

Foreword by LeAnn Rimes



Fast
Like a
Girl

A Woman's Guide to Using the Healing Power of Fasting
to Burn Fat, Boost Energy, and Balance Hormones

DR. MINDY PELZ

Praise for Fast Like a Girl

“If you’ve grown tired of one-size-fits-all health advice that leaves you feeling disappointed, this book will feel like a breath of fresh air. Dr. Mindy Pelz will help you create a plan that’s unique to your body and your goals. She combines groundbreaking research, powerful stories, and a clear guide to greater health.”

— **Jessica Ortner**, *New York Times* best-selling author of *The Tapping Solution*

“Dr. Mindy is the Warren Buffet of fasting.”

— **Jesse Itzler**, entrepreneur, *New York Times* best-selling author, endurance athlete, and an owner of the Atlanta Hawks

“I have never met someone that has more respect for the body and its innate intelligence to heal than Mindy. Her reverence for the body is met with an intense passion for helping people learn how to tap into it through the timing of fasting, eating, and detoxing. This way of living is the way of the future for all women if they want to truly thrive.”

— **Danica Patrick**, entrepreneur and former race car driver

“Fast Like a Girl is an amazing book that is both inspiring and informative. It’s a wealth of knowledge for any woman who wants to reclaim their health. It will leave you feeling motivated and ready to take on the world.”

— **Megan Ramos**, *New York Times* best-selling author, co-founder and CEO of The Fasting Method

“Fasting is an incredible tool for longevity and healing. With Fast Like a Girl, women finally have a go-to manual designed

specifically to their unique hormonal needs.”

— **John Gray**, *New York Times* best-selling relationship author of *Men Are from Mars, Women are from Venus*

“In her groundbreaking book, Fast Like a Girl, Dr. Mindy Pelz provides a much-needed manual on fasting specifically for women.”

— **Elle Macpherson**, founder of Wellco, humanitarian, supermodel, and actress

“At a time when all of us are looking for ways to improve our health and vitality, Dr. Mindy Pelz offers great advice. This book is about fasting, but also so much more. It’s about our womanhood, our health, and our lives.”

— **Marianne Williamson**, 4-time *New York Times* best-selling author

“A much-needed fasting resource for women!”

— **Sara Gottfried, M.D.**, *New York Times* best-selling co-author of *The Hormone Cure*

“Fasting is such an incredible tool for our mental and physical health. Dr. Mindy is my go-to for fasting! She’s teaching women like me how to tap into our innate intelligence while minding our hormones.”

— **Alexandra Elle**, author of *After the Rain* and *How We Heal*

“It’s possible to say goodbye to being tired and hungry all the time. Fast Like a Girl will teach you how long and when to fast so your hormones will support you instead of working against you. Welcome to getting your brain back and having to buy new, smaller pants!”

— **Dave Asprey**, author of four *New York Times* best-selling books, including *Fast This Way*

“Fasting is not a one-size-fits-all approach. Dr. Mindy Pelz is one of the leading experts in this area of fasting for women, and she

truly understands how fasting is different for both men and women. If you're a woman and want to get the most out of fasting, then this is the book for you."

— **Drew Manning**, creator of TV show *Fit2Fat2Fit* and *New York Times* best-selling author of *Fit2Fat2Fit*

"Fasting is such a powerful healing tool. In Fast Like a Girl, Dr. Mindy does an excellent job of helping women understand how they can use fasting to power up their hormones, as well as providing tips and strategies that are easy to follow and tailored specifically for women."

— **Josh Axe, DC, DNM, CNS**, founder of Ancient Nutrition and DrAxe.com, best-selling author of *Keto Diet*, *The Collagen Diet*, and *Ancient Remedies*

"Wow. Didn't think Dr. Pelz could achieve the same brilliance as she put forth in The Menopause Rest—but she did—going above and beyond. This should be required reading for any and every woman on the planet wanting to bring metabolic flexibility, vitality, and longevity to their life! Packed with good science, resources, and inspiration, this will be the gift that keeps on giving."

