**H. Pylori Home Recovery and Digestive Health Plan**

**Week Three**

**Intermittent Fasting**

As stated in the Intermittent Fasting video, leaving specific long gaps between meals appears to offer some significant benefits.

Some different methods are:

* *Alternate day fasting* (36hr fast, 12hr feed)
* *Meal skipping* (random)
* *Eat stop eat* (24 hour fast, 1-2 times per week)
* *Lean Gains* (16hr fast, 8hr feed)
* *Warrior Diet* (20hr fast, 4hr feed)

**Keep it simple initially**

On a practical level, and while your digestive system is recovering (which may take a few months), I think it’s wise to stick to a simple intermittent fasting strategy.

To get started with the fasting method, I recommend you simply leave 13 hours between dinner and breakfast:

* If you eat dinner at 7pm, don’t eat anything until 8am the next day.
* Likewise, if you eat dinner at 8pm, don’t eat until 9am the next day.

**Does intermittent fasting work for everyone?**

That said, I have seen some great sleep improvements in clients when they ate a well-designed bedtime snack.

While this might be a bit confusing, it’s not too much of a problem to solve.

* Simply spend a few nights trying the fasting method and see how well you sleep.
* Then, try having a bedtime snack and seeing how well you sleep.
* Note how you feel on waking; do you feel refreshed or tired? How is your appetite?

If your sleep is not affected either way, I would opt for the fasting method because of its documented health benefits.

Also remember that factors other than food can affect your sleep, which is the topic of next week’s lesson ☺.

Let us know how you get on and remember to join the support calls and social media discussions, etc.

If you have questions, you know where we are.