

● ● ● PRIMAL HEALTH COACH

MARISA MOON

# 4 Steps to Successful Intermittent Fasting *for anyone*

# Marisa's 4-Step Overview

## Step 1:

21 Days of Reduced Carbohydrate Intake, under 150 grams a day

## Step 2:

Try Fasting 12 hours (overnight)

## Step 3:

Do you feel good?

If not, you may need to stick with 12 hour fasts

## Step 4:

If you felt good, gradually aim for 14-18 hour fasts

# Step 1: 21 Day Reduced Carb Intake

Most Americans eat over 150-300 grams of carbs a day. This leaves you burning energy quickly and always hungry

Intermittent fasts come easy and safely when you eat under 150 grams of carbohydrates per day

It takes approximately 21 days of reduced carb intake to start becoming a fat burner (instead of a sugar burner)

# Step 1: 21 Day Reduced Carb Intake

This 21-day carb-moderation phase is **ESSENTIAL** to help you achieve a successful, healthy intermittent fasting lifestyle.

I created this step to ensure you experience intermittent fasting in the easiest, safest, and most pleasurable way possible. This means less setbacks and better results.

*Check your email because I'm sending you free video lessons that explain more about each step!*

# Step 2: Overnight Fast for 12 hours

12 hours is a good baseline that most adults should strive for

A 12 hour fast happens between your last bite before bed and your first bite (or carbs/protein) in the morning.

Coffee & Tea are approved during the fast. Drink black, or Bulletproof Coffee<sup>®</sup>, or blend with coconut oil. Sweeten only with stevia.

# Step 3: Do You Feel Good?

Fasting should make you feel good, mentally and physically.

Hunger waves always pass quickly. Don't consider hunger waves when determining how you feel.

Fasting for over 12 hours is not for everyone.

*Your diet needs to be approved by your doctor if you take diabetes medication, insulin, or blood sugar lowering drugs. You should stop fasting and consult your doctor if you experience unusual symptoms or discomfort.*

# Step 4: Gradually Aim for 14-18 hrs

Did the 12 hour fast feel good to you?

Find your sweet spot, between 14-18 hours overnight.

Men typically thrive on 16-18 hour fasts. Many middle-aged women thrive here too.

Figure out what feels awesome to you (variation is a good thing).

*Fasting is a type of stressor, like exercise. Leaning on and off of your fasting routine is a key to successful intermittent fasting that's intuitive and beneficial.*

# Intermittent Fasting Freedom

*Be sure to check your email each day so you can watch my free video lessons for each step!*

*Looking for more guidance?*

*I've put these steps into an in-depth online course so that, in 35 days, you will cruise through this transition with interactive videos, slideshows, food lists, and journaling exercises.*

*You'll be proud of who you see in the mirror, feel younger, stay younger, and feel confident that you're doing what's best for your health.*

*Discover how to free yourself from dieting that sucks and enjoy the most flexible fasting lifestyle, ever. I'll guide you!*

[\*Click here to join me inside the course\*](#)