



INTERMITTENT FASTING

THE DO'S AND THE DON'TS

YOUR NAME AND LOGO HERE

2/25/2020

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MEET YOUR PRESENTER



- **Your bio**
- **Key qualifications**
- **Your story**
- **Your education**
- **Why you do what you do...**

AGENDA



- **Inflammation**
- **What is Fasting**
- **Why the focus on Fasting**
- **Impact of continuous eating**
- **The many ways of Fasting**
 - Time-restricted eating
 - Intermittent Fasting
 - Periodic Fasting
 - FMD
- **Who should not Fast?**

INFLAMMATION

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INFLAMMATION



Acute

INFLAMMATION



Acute

vs

Chronic



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What you eat can fuel or cool inflammation, a key driver of heart disease, diabetes, and other chronic conditions.

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Tame chronic inflammation
Heart attacks stem in part from inflammation, which can damage your arteries

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Does Inflammation Trigger Insulin Resistance and Diabetes?

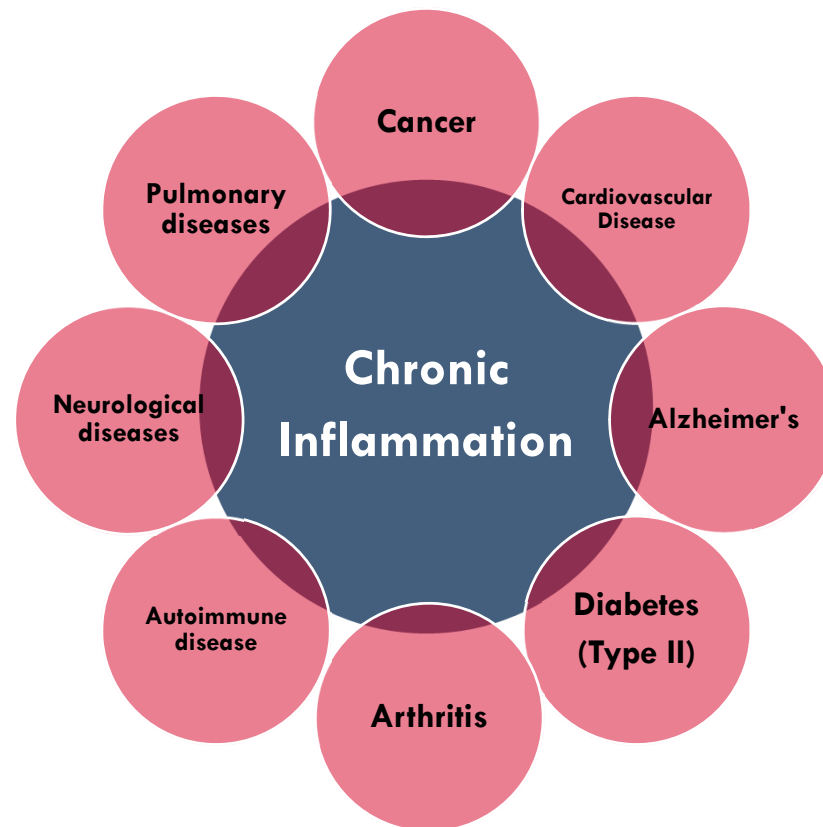
It's not just obesity—more evidence links inflammation with type 2 diabetes



