

Fasting



I FIX HEARTS

BY DR. OVADIA



The purpose of fasting

What is fasting

Fasting has been part of human existence all throughout our history.

In general, fasting refers to any period of time when you are NOT taking in energy in the form of calories by either eating or drinking.

The purpose of fasting

- Losing weight
- Combatting, reversing and preventing disease
- Resetting your relationship with food
- Improving mental clarity and focus
- Religious and/or spiritual rites

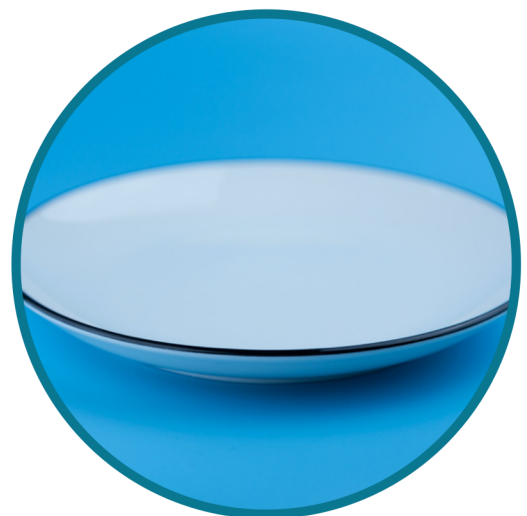
The age to consider starting a fasting regimen

any age is a good time to add Fasting to a health regimen. But it does really depend on your goals around health.

You need to ask yourself:

How important is Fasting to achieving my overall health goals?

Follow along on the next few pages for help getting started.





Timing

The best time to fast

The best timing really depends on your goals and reasons for fasting. Some of the most common patterns of fasting are as follows:

Fasting	Eating
16 Hours	8 Hours
18 Hours	6 Hours
20 Hours	4 Hours

Some individuals choose to alternate days:

Fasting	Eating
24 Hours	24 Hours
2 Days/Week	5 Days/Week

The most important thing to consider when you are deciding on your pattern of fasting is to consult with an experienced practitioner. Different factors regarding your personal health can affect your choice.



Listening to your body

How do I know if I am having cravings vs. being authentically hungry?

A good rule to follow when trying to decide if you are truly hungry or just craving something processed is to think of a "whole, real food," like steak or certain vegetables and then ask yourself, "am I hungry for that or am I just craving something processed?"

If you're not hungry for "whole, real foods," then you probably are just craving processed food, which, over time, has hijacked your hunger signals.

It's important to keep in mind as well, your reason for eating. It should be to provide your body with nutrition for better health. Or is this a case of wanting to eat for entertainment?

The key is to learn to listen to your body.





Dr. Philip Ovadia

I am a board-certified Cardiac Surgeon and founder of Ovadia Heart Health. Our mission is to optimize the public's metabolic health and help people like you stay off my operating table.



As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed — metabolic health.

Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.

Enroll in Dr. Phil's Fasting Course

Fasting is a complex topic that undergoes continuous scientific research. Cutting through the clutter and noise takes some time, but from an applied research and scientific standpoint, you should know that fasting can have enormous benefits on your metabolic health.

Join at <https://ifixhearts.com/courses/>.

INTRODUCTION TO FASTING

- Find out how to get started
- Discover why fasting works
- Learn when not to fast

WITH DR. PHILIP OVADIA

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