— **Nasha Winters, ND, FABNO**, best-selling co-author of *The Metabolic Approach to Cancer*

"Dr. Mindy has written the guide of all guides for women looking to improve their health by adding fasting into their life. Most importantly, she plans it all around their menstrual cycle. As a women's health and hormone doctor, I can't recommend this book and her step-by-step process enough!"

— **Carrie Jones, ND, FABNE, MPH**, head of Medical Education, Rupa Health

"When it comes to health, there's no cookie-cutter approach. This is especially true with fasting. In Fast Like a Girl, Dr. Mindy Pelz does a masterful job of outlining why women should practice fasting differently than men. Mindy provides practical steps backed up by

science on how women at different stages of life can apply fasting strategies to balance hormones, reset their metabolism, and lose weight without having to deprive themselves. If you are wondering how to apply fasting for your unique hormonal needs, this is the book for you!”

— **Ben Azadi**, best-selling author of *Keto Flex*

“The nutrition and integrative health fields are increasingly recognizing the power of short- and long-term fasting in protocols for health and disease. However, too often the influence of cyclical hormonal patterns on metabolism and fasting physiology is overlooked. Dr. Pelz outlines here a strategy for optimizing the healthful impact of fasting in coordination with your hormonal cycles.”

— **Zach Bush, M.D.**, Physician (Internal medicine, Endocrinology, and Hospice Care)

“Dr. Mindy is such a wonderful women’s health advocate by empowering women, at all stages, to embrace their physiology and to stop apologizing for our own unique needs! Fasting is one of many tools that can help us thrive irrespective of our life stage!”

— **Cynthia Thurlow**, NP, author of *Intermittent Fasting Transformation*

“Wow! How refreshing! Dr. Mindy Pelz’s book weaves patient stories with ancestral and nutritional research about the science of fasting and tied it together with clear steps for women to follow. Her words of truth delivered spot-on advice. I found myself saying, ‘Oh, I’m stealing that.’ A wonderful read!”

— **Annette Bosworth, M.D.**, founder of Dr Boz, owner of Meaningful Medicine, and author of *Anyway You Can* and *ketoContinuum*

“Fast Like a Girl is a must-have-guide for resetting your hormones, aging beautifully, and looking and feeling fantastic. But even more importantly, following Dr. Mindy’s guidance can have a profound

impact on generations to come because fasting is the ultimate detox. Buy a copy for your daughters and granddaughters, teach them to Fast Like a Girl and help put an end to this epidemic of hormone imbalances, infertility, and ultimately on the chronic illnesses in our children.”

— **Donna Gates, M.Ed., ABAAHP**, international best-selling author and founder of *The Body Ecology Diet*

“Much like with exercise, fasting is an incredible, free healing tool that everyone can benefit from. What makes this book so unique is that women now have a fasting manual that will help customize food and fasting to match the needs of their hormones. In Fast Like a Girl, Dr. Mindy not only makes the science of fasting easy to understand but lays out a whole new health paradigm for women and men to improve their lives in a myriad of ways.”

— **Tony Horton**, best-selling author and creator of the popular P90X workout series



Fast
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ALSO BY DR. MINDY PELZ

The Menopause Reset: Get Rid of Your Symptoms and Feel Like Your Younger Self Again

The Reset Factor: 45 Days to Transforming Your Health by Repairing Your Gut

The Reset Factor Kitchen: 101 Tasty Recipes to Eat Your Way to Wellness, Burn Belly Fat, and Maximize Your Energy



Fast *Like a* **Girl**

**A Woman's Guide to Using the Healing Power of Fasting
to Burn Fat, Boost Energy, and Balance Hormones**

DR. MINDY PELZ



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To the women of my Resetter Community: Thank you for sharing your healing stories with me. You have been heard. You are seen. You are powerful beyond measure. Together we will rise.

