



CHOOSE YOUR FASTING STYLE



key cellular
NUTRITION

Why Fast?

Have you heard about the benefits of fasting?

It has become increasingly popular in recent years.

But there are all types of different fasts, and people advocate for various forms of fasting, too. It's difficult to navigate through all the noise and Google search returns.

I want to inform you a little more, giving you simple facts that can help you decide if you'd like to try fasting. First, it's important to learn about WHY we fast.

In 2016, a man named Yoshinori Ohsumi won a Nobel prize for "discoveries of the mechanisms for autophagy."

Autophagy sounds complicated, but it's a simple concept. And it's fasting that can make it happen in your body!

It's the natural process that occurs when your body doesn't have to expend energy digesting and assimilating food. Autophagy is the ultimate in anti-aging. It means your body gets rid of damaged, unhealthy cells and lays down new stem cells in their place.

If you are struggling with any health problem or simply want to be at your best, fasting can be one way to get there.

"I'm really not one to post photos of myself, really anywhere, but I just feel so good!

I have lost 12 pounds, and can't remember the last time I had "stomach" issues. The food is amazing, I keep finding new ways to do things and liking them more. Thank you to everyone here!"

-Corrie B.





There Are Plenty of Fasting Options to Suit You

There are four main types of fasting that my clients have used to move through weight loss plateaus, beat the brain fog, regain their energy, and simply feel their best: partial fasting, one meal a day, bone broth fasting, and water fasting.

PARTIAL FASTING

During this type of fasting you will eat minimally, keeping protein and carbohydrates low. Eat one meal a day with partial fasting.

ONE MEAL A DAY (OMAD)

During this type of fasting, you will eat one meal per day. You spend 23 hours fasting and then have a 1-hour eating window.

BONE BROTH FASTING

During a bone broth fast, you will have only broth and water for the designated amount of time you choose. This can be anywhere from 24 hours up to multiple days.

WATER FASTING

During a water fast, you consume nothing but water. Humans have been water fasting for all of human history. It is a widespread healing tradition that our bodies are primed for -- nature's healing elixir!



If you're new to fasting and want to take it slow, I'd recommend starting with partial/intermittent fasting. Start by delaying breakfast for a couple of hours until you can skip it and go straight to lunch, then enjoy dinner as usual.

What's right for you when it comes to fasting can be completely different from what works for someone else. So try out various methods and see which fits you!



*“I was very skeptical of this program, but had a lot of wins-
 aching gone! Sleeping better, skin smooth and younger-feeling!
 Lost 22 pounds and lots of inches! Thinking clearer! Breathing
 easier! Feel like this is just the beginning!”*
 -Bonnie B.

Partial Fasting

During this type of fasting, you will eat minimally, keeping protein and carbohydrates low. You will also eat within a smaller eating window.

Focus on:

- Eating a lower calorie diet
 - 500 to 700 calories/day if you are 100 to 150 lbs.
 - 700 to 900 calories/day if you are 150 to 200 lbs.
 - 900 to 1100 calories/day if you are 200 lbs or more.
 - You can eat one large meal or space out eating over 4 to 6 hours
 - Lower carb, higher fat meals
 - Less than 20 grams of protein/day

Benefits:

- Detoxification
- Autophagy
- Stem cell production
- Anti-inflammatory effects
- Hormone balancing
- Reset of the gut and microbiome

One Meal a Day (OMAD)

During this type of fasting, you will eat one meal per day. You spend 23 hours fasting and then have a 1-hour eating window!

Focus on:

- Healthy fats
- Low-carb
- AIP-approved
- 1-hour eating window
- Eat later in the day because digestion is stronger when you are more relaxed
- Practice this as many times per week as you like

Benefits:

- Decreases and balances insulin
- Lowers inflammation
- Improves digestion
- Boosts immune system
- Promotes weight loss
- Increases cellular autophagy
- Increases detoxification
- Increases mental clarity and sharpness

Bone Broth Fasting

During a bone broth fast, you will have only broth and water for the designated amount of time you choose. This can be anywhere from 24 hours up to multiple days.

Focus on:

- Just bone broth and water
- 5-8 cups of bone broth
- Eating window of 8-10 hours, but you can fast for longer if you choose
- Use grass-fed, grass-finished beef bones that are free from antibiotics and toxins



Benefits:

- Rich in nutrients from bone marrow
- High in collagen, which nourishes skin, gut hair, and joints
- High in amino acids -- bone broth is a superfood!
- Decreased burden of digestion so the gut can focus on repair
- Seals and heals the gut
- Great for IBS, bloating, heartburn, and gas
- Supports autophagy
- Boosts immune system
- Reduces inflammation

Water Fasting

During a water fast, you consume nothing but water. Humans have been water fasting for all of human history. It is a widespread healing tradition that our bodies are primed for -- nature's healing elixir!

Focus on:

- Just water and sea salt or Himalayan salt
- Aim for ½ your ideal body weight in ounces
- No supplements
- No teas
- You decide how long you'd like to go: 24 hours to multiple days



Benefits:

- Maximizes autophagy (cleaning house!)
- Boosts stem cells
- Decreases inflammation
- Gives digestion a rest to heal the gut
- Resets DNA
- Resets the microbiome
- Boosts weight loss
- Increases future food absorption
- Boosts immune system
- Increases mental clarity



The Importance of Diet Variation

Diet variation is a strategy we use to help you break through weight loss and energy plateaus. Keep in mind that the body will prioritize cellular healing over fat loss. If you reach a plateau, it may mean there is just more important work to be done. But diet variation is a great tool to utilize to keep our metabolism guessing.

Our ancestors used to go long periods of time without food when it was sparse and then feast when they had times of abundance. We are primed for this type of variation.

Focus on:

- Switching up or opening up your eating windows
- Follow a higher fat diet for a period of time, then switch to a higher carb for a period of time
- Stick with AIP-approved carbohydrates
- Increase carbohydrates to 100-150 grams/day
- Try different timelines for diet variation, from one day up to a month

Benefits:

- Boosts weight loss and metabolic flexibility
- Increases lean muscle mass
- Improves cognitive function
- Lowers inflammation
- Reduces oxidative stress

@keycellularnutrition



Adrian L.

I LOVE..LOVE..LOVE your passion to help people heal! You are One Awesome Dude! From the moment I saw you on Facebook, I knew right away (God Thing) this program was my missing link. I love that you speak truth. Praying more doctors will learn the truth as well. This program is a Godsend.



Watch the **FREE Diet Variation Training** to learn more
and regain control of your health!

[Watch Here](#)