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PRESCRIPTION FOR HEALTH



INFLAMMATION - SIGNS

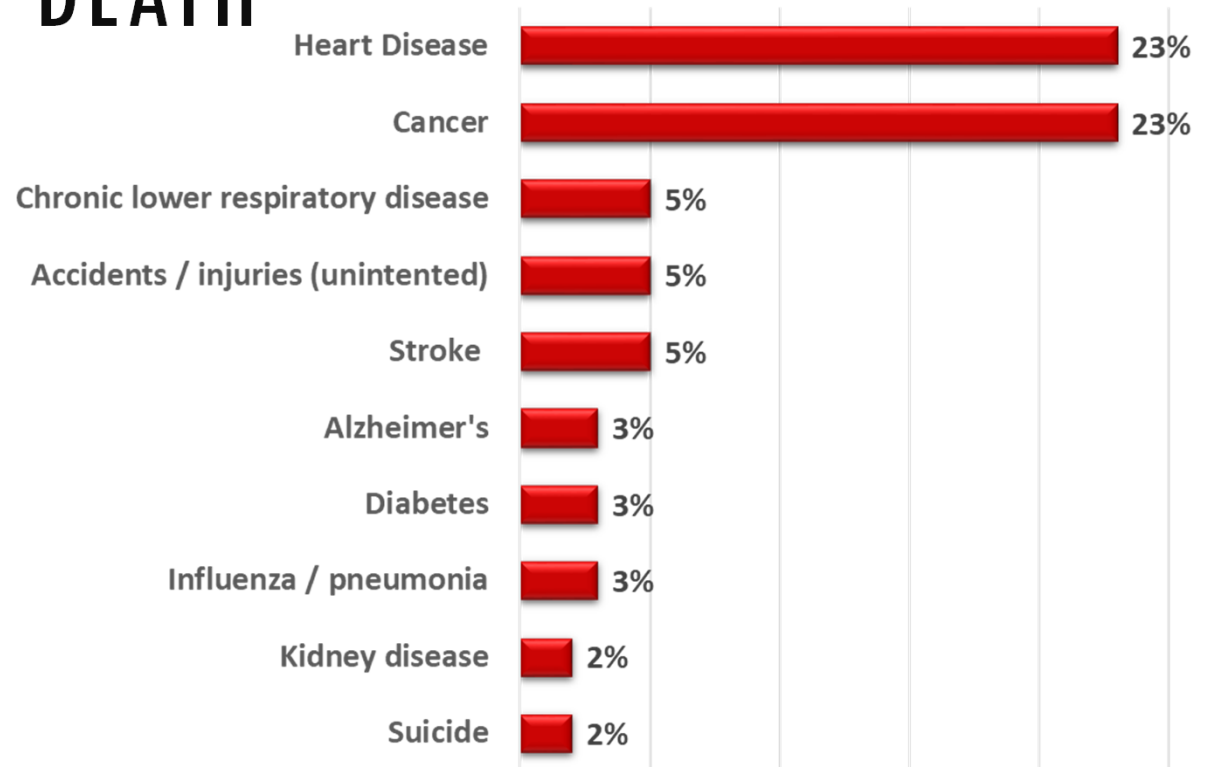
- Does it take a while to **get moving** in AM?
- Do you have **aches and pains**?
- Are you **stiff** when you get up from sitting down?
- Are you **bloated** or have **GERD**?
- Are you **fatigued** and **frustrated**?
- Did you **gain weight** and can't explain why?
- Do you have **skin rashes** you can't explain?
- Do you have **allergies** or asthma?
- Do you suffer from **a chronic disease**?

INFLAMMATION - IMPLICATIONS



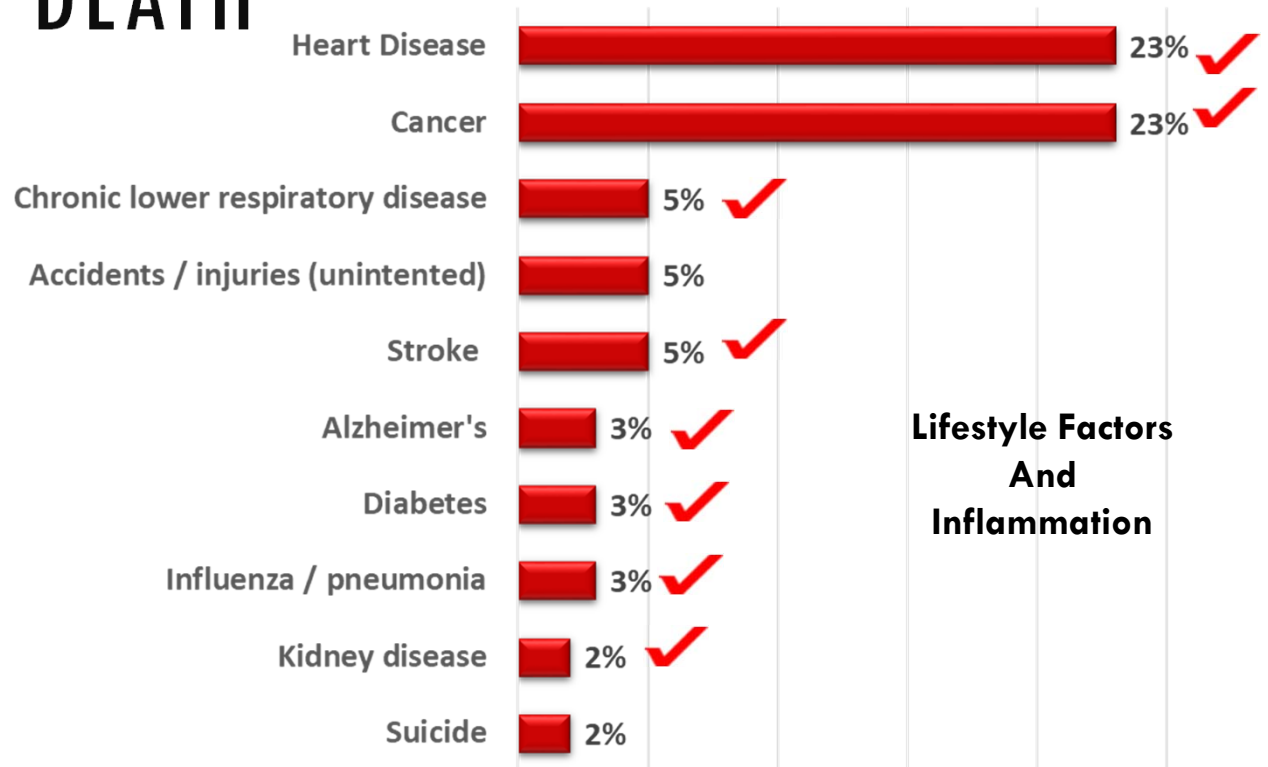
- **115M** Americans suffer from chronic pain / inflammation
 - 1/3 of our country
- **Epidemic proportions**
- **Costs:**
 - Productivity
 - Health care \$\$
 - Quality of life