This book contains general information and advice relating to the potential benefits of fasting. It is not intended to replace personalized medical advice. As with any new health protocol, the practices recommended in this book should be followed only after consulting with your doctor to make sure they are appropriate to your individual circumstances. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

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Fast Like a Girl now has an app!

Empower You: Unlimited Audio Mobile App

Foreword

When it comes to the story of my hormones, I don't even know where to begin. I hit puberty at 10 years old and was on the road touring by the time I was 13. Each and every cycle, I experienced severe pain, heavy bleeding, and lots of inflammation. Every part of my body would experience swelling—including my vocal cords—which led to many hospital visits and canceled shows. By my early 20s, I was on a regimen of continuous birth control that was recommended by my gynecologist. Instead of taking the sugar pills in the birth control packet, I would start another pack of pills right away. No period at all meant no inflammation and no canceled shows. Seemed like a good idea at the time.

Then one day, after almost two decades of suppressing my natural cycles, my body decided it wanted to return to its cyclical rhythm. I had undergone a lot of spiritual growth by that point, which enabled me to listen to my gut and ovaries. They told me that it was time to face whatever I had been running from all of these years and allow my body to express what it needed to express. Interestingly enough, my body decided this in December 2019, just three months before we all retreated into our homes because of the pandemic. What I was worried about all those years—losing my livelihood—was about to actually happen, but not in the way I had expected. I'd like to think my body and soul were *that* in tune with what was coming and knew, if I so chose, I could return home to myself . . . pun somewhat intended.

Since allowing my body to return to its natural cycles, the journey back to my instinctive rhythms has felt, at times, like pulling teeth without Novocain, but it has been necessary to discover the fullest expression of my feminine power, the fullest expression of my voice.

You'd think that as a woman who has had music coursing through my veins from the time I was born, rhythm and flow would come easily to me. But to keep up with the patriarchal system of constant production and achievement, I lost touch with the most important rhythm of all . . . my body's innate natural rhythm. I would venture to say that most all of

us have, and our bodies, our souls, are whispering, or maybe even screaming, for us to come back home. And for some of us, like me, the homecoming is a little less of a return and more like landing at the center of my truest self for the first time ever.

One day, I was driving down the 101 Freeway in Southern California and listening to a podcast on which I heard Dr. Mindy Pelz on a panel with three other doctors discussing health and wellness within the treacherous times we are currently living. Something about her energy jumped out at me. She was passionate, wise, funny, heart-centered, and seemed genuinely nurturing. Then my inner voice whispered, “You must meet her,” but at that moment I didn’t know why.

Instead, I scooped up her book *The Menopause Reset*. As a 40-year-old woman headed into, if not already in, perimenopause, I had begun—reluctantly, I might add—to think more and more about the upcoming transition from “Fertile Myrtle” to, well, that part of life everyone tells you is going to be miserable. The part where you bite everyone’s head off, have hot flashes, and start to lose your mind. I didn’t want my 40s to go down like that, but how could I avoid it when this is what I was taught was almost every woman’s experience?

As a “celebrity,” I’ll admit that there have been a lot of times when the “typical experience” has not applied to my life (especially when trying to get a reservation at a popular restaurant), but there’s no way around the humanity of aging and the inevitable shifts that happen in our female bodies.

I have always taken care of my body, but over the last several years I noticed my energy declining. I wrestled brain fog, found myself searching for words when trying to communicate, and forgot why I walked into a room. I also battled severe anxiety and depression over the last decade, which put me on a path of taking medication along with mindfulness and any and every alternative treatment available to me. Still, I felt like I was circling the root of my health issues without any clear solution, and the information I soaked up from Dr. Mindy’s book confirmed my suspicions.

