

# INTERMITTENT FASTING QUICKSTART GUIDE



**JAMES CLEAR**

# The Benefits of Intermittent Fasting

1. **Fasting simplifies your day** by reducing the number of meals you have to prepare.
2. **Intermittent fasting helps you live longer.** Scientists have known for a long time that restricting calories can lengthen life. Intermittent fasting activates many of the same mechanisms for extending life as calorie restriction.
3. **Intermittent fasting may reduce the risk of cancer.** A small amount of medical research has indicated that fasting might be helpful in the fight against cancer.
4. **Fasting can help you get lean.** Fasting puts your body in a fat burning state that you rarely reach while following a normal eating schedule.
5. **Intermittent fasting is much easier than traditional diets.** The reason most diets fail is because we don't follow the diet over the long term. Fasting is a weight loss method that is remarkably easy to stick to long-term.

## How to get started

There is more than one way to implement intermittent fasting, and different methods will produce different results. I've included three of the most researched intermittent fasting methods in this guide so you can select the technique that is best for you. Read over all three methods and choose the fasting schedule that is aligned with your goals.

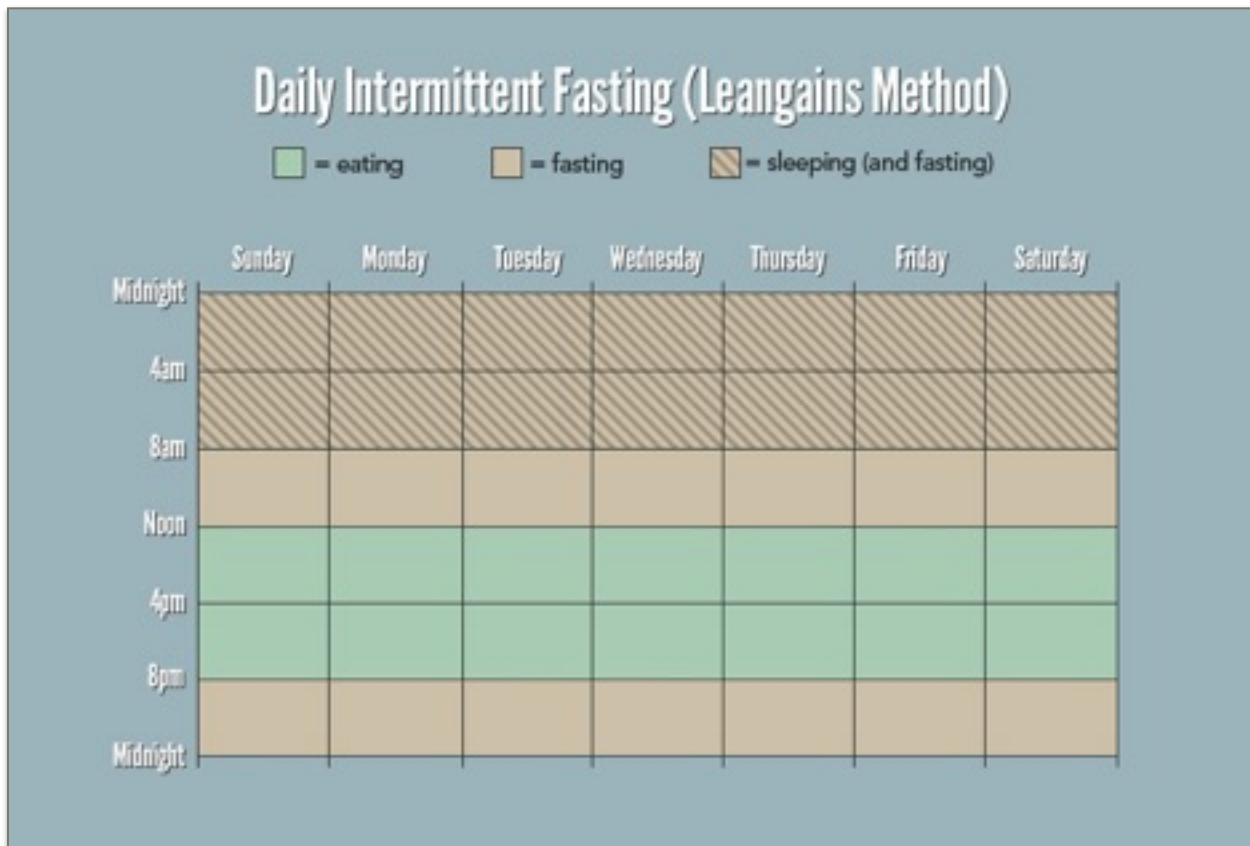
## Leangains Daily Intermittent Fasting

*16-hour fast followed by an 8-hour eating period*

Leangains intermittent fasting is done every day, so it becomes very easy to get into the habit of eating on this schedule. This is a great method for achieving and maintaining a lean physique.

