

# What Doesn't (and Does) Break a Fast... Advice from 8 Fasting Experts

<p><b>1) Functional Medicine Doctor &amp; Coach</b></p> <ul style="list-style-type: none"> <li>Bases recommendations on your goals-- see bottom note</li> <li>If goal is ketosis/fat loss: diet drinks, sugar free drinks, cream, stevia, and butter are all "safe"</li> <li><b>If autophagy/stem cell regeneration is goal: nothing but water</b></li> </ul>	<p><b>2) Nutritionist &amp; Chiropractor (Two People)</b></p> <ul style="list-style-type: none"> <li>Possibly ok based on individual metabolism: stevia, Sweet &amp; Low, Equal, Spenda, Erythritol, Monk Fruit (no xylitol)</li> <li>Yes... but they must be burned first, so keep that in mind: MCT, cream, butter</li> </ul>	<p><b>3) Life and Weight Loss Coach/Author</b></p> <ul style="list-style-type: none"> <li>Sweet tastes that are non-caloric "probably fine"</li> <li>Some fat in coffee if weight loss isn't stalled because of excess calories</li> <li>Bites of fat if needed (cream cheese, butter, fatty nuts, avocado, olives)-- but these still must be burned first</li> </ul>	<p><b>4) Specialist Physician/ Fasting and Diet Author</b></p> <ul style="list-style-type: none"> <li>Small amounts of fruit in water or tea</li> <li>Vinegar and salt</li> <li>All fats in coffee including half &amp; half and whole milk</li> <li>Herbal teas including fruit flavors, cinnamon &amp; peppermint</li> <li>All broths (for extended mostly)</li> </ul>
<p><b>5) Fitness Expert/ IF Teacher</b></p> <ul style="list-style-type: none"> <li>Anything non-caloric</li> <li>No fat</li> <li>Tastes not big deal</li> <li>Lemon, lime, diet soda, coffee, tea, ACV, minerals, &amp; salt</li> </ul>	<p><b>6) Chiropractor/Low Carb Fasting Teacher</b></p> <ul style="list-style-type: none"> <li>Very few calories</li> <li>No fat</li> <li>No sweetness</li> <li>Coffee, tea, water, bone broth, ACV, almond milk, milk, stevia, erythritol</li> </ul>	<p><b>7) Fitness Expert/Food &amp; Fasting Teacher</b></p> <ul style="list-style-type: none"> <li>Sweet tastes that are non-caloric "probably fine"</li> <li>Some fat in coffee if weight loss isn't stalled because of excell calories</li> <li>Bites of fat if needed (cream cheese, butter, fatty nuts, avocado, olives)-- but these still must be burned first</li> </ul>	<p><b>8) Fasting Teacher/Author/ Blogger</b></p> <ul style="list-style-type: none"> <li>Coffee, tea, water, salt</li> <li>Small amounts of lemon</li> <li>Small amounts of oil via CBD oil</li> </ul>

## Important Notes:

- A) Best advice: The fast is only part of the equation-- not that you will gain weight if you drink cinnamon in your coffee, etc. This isn't true.
- B) Keeping fast as clean as possible with "tastes" will help with cravings and hunger
- C) Best advice: Base your fasting consumptions on your own body
- D) Best advice: Base your consumption on your goals (stem cell rejuvenation, autophagy, or ketosis/fat burning/weight loss)
- E) Some say if it doesn't raise your blood sugar over 10 points of your minimum baseline, then it doesn't hurt the fast
- F) Blood sugar goes down quickly if you have a "blip"-- you didn't "ruin everything" by licking your cooking spoon (but it's not worth it!)