I’ve been very fortunate to work one-on-one with Dr. Mindy, and what she has spent countless hours teaching me is exactly what you are about to learn in the pages that follow. They’re lessons that I believe should be taught to women from the time that we hit puberty but aren’t. It’s time to re-mother ourselves and empower our hearts and minds with the

knowledge that allows us to no longer be at the mercy of anything or anyone outside of ourselves when it comes to our health.

If you're wondering what you're getting yourself into by reading this book, that is it: You are about to discover the healing power of your magnificent female form. You are about to learn all the tools necessary to turn on your power for healing, joy, and creation from the most primal, instinctive place—your own body and soul.

Until I met Dr. Mindy, I don't know if I truly believed in the power of my own body to heal itself. But I am a believer now. Whatever challenges you face, know that healing is possible. It doesn't happen overnight. It takes educating yourself—which you are bravely embarking on now—along with love, respect, and dedication for your body's unique needs, but I believe in you and I know, without a doubt, Dr. Mindy does too.

I don't know about you, but as a little girl, the following phrases were said to me repeatedly: “Don't run like a girl,” “Don't throw like a girl,” and “You hit like a girl.” It was as if being a girl or doing anything “like a girl” was “bad” or “wrong.” I wish that little girl knew then that being a girl is a massive superpower! In fact, the woman she's become certainly does now!

This woman knows that her womanhood is sacred; it can wield magic and help her heal herself. It can even help heal the world around her. My prayer is that every woman reading this book comes to know that doing things “like a girl”—especially learning the ways in which to nurture our primal nature—is the path to freedom and the way in which we, as women, begin to help usher in heaven on earth.

—**LeAnn Rimes**

Grammy-award-winning singer and songwriter
Seeker, speaker of truth, mystic, and overall badass

2022

Woman,

There is great power in your cyclical nature, for we are nature itself. We, like nature, create life and live by nature's rhythms. The soft animal that is your truest nature knows this at the deepest level.

Woman,

Our job is to remember, to strip away the layers of societal conditioning and interference, the image of the "good girl," and come home to our most natural textures and rhythms. Every orgasmic joy, every primal scream, every gut instinct, every deep sorrow and wail of grief, every moment of surrender to rest, the shedding of the old, every ounce of our creative power is to be allowed, honored, and again made sacred.

Woman,

You are sacred. Not only in your brightest light, but also in your darkening. Your greatest power lies in flowing with your rhythm and surrendering the fight against nature, your nature. Because in the end, Mother Nature always wins. Our choice lies in whether or not we choose to assist in her unfolding.

—LeAnn Rimes

Introduction

We have never been more in need of a new paradigm for health. In the past few decades, chronic conditions like Alzheimer's, cancer, diabetes, infertility, cardiovascular disease, autoimmunity, mood disorders, and even chronic pain have skyrocketed. What might be the most disheartening about this surge is that many of these diagnoses are happening to women. Yet women are still being given a one-size-fits-all solution that rarely takes into account their hormonal needs, leaving them feeling unheard, out of answers, and, most of all, still sick.

I know this scenario all too well because I was one of these women. At 19 years old, I was overcome by unrelenting fatigue—a fatigue that made it impossible to do even the simplest daily life tasks. At an age when most are thinking about what career to step into, I was struggling to find the energy to even get out of bed. Searching for answers, I found myself sitting in the office of one of the top medical doctors in the world who diagnosed me with chronic fatigue syndrome, a condition for which there was no known cure. He told me it would take years for me to heal from such a debilitating condition and then instructed me to drop out of school, hop onto trial medications, and hope that my body would heal. At that time I was a scholarship athlete with coaches breathing down my neck to get back out on the tennis court; I didn't have time to wait.

