Most Common Symptoms with Intermittent Fasting (IF) and some solutions

1. **Constipation**
   a. **Extra fiber:**
      i. Aim for 30g+ per day
      ii. 1 tbsp of chia seeds = 5g of fiber
      iii. 1 tbsp flax seeds = 4g fiber
      iv. 3.5oz of hummus = 6g fiber
      v. Magnesium citrate helps soften the stools and makes them easier to pass
         1. start at 2 tabs (400mg) at nighttime and try it for a couple days. If it's not working then increase to 4 tabs at night (800mg), wait a few days, and if you’re still experiencing constipation then increase to 2 tab (400mg) during the day and 4 tabs (800mg) at night.
         2. 1 tab= 200mg
         3. Do not take all 6 tabs at once or, you will likely have an uncontrollable bathroom accident
      vi. Epsom Salt baths
      vii. Drinking at least 80oz of water per day + exercise
      viii. Vitamin C (if you don’t have a risk of kidney stones)

2. **Headaches**
   a. Electrolytes
   b. Sea salt /pink salt
   c. Bone broth during your feeding window
   d. Drink at least 80oz of water

3. **Hunger pangs/ loud stomach growling**
   a. Hunger is the number one symptom, but it’s normal, quickly passes, and comes in waves.
   b. Hunger is more of an issue in the beginning for those who are prediabetic or who are used to eating a lot of simple carbs
   c. Try carbonated/sparkling water (unflavored preferred and no stevia/artificial sweetener)
   d. Stay busy
   e. It gets less intense after you have been in the routine a while
   f. Coffee is a mild appetite suppressant
   g. green tea - it contains potent antioxidants that may stimulate metabolism and weight loss
      i. plain green tea can possibly be upsetting on an empty stomach, so start small
   h. chia seeds- they can suppress hunger, since they’re full of soluble fiber.
      i. Yes, adding them to your water technically breaks the fast, but it’s small and won’t detract from the benefits of the fast unless you have reached a plateau.
      ii. The increase compliance more than compensates
   i. cinnamon – has been shown to slow down gastric emptying and may reduce hunger
      i. it can also help with lowering blood sugar
      ii. Add it to your tea/coffee for a nice change in pace!
4. **Heartburn**
   a. Avoid large meals and then going straight to bed
   b. Try Deglycyrrhized Licorice (DGL)
   c. Try sparkling water with lemon
   d. Try ginger
   e. Keep your head elevated when in bed
   f. Add something acidic to your last meal before bed to support digestion, such as vinegar, lemon juice
   g. Utilize digestive enzymes

5. **Dizziness**
   a. Usually dehydration
   b. Monitor your blood pressure. Your practitioner may need to adjust any blood pressure meds, if you’re on them

6. **Muscle Cramps**:
   a. Typically, from low magnesium, which is common in diabetics and those with high stress
   b. You can use topical magnesium
   c. Add 1 cup of Epsom salts and soak in a bathtub for 30 min - you’ll absorb the magnesium through your skin
   d. Or take a magnesium supplement