

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