We all have moments we look back on and realize that in an instant our life was changed forever. That day I sat in the doctor's office was one of those moments. Like the millions of women who receive dismal prognoses from their doctors, I listened in disbelief. Yet a voice inside me kept telling me there was another way. How could my body be breaking down at 20 years old? If the best chronic fatigue doctor couldn't help me, how was I going to find a way out? That dark moment taught me one important lesson that I have carried forward into my practice today: When your health falls apart, you need just one person to believe in you and give you hope. Luckily for me on that day, that person was my mom. Frustrated with this doctor's advice, she immediately

drove me from that doctor's office to a holistic medical doctor. It was 1989, and at that time finding a medical doctor with a more natural approach was almost impossible. His first recommendation? Change my diet. He explained to me how all foods are not created equal: Some foods build up your health and others deplete you. I had been eating the ones that depleted me. He immediately put me on a diet that looked very much like today's wildly popular ketogenic diet.

Within three weeks of adhering to his diet recommendations, I could feel something in my body shift dramatically. Not only was my energy coming back but my brain had more clarity, I started dropping weight effortlessly, and the depressive haze I had been walking around in for months disappeared overnight. I literally felt like someone had given me a miracle cure, yet all I did was change what I was eating.

Why did my body respond so well to these diet changes? What healing power did I ignite with just changing up my food choices? And why did these two doctors have such dramatically different opinions about my path back to health? I was in awe of how quickly my body responded to the new diet changes. It sparked an unquenchable desire to learn what else my body was capable of achieving through the power of food. Yet it also left me wondering how many people are given similar grim prognoses who never get taught the effect food has on our body's ability to heal. This experience ignited a desire in me to help others see the influence something as simple as food can have on their health.

Since then, I have studied and tested almost every popular diet fad that has emerged. You name the new diet trend, I've tested it. I have also spent the past 25 years in the health trenches with thousands of patients helping them discover how important *what* they eat and *when* they eat can be to their health. What all this research taught me is that now more than ever humans are suffering at the hands of poor food choices. Recently the Centers for Disease Control and Prevention published that 60 percent of Americans have one chronic disease, 40 percent have two or more, and 90 percent of the trillions of dollars we spend on health care goes to treating these chronic conditions. Why are we so sick? What has changed in the past 30 years that has us on a collision course with chronic disease? When you look at the root causes of many chronic diseases, you see a common thread—that common thread is poor metabolic health.

Poor metabolic health, often known as metabolic syndrome, is getting a lot of press these days and with good reason. The term *metabolic health* is often used to refer to a person's ability to properly regulate their blood sugar, blood pressure, and cholesterol without the use of medications. Not only does poor metabolic health lead to chronic disease, but it also compromises your immune system. Perhaps the most startling part of having poor metabolic health is that as a culture we have normalized this condition. Many of the hallmark signs that tell us a person's metabolic health is diminishing are often given a label by doctors as "aging," "genetic," or "unavoidable." The signs someone is struggling with their metabolic health are clear: High levels of blood sugar, triglycerides, low-density lipoprotein (LDL) cholesterol, blood pressure, or an increasing waist circumference are all telling you that your metabolism is struggling. A classic sign of a failing metabolism that is rarely addressed is a person's inability to go without food. This is referred to as hypoglycemia, but your brilliant body has a reserve energy system that should activate in the absence of food to give you energy, mental clarity, and tide you over until you can get to your next meal. If you are struggling to go more than four hours without food, it is time for a metabolic tune-up.

In 2018, a study emerged from the University of North Carolina at Chapel Hill declaring that only 12 percent of Americans are metabolically healthy. And it's not just Americans: More than 800 million people worldwide currently live with obesity. According to the *British Medical Journal*, in many countries obesity is now killing more people than smoking.¹ What might be most disturbing is that the fastest-growing sector of the population living with obesity is children. Childhood obesity is predicted to increase by 60 percent in the coming decade, reaching 250 million by 2030. The medical costs associated with this rise in obesity are expected to exceed \$1 trillion by 2025. Respected medical journals like *The Lancet* are even declaring that due to the strong correlation of metabolic disease to worse COVID-19 outcomes, metabolic health needs to be our number one focus globally in the post-pandemic era.² Yet our current efforts to prevent and treat metabolic challenges like obesity are glaringly inadequate. Our approach to this growing problem needs to change. Poor metabolic health is not just a number on the scale or an elevated lab finding; it is a person in crisis. Each health crisis doesn't just affect that individual; it impacts that

person's family, our communities, and, as the pandemic has taught us, the world at large. We are all in this metabolic mess together.

