

KETO CALM November 2-6, 2020

Welcome!

Welcome to Fast Training Week, so glad you're here. Each month I lead a week-long, themed fasting experience.

My intention for creating Fast Training Week is to bring the Resetter community together to practice fasting, learn new styles of fasting and to push our fasting growth edges.

The most important thing I want you to remember is, there is NO such thing as a failed fast. Every fasting experience makes you stronger, healthier and better adapted. So please hang in there.

My team is here to support you, on my social media platforms, as well as in the Resetter



Collaborative on
Facebook. And of course,
if you're a Reset
Academy member, you
have guides in there to
help you with questions.

Happy fasting, -Dr. Mindy

How to join Fast Training Week:



Subscribe to my <u>You</u> <u>channel</u>.



Click on the icon to receive notifications when videos are live.

For community and support, join the Resetter Collaborative on Facebook.

Watch the daily training videos on <u>Youtube</u>.

Fasting Options:

Option 1: Intermittent Fasting Beginner

Option 2: One Meal A Day (OMAD) with Ketobiotic Meal Intermediate

Option 3: 3-5 Day Water Fasting Advanced

WATCH VIDEOS

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Recommended Breathwork:

Each day I recommend setting aside time for a calming routine. That can include reading, journaling, meditation, chanting/singing, prayer, and/or breathwork.

Here are two of my favorite breathwork options:

Soma Breath Meditation by Niraj Naik

Wim Hof Method Breathwork App

INSTRUCTIONS FOR OPTION 1:

