fat fueled or fasted to enhance your growth hormone, as it gets disrupted by insulin.
- Most importantly – **it's a journey and needs to give you something**. Fasting needs to benefit your lifestyle, time schedule and health. What that means is up to you!

Tier 2-B – OMAD

Along the lines OMAD could be another choice for you – OMAD means one meal a day and typically is a feeding window of 2-3 hours followed by a fasting window of 21-22 hours.

As with TMAD, some love it, others have trouble keeping up with their calories. Is OMAD a must? No, I think the must is the diurnal fast, and some kind of intermittent fast. That's it. Everything further down that road is a cost-benefit decision and depends entirely on the outcomes you want and your lifestyle.

A few things to consider with OMAD:

- OMAD might **further simplify your life** by only needing to prepare one huge feast a day
- OMAD can stress you by the inherent mechanics of fasting, if your bucket is generally full already
- Give OMAD a try for a set period of time if you like and **be your own guinea pig**
- Make sure you **keep up with your calories and not get on a diet without wanting it**



Tier 3 – 16/8 + Weekly Dayfast

Next up, if you really want to dig deeper into fasting, simply like experimenting, or have some ulterior goal in mind why you would like to further optimize ketosis and autophagy, comes a weekly dayfast. A 24 hour period of non eating. So why would you want to do that?

- **Optimize Autophagy** further to get a few additional %'s – maybe because chronic illnesses such as dementia or cancer are running in your family history
- To **eat more throughout the week** within your regular meals
- Fasting **makes you feel good, saves a lot of time** and can give you a mental competitive edge
- It goes along well with being an athlete and doesn't impede your progress if you fuel yourself well on other days.

One reason I would *not* incorporate dayfast is to diet. Fasting at first should be a **means to improve health and simplify your lifestyle**, not to save a few calories. Dieting is broken. Health should come first, weight loss will follow. It is a matter of quality and getting healthy, not counting the arbitrary unit of calories and some macronutrients. You can read more [on that thought right here.](#)

That said, how do you start dayfasting?

- I like to start the fast with **eating lunch as last meal around Noon**, preferably after working out.
- Plus, make sure to have **the next day off training**.
- It is totally fine to **be active, hike, work outdoors**, but *avoid hitting it hard in the gym*.

Let us take me as an example: My '*metabolic day*' starts always **Saturday noon and goes to Sunday noon**, sometimes even into the evening if I'm out hiking, or generally busy on that day.

With getting food at noon Saturday shouldn't be a problem and going hungry to bed is no issue. The next morning will like go by pretty fast and feel simple, too. The only times I feel some sort of hunger is when I eat regularly – in that case at 6 pm at Saturday. Busy yourself and ignore it. That's all it is to a dayfast!

If that approach doesn't work for you, you can also try to alter the times and play around with fasting from *breakfast to breakfast*, or *dinner to dinner*. Nothing is chiseled in stone here and open for experimentation.



Tier 4: 16/8 & Dayfast + Quarter-Yearly Multidayfast

If you're still hungry and feel comfortable with intermittent fasting, a weekly dayfast and further want to optimize things like autophagy, your microbiome, clearness of mind, or even do it for a spiritual reason a multidayfast is the next approach to tackle. In my opinion a multidayfast can be beneficial at some strategic points throughout the year. It is *not* a fast for every week or month – rather sprinkled throughout your year.

So what does a multi-day fast mean? Normally that means not eating for 2-3 days in a row.

Keep in mind though that as an athlete or active person, multidayfasts will impede your performance. A multiday fast is no time for PRs. Rather for focused mental work. Plus, it will raise your stress hormone levels.

Let me give you an example again on how I approach those:

That's why I like to put my multiday fasts into the beginning of my deload weeks every 3-4 months. I roughly do those 3-4x a year. Why deload weeks? Don't you want to recover and feed your body well with nutrients, not starve it and stress it even more? Glad that you asked!

You're right on that and that might be an issue. For me it works great, as in a deload week workout stress is reduced big time. That's why I need to consume a lot less calories. Plus, the time off training and off food, combined with the drive and mental clarity of a longer fast often helps me to be uber-productive.

This strategy works well for me. Does it work for you? Maybe. Give it a try and find out what works for you – if you really want to multiday fast and go that extra mile for the additional few %'s. I do it for that reason and because I simply feel good, productive, and also for spiritual reasons. Whatever gets you into it might be different story.

But before embarking on those more extreme adventures check that you've covered the basics:

- Learn nutrition – learn about [fatty acids](#), [carbohydrates](#) and [protein](#), as well as macronutrients
- [Optimize your sleep](#) and learn about your [circadian rhythm](#)
- Eat an animal-based diet and live an ancestrally consistent lifestyle

Those are the big ones! If you're looking for an ebook that covers all of those in detail – check out [my freebie 'Pillars of Health' here!](#)