TOP 10 CAUSES OF DEATH



CDC, US, 2015

TOP 10 CAUSES OF DEATH



CDC, US, 2015

EATING AND FASTING



WHAT IS FASTING?



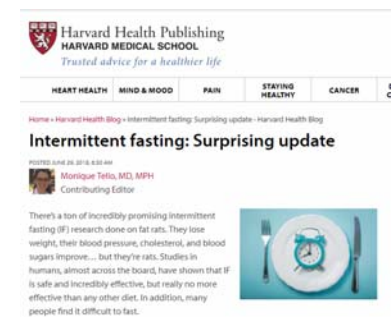
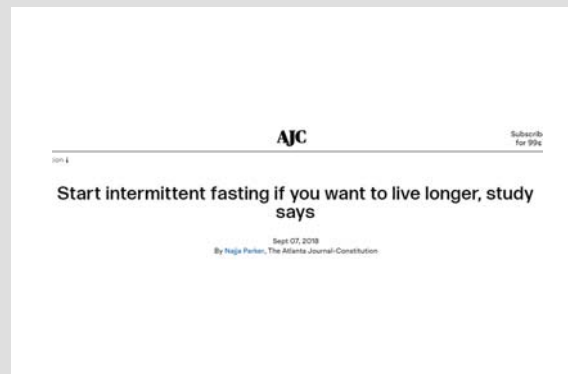
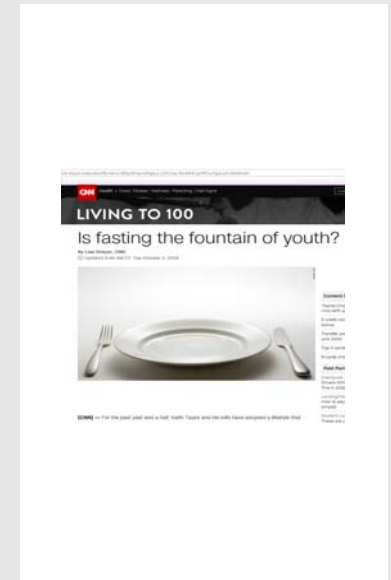
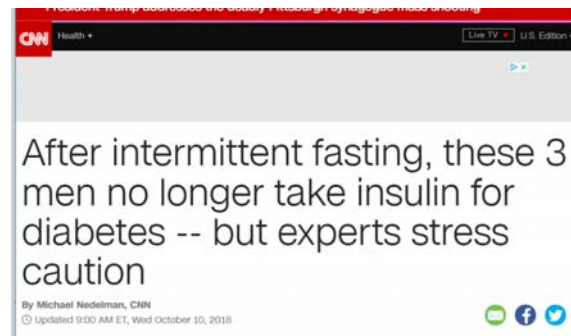
Fasting

To abstain from food and beverages

Biological Fasting

To not consume food / beverages that trigger body's food sensing pathways

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