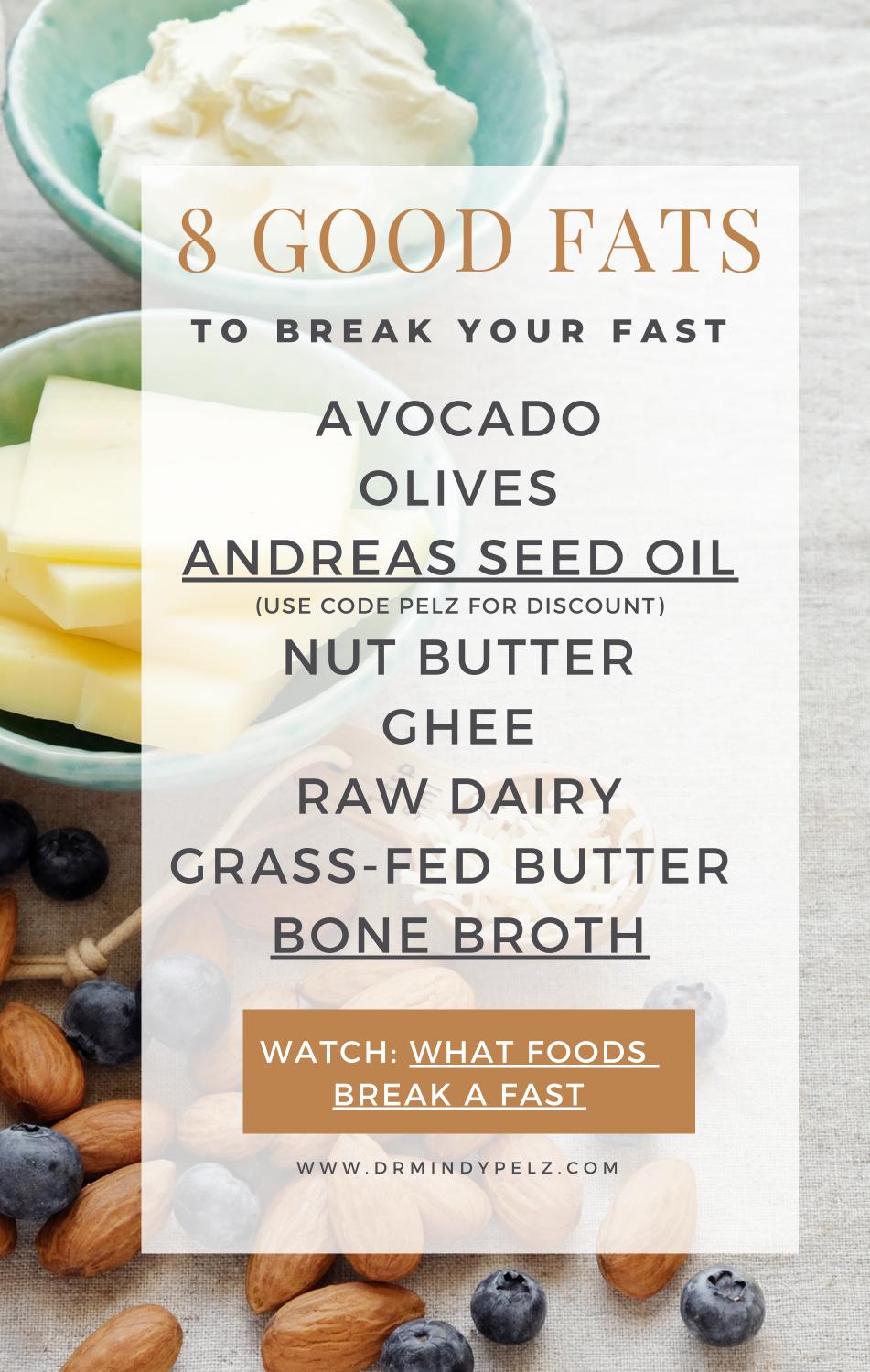
Intermittent Fasting

WATCH: 3 SIMPLE STEPS TO FASTING

WATCH: WHY DOCTORS SHOULD RECOMMEND FASTING

THE BASICS

- Fasting for 13-15 hours
- Water, coffee and tea ok
- Break fast with good fats
- Remove processed, refined flours and sugars
- Remove bad oils
- Remove alcohol



FOODS TO AVOID

bread sports drinks

rice high

cereal fructose corn syrup

pasta artificial sweeteners

cakes sodas, juice

crackers vegetable oils: canola,

cookies sunflower, corn, soy

candy fried foods

chips fast foods

pastries processed meats

READ: GOOD FATS

VS. BAD FATS

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OPTION 2:

What is One Meal a Day fasting?

WHY OMAD WORKS

One meal a day fasting, aka OMAD, is just like it sounds, eating one meal in a 24 hour period, whether it be breakfast, lunch or dinner. Generally I find dinner-to-dinner fasting to be the easiest. Tea, coffee during this fast is okay.

When you break your fast, it will be a **Ketobiotic Meal**.
See next page for details.

Ketobiotic Meal:

Macros:

- 50g protein
- 50g net carbs, ideally with all carbs coming from vegetables
- 60% of calories coming from good fats

I recommend using the Carb Manager App for calculating your macros.

CARB MANAGER APP

Ketobiotic Recipe



HOW DO YOU KNOW IF YOU ARE READY FOR OPTION 3:

3-5 DAY WATER FAST?

HOW TO PREPARE FOR A

LONGER FAST

- You are comfortable fasting 24 hours
- You have a blood sugar and ketone measuring device
- You are testing your ketones and blood sugar 3x a day
- You know the warning signs of when to break your fast
- You know how to safely break your fast

How to break a 3-5 day water fast

FOLLOW THIS ORDER.
GO SLOW.



aloe vera bone broth Ketaboshake coconut kefir



sauerkraut fermented foods



steamed vegetables



AVOID THE FOLLOWING:

animal protein (wait 24 hrs)
restaurant food
alcohol, soda
gluten

WATCH VIDEO

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WARNING SIGNS:

WHEN YOU SHOULD STOP FASTING

WATCH VIDEO HERE

If your blood sugar drops below 50 mg/dL (2.2 mmol/L) and/or your ketones rise above 8 mmol/L this is a warning sign that you should BREAK YOUR FAST, also if you are experiencing dizziness, fatigue and/or lethargy.

Important: You should be measuring ketones and blood sugar 3x per day while doing a longer fast. I recommend using the Keto Mojo (USA, Europe).

NEED MORE HELP?

Next Steps

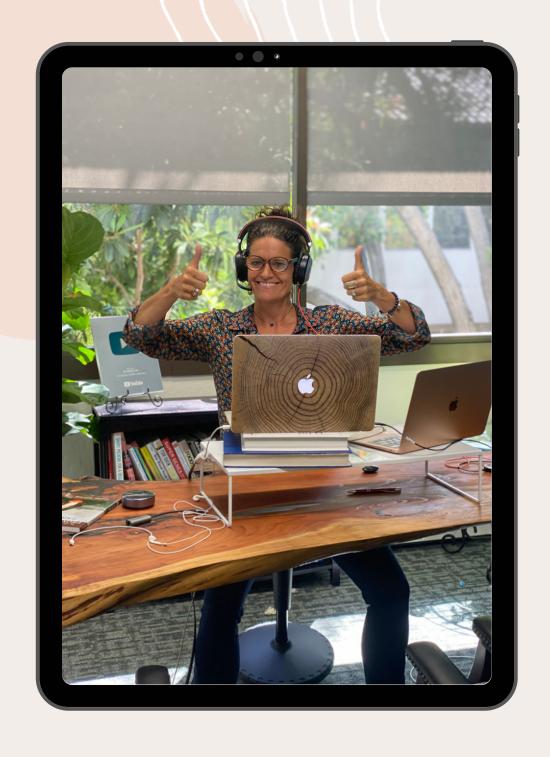
Fast Training Week is a great place to get your feet wet with fasting, or develop your diet variation skills. However you may feel like you need more help with fasting or troubleshooting your fasting experience. In these cases I recommend you:

JOIN THE RESET ACADEMY

Here is where I offer online courses, group coaching calls, recipes, cheatsheets and exclusive videos.

JOIN MY NEXT LIVE RESET: NOV 9-23

The upcoming 15-Day Fat Burner Reset will help you achieve metabolic flexibility. You'll learn different fasting styles and time for Q&A on our 4 live calls!



WATCH NOW

DAILY TRAINIGS

YOUTUBE