

# Chapter 2: Types of Fasting

There isn't just one way to fast. Some fasts are short, some are long, and they all have different benefits. Here are the most common types of fasting:

## 1. Intermittent Fasting (IF)

This is the most popular and easiest way to start fasting. Instead of eating all day, you restrict your eating to a certain time window.

Common IF schedules include:

16:8 Method: Fast for 16 hours, eat within an 8-hour window (e.g., noon to 8 PM).

18:6 Method: Fast for 18 hours, eat within a 6-hour window.

20:4 (Warrior Diet): Eat one large meal within a 4-hour window.

Benefits: Helps with weight loss, insulin sensitivity, and energy levels.

## 2. 24-Hour Fasting

Also known as OMAD (One Meal A Day), this fast involves eating only once per day. You go a full 24 hours between meals.

Benefits: Great for metabolism, digestion, and mental clarity.

## 3. Extended Fasting (48+ Hours)

This is when real healing happens. After 48 hours, the body enters deep autophagy, a state where it aggressively removes damaged cells and regenerates.

3-Day Fast (72 hours): Boosts immune system and cell repair.

5-Day Fast: Accelerates fat loss, reduces inflammation, and increases stem cell production.

#### 4. Dry Fasting (No Food or Water)

This is an advanced method where you consume no food or water for a period of time. Some claim it speeds up detoxification, but it's much harder on the body. Not recommended for beginners.