As dismal as our current metabolic situation may be, there is a clear path out. It's a path that doesn't take time and won't cost any money. It's backed by science and can be done by anyone, anywhere, anytime. That tool is fasting. Although the art of fasting is not a new health concept, in recent years people have discovered that fasting is the quickest path back to better health. In my quest to help patients improve their health through nutrition, I stumbled upon multiple studies proving the efficacy of fasting. I became so enamored with what the science was saying about how our bodies heal in a fasted state that I incorporated it into every one of my patients' treatment plans. The results were astounding. I had never seen the body heal so quickly just by tweaking something as simple as when a person eats. This left me wondering, *If fasting was so powerful for my patients, could this be a tool that everyone could use?*

Throughout my 25 years in practice, I have consistently seen that two of the biggest hurdles people come up against when trying to get well are time and money. Fasting takes care of both. I became so obsessed with this reemerging ancient health tool and the results I was witnessing that I decided to teach the science of fasting on my YouTube channel. I quickly discovered that many people, especially women, were also thirsty to learn how to fast effectively. Three years and 900 videos later, I have been on the front lines witnessing a burgeoning health trend that has patients and doctors alike clamoring to learn more. In the years since I have been teaching fasting, hundreds of thousands of healing stories have been shared on my channel. What has been clear is that people are falling in love with the results they experience when they fast.

As you will soon discover, the studies on fasting are impressive as well. Respected scientific journals such as *The New England Journal of Medicine*, *Cell Metabolism*, *Nature*, and *The British Medical Journal* consistently publish new evidence proving why fasting works so well. These papers show how fasting helps with every aspect of metabolic health, from weight loss and high blood pressure to insulin resistance, inflammation, and lowering cholesterol. We also have scientific evidence that fasting repairs our gut microbiome, improves neurodegenerative diseases like dementia and Alzheimer's, reboots a struggling immune system, and can power up happiness neurotransmitters like dopamine, serotonin, and GABA.

While the scientific evidence is clear that fasting heals, there still exists one huge blind spot: A one-size-fits-all approach to fasting doesn't work, especially for women. As exciting as it is that more people are incorporating intermittent fasting into their lifestyle, three critical questions have emerged that are not being addressed.

The first is, How long should someone fast? Intermittent fasting is typically thought of as going 13 to 15 hours without food. Yet many follow the research that's been done on 16:8 fasting—16 hours of fasting alternating with 8 hours of eating. Meanwhile, one of the most famous fasting studies revealed that a three-day fast can kill precancerous cells and reboot your whole immune system. As these scientific articles become more mainstream, and fasting becomes more popular, a lot of opinions are being tossed around on how long a person should fast. This makes it incredibly confusing for many to determine how long they should fast, if they should fast every day, and whether they are even fasting correctly. As you learn to thrive in a fasted state, it's tempting to go longer. But is longer better? Often there are no clear answers.

The second question is, What foods are best paired with fasting? Many have fallen so in love with fasting, they forget that food heals too. Yet it's the rhythm of moving in and out of feasting and fasting that creates the greatest metabolic change. Fasting experts have been focusing primarily on the healing that happens within the fasting window, leaving fasters in the dark as to the healing importance of food when they do eat. This is a challenge since many people are still eating a Western standard diet that is packed with chemicals, sugar, and inflammatory fats. As contradictory as this may sound, food should not be left out of the fasting conversation. When you pair the right foods with fasting, miracles happen—especially for women.

