

BENEFITS

- Effective for weight loss
- Aids brain health and decreases inflammation
- Improvement in blood sugars and blood pressure



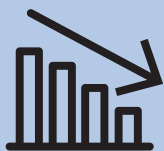
TYPES

- 16/8 - Fast 16 consecutive hours every day
- 24-hour fast one day a week
- 24-hour fast alternate days of the week



16/8 METHOD

- Eat only within an 8-hour window each day.
- Eat healthful foods, primarily lean proteins and vegetables.
- Drink 64 oz water daily; sugar-free decaffeinated tea and coffee are okay.



HOW IT WORKS

- Changes hunger hormones to help with weight loss
- Decreases number of calories consumed each day
- Lowers insulin levels which makes it easier to burn fat



IMPORTANT NOTES

- Should not be used if you are taking insulin, pregnant, or taking medications that require food during fasting periods.
- Have distractions ready for hunger management.