### HOW TO DO IT:

- Fast for 16 hours every day (about 8 hours of the fast will take place while you are sleeping.)
- Eat your first meal of the day after the 16-hour fast.
- 8 hours after your first meal, start another 16-hour fast.
- It does not matter when you start the 8-hour feeding period, do what works for you.



Leangains was popularized by Martin Berkhan of [leangains.com](http://leangains.com).

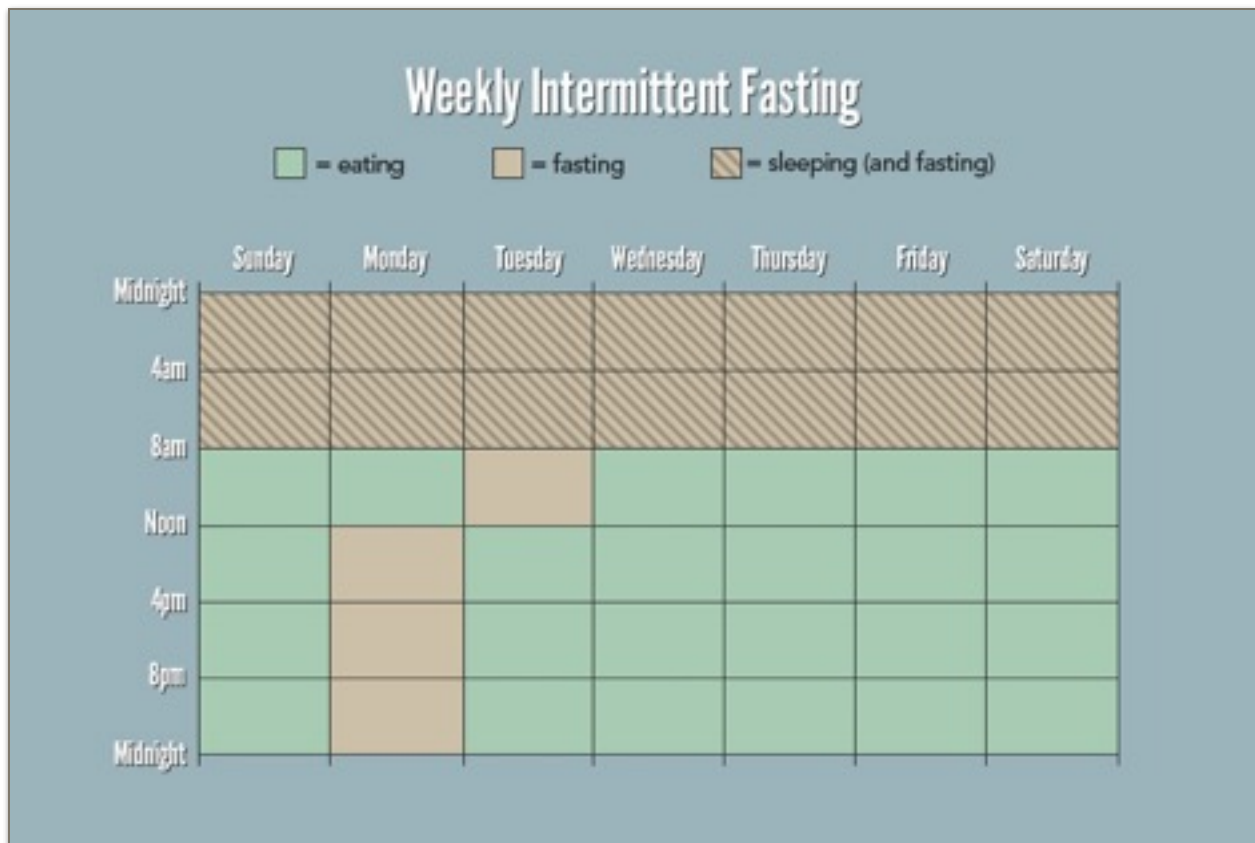
# Weekly Intermittent Fasting

*One 24-hour fast each week*

If you're looking to bulk up or keep weight on, then this is a great option. Since you are only cutting out two meals per week, you can enjoy the many physiological benefits of fasting without losing weight.

## HOW TO DO IT:

- Fast for 24 hours every week (about 8 hours of the fast will take place while you are sleeping.)
- In this example, lunch on Monday is your last meal of the day. You then fast until lunch on Tuesday.



# Alternate Day Intermittent Fasting

*Fast for alternating 24-hour periods*

This style of intermittent fasting is often used in research studies, but, from what I have seen, it isn't very popular in the real world.

## HOW TO DO IT:

- Every other evening start a 24-hour fast (about 8 hours of the fast will take place while you are sleeping.) In the example below, you would finish your dinner and begin a 24-hour fast on Monday at 8 pm.
- Break the fast and start a 24-hour feeding period every other evening. For example, you could start fasting on Monday at 8 pm and eat your next meal on Tuesday at 8 pm.
- Ideally, the alternate day intermittent fasting schedule should allow you to eat at least one meal a day.

