

FOND

Fasting with Bone Broth



WHAT IS INTERMITTENT FASTING?



Intermittent fasting has grown to be trendy over recent years, with proponents claiming it can support everything from weight loss to blood sugar balance. Simply put, intermittent fasting is a strategy that involves alternating periods of eating and extending fasting (AKA, little or very low calorie consumption). Studies have shown that fasting can help with reducing inflammation and improving chronic conditions, including autoimmunity and diabetes.

Long ago, our ancestors were hunter-gatherers who often went long periods of time without food while hunting. But now we have evolved and trained our bodies to expect three square meals a day, not to mention numerous snacks. We have access to food 24:7, and it's often hyperpalatable choices that encourage us to overeat.

WHAT ARE THE DIFFERENT TYPES OF FASTING?

There are three main types of intermittent fasting approaches: time-restricted fasting/16:8, alternate-day fasting, and the 5:2 diet.

TIME-RESTRICTED FASTING OR 16:8

This is the most common form of fasting, and is sometimes called time-restricted feeding. As the name suggests, your fasting window is typically 16 hours long and your eating window is 8 hours. The typical structure is to fast from 7pm until the following morning at 11am, and then to eat from 11am – 7pm, but the timing can be flexible to work for your lifestyle.

ALTERNATE-DAY FASTING

The goal of this type of fasting is to fast every other day. When doing this type of fast, some will refrain from eating anything at all, only drinking water, unsweetened tea, and coffee, while others will eat about 500 calories on fasting days.

THE 5:2 DIET

With the 5:2 format, you eat as you normally would for five days of the week and then restrict your caloric intake, usually below 500 calories, the other two days. Typically, the two 500 calorie days are not consecutive, and have at least one normal day between them. While five days on and two days off is the standard, there are also other options, such as 6:2 and 3:4. Listen to your body and decide which form is right for you.



WHAT MAKES A BONE BROTH FAST DIFFERENT AND WHAT ARE THE BENEFITS?

Quite simply, a bone broth fast involves drinking bone broth throughout the day instead of eating food (or not eating at all!).

Unlike water or tea fasts, a bone broth fast can provide your body with essential vitamins, nutrients, and antioxidants, which provide energy and hydration throughout your day. These nutrients, along with the protein that bone broth contains, can help you feel less fatigued, more satiated, and more focused as you go through your fast.

Bone broth fasts consist of consuming 2-3 quarts of bone broth per day (that's about 4-6 jars of FOND) and eliminating food altogether, though some will add fat to 1-2 servings of their broth each day. With this type of fast, you'll want to avoid intense exercise and opt for gentler forms of movement instead.

Bone broth fasting allows your body to burn fat, decrease inflammation, and help start the healing process for conditions like leaky gut. Thanks to collagen, gelatin, and specific amino acids like glycine and glutamine, bone broth helps to heal the intestinal lining, supports better bacterial balance in the digestive tract, and even supports digestion. The amino acids in bone broth also support stabilized blood sugar, better sleep, and even improved mental health. Once you work to heal the gut, whole-body improvements will be felt, from improvement in autoimmune or chronic conditions, improved hormonal health, and more!

When you abstain from food for a period of time, your body uses up stored glucose (sugar!), which in turn allows your body to switch into fat burning mode. During this process, your cells are able to regenerate and rebuild, and also repair or clean up damaged cells. Since blood sugar and insulin are lower during a fast, fat cells are able to dump fatty acids into the bloodstream, helping to burn fat. Finally, promotion of human growth hormone (HGH) during fasting supports maintaining muscle mass and supports body composition.

If this sounds extreme, but you still want benefits, try a modified fast where you incorporate 1-2 anti-inflammatory meals per day in addition to bone broth.



WHY SHOULD I DO A BONE BROTH FAST WITH FOND?

Say goodbye to bland, boring broth and hello to delicious variety. Our founder, Alysa, developed the core FOND flavors when she was doing her own five-week bone broth diet. Her non-negotiables? Broth that actually tasted good and provided variety.

Fasting with FOND is different, since every flavor is truly delicious to sip, right out of the jar. Our synergistic herb infusions (like turmeric, thyme, and black pepper or shiitake, shallot, and sage) provide an added layer of nutrient-density and functional health support to the mix. And with twelve flavors to choose from, you'll always have the ability to keep things interesting. It's unlike any other bone broth fasting experience!

IS BONE BROTH FASTING RIGHT FOR ME?

A bone broth fast isn't right for everyone, but if you resonate with any of the following bullets, it might be a helpful tool in your healing lineup.

- Someone in an active autoimmune flare
- Someone dealing with digestive distress or recovering from a cold, flu, or food poisoning
- Someone with a digestive disorder (like leaky gut, IBD, or IBS)
- Someone who wants to kick off a detox, elimination diet or specific diet like keto
- Someone looking to boost their metabolism and accelerate body fat loss
- Someone struggling with food allergies and sensitivities
- Someone with signs of low immune function, including frequently getting sick, or having asthma and recurrent respiratory systems
- Someone with joint pain or arthritis
- Someone looking to gain more energy, improve the appearance of their skin and feel more clear-headed
- Someone who has skin issues such as eczema or psoriasis

A bone broth fast probably isn't for you if you are pregnant, have a history of disordered eating, are on prescription medications, or have HPA axis dysfunction.

Please note that this list should not be considered a substitute for medical advice, diagnosis, or treatment! These are simply a few of the groups who typically benefit from bone broth fasting. Always consult with your trusted practitioner before trying something new with your diet or exercise routine.



WHAT ARE SOME OF THE BENEFITS YOU MAY EXPERIENCE?

- Weight loss, fat burning, and weight maintenance
- Improved digestion and a healthier gut, due to the abundance of gelatin and amino acids
- Improved sleep and less brain fog, thanks to the presence of glycine
- Collagen, glucosamine, and chondroitin strengthen tissues, reduce joint pain, and keep hair, skin, and nails healthy
- Repair the intestinal lining (improving leaky gut)
- Decreased blood sugar and insulin
- Reduced risk for diseases like diabetes, cancer and heart complications
- Decreased inflammation

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