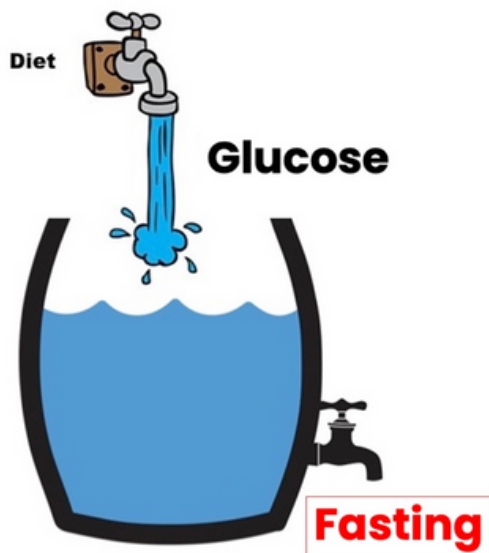




Intermittent Fasting for Type 2 Diabetes

Why do IF for type 2 diabetes? When we eat, our bodies store food energy (calories). When we don't eat (fast), our bodies use the stored food energy (glucose and body fat). With type 2 diabetes, our body is overfilled with glucose. Reducing dietary carbohydrates allows you to put less sugar in. Fasting allows your body to naturally burn blood sugar and body fat for energy.



Is IF safe? Yes. Fasting simply gives your body a natural **break from eating**, hence the English word 'break-fast'. Fasting has been used for thousands of years throughout the world both safely and effectively. Check with your doctor if you are taking any medications, especially insulin.

Benefits: Weight loss, improved blood glucose, reduced fatty liver, improved cholesterol, increased energy, improved concentration, less bloating.

Simple, effective, free, flexible, convenient, works with any diet.

Fasting Myths – Fasting does not cause muscle loss, starvation mode. There is no minimum daily intake of glucose.

Tips

- Hunger goes away if you ignore it. It gets easier to manage the more you fast.
- Monitor blood glucose and communicate with your doctor if medications need to be adjusted.
- Extend your fast if you are feeling well, up to 24-hour fasting or One Meal a Day (OMAD) 3 times per week.

Further Resources:

- Videos: [Dr. Jason Fung's YouTube channel](#)
- Dr. Jason Fung's [blog at Medium.com](#)
- Books: [The Diabetes Code](#), [The Diabetes Code Cookbook](#), [The Diabetes Code Journal](#)
- Fasting Support: www.TheFastingMethod.com