This brings me to the third and most important question that needs answering: Do women need to fast differently than men? This is a pivotal question because women are highly influenced by the monthly and menopausal swings of hormones. The intricacies of our sex hormones—estrogen, progesterone, and testosterone—require that we pay closer attention to spikes in cortisol and insulin that can happen with an increase in stress, exercise, food, and, yes, even fasting. When we use fasting to flip our metabolic switch, we need to do it in sync with our hormones. Although men are hormonally driven as well, their hormones are not as sensitive to these spikes. For a woman to realize the full health

benefits of fasting, she needs to know *when* and *how* to flip her metabolic switch in accordance with her hormonal cycles.

Yet like in many aspects of health care, women are often left out of the conversation. Multiple fasting books are teaching a one-size-fits-all approach to fasting, leaving women with more questions than answers. Podcasts, social media posts, and blogs discuss the need for women to fast differently, but very few are teaching women *how* to fast differently. This presents a huge challenge. If a woman decides to jump into a fasting lifestyle and doesn't time that fast to her menstrual cycle, adverse symptoms may appear such as hair loss, rashes, anxiety, missed menstrual cycles, thyroid problems, and trouble sleeping. These are all symptoms that can be avoided when a woman learns how to fast for her unique body. Done properly, fasting can resolve so many conditions women are struggling with. The same goes for menopausal women who may no longer have a cycle but still have hormonal needs. We need to address what their fasting lifestyle should look like. The list of women looking for fasting answers to their hormonal conditions is long. Women with polycystic ovary syndrome (PCOS), women using IUDs with very little evidence of a menstrual cycle, and the hundreds of thousands of women who are struggling with infertility—these are all women who need to adjust a fast to their specific needs. And they need resources to guide them.

In an effort to help, I started teaching the intricacies of fasting and how to time a fasting lifestyle to hormonal needs on my YouTube channel. I mapped out six different fasting styles (ranging in length from 13 to 72 hours) and two different food programs (what I call ketobiotic foods and hormone feasting foods) that can be timed to women's menstrual cycles. I also created a tool called the Fasting Cycle that lets a woman choose the right fasting length and food style to correlate with her menstrual cycle. And for women both with and without a cycle, like menopausal women or women on birth control with minimal flow, I created a step-by-step 30-Day Fasting Reset that varies their fasting lengths and food choices to balance their hormones while improving their metabolic fitness. If there is anything that these women have taught me, it's that once a woman knows how to build a fasting lifestyle around her cycle, she becomes unstoppable.

It's these women who have inspired me to write this book. On these pages, you will find the proven strategies, condition-specific protocols,

hacks that make fasting easier, and tools that I have used to help hundreds of thousands of women just like you thrive with a fasting lifestyle. I have split the book into three parts, starting with the science behind fasting and metabolic switching. Knowing the *why* behind fasting is key for your success. In [Part I](#), I also guide you through a brief lesson on how your hormones work. This is the lesson you should have been given at age 13, and I am excited to give it to you now. Marrying the science of fasting to the magic of your hormones is pivotal for your fasting success. In [Part II](#), I dive into food principles that will never let you go metabolically astray again. Nutrition can be complicated; I want to simplify it for you. In this part, I also introduce you to the two eating styles—ketobiotic and hormone feasting—that you will match to your fasts. You will also learn how to use the Fasting Cycle to sync your different-length fasts to your menstrual cycle. Finally, in [Part III](#), you will learn how to customize fasting to your life, including using a 30-Day Fasting Reset, specific protocols you can use if you are trying to overcome a condition, and hacks that will make fasting easier. One of my favorite concepts to teach—how to break a fast—is outlined in this section as well. No matter where you might be in your fasting journey, I know you will find resources here that will help you move the needle with your health.

Just like my mom was that beacon of hope for me years ago, I want this book to be your guiding light as you learn to use fasting and take back control of your health. This book will teach you exactly how to do that. Women have been underserved by the medical community for too long, and I am excited to share with you the promise fasting provides for each one of *us*.



PART I

**THE
SCIENCE**