



LIVINGOOD DAILY

ROTATIONAL FASTING GUIDE



Unlock the Power of Rotational Fasting

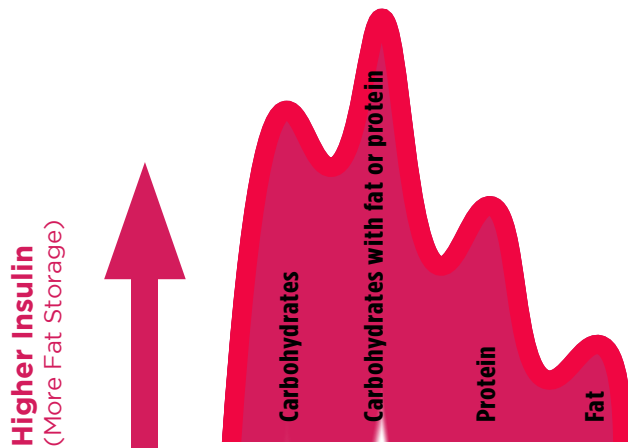


WHAT IS ROTATIONAL FASTING?

Fasting has many health benefits, including a stronger immune system. With rotational fasting, you slowly reduce your food consumption over the course of a few weeks and build up to a 1-2 day fast. The variation of when-to-eat and how-much-to-eat avoids the plateau in intermittent fasting that puts you back into sugar burning/fat storing mode.

BEFORE YOU BEGIN: THREE HEALTHY MEALS, NO SNACKING

Eat three healthy meals a day and allow the metabolism to have a consistent rhythm. When eating irregular or more than three times a day, you are spiking insulin consistently in the body. Eating three healthy meals per day avoids these spikes of “sugar burning/fat storing” mode.



FAT STORING

Increases Insulin:

- High carbohydrate diet
- High calorie diet
- Frequent meals/snacking
- Empty calories

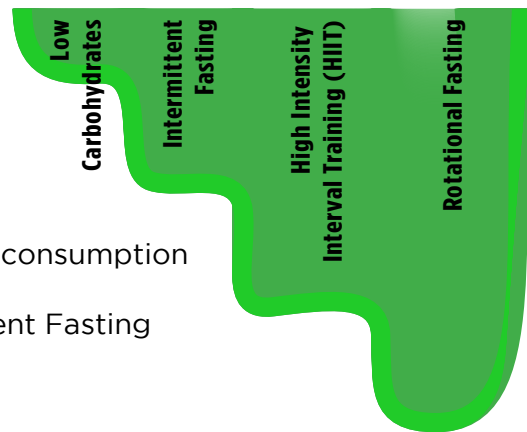
Lower Insulin
(More Fat Burning)



FAT BURNING

Decreases Insulin:

- Low carbohydrate diet/curb consumption
- Low calorie diet
- Consolidate meals/Intermittent Fasting
- High nutrient density



WEEK 1: HALF-SIZE BREAKFAST

Begin to curb consumption and retrain the metabolism to rely on less food. This will begin to break the addiction to food and overconsumption. Be sure to eat real food, not prepackaged.

Pro Tip: Need a light and quick breakfast? Try a [smoothie](#) or [Dr. Livingood's "fat burning" Coffee](#).



Watch this video to learn what to drink during a fast!

WEEK 2: NO BREAKFAST

No breakfast is a traditional intermittent fasting method to prolong the body's "fat burning" mode it achieved while sleeping. By waiting until lunch to eat, you prevent an insulin spike and allow more time for fat burning and healing.

WEEK 3: NO BREAKFAST AND HALF-SIZE DINNER

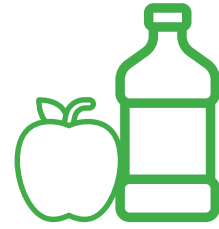
Intermittent fasting begins to plateau over time so challenging the body to lower consumption during other meals will continue the resetting process of the metabolism and the body's resistance to insulin.

Pro Tip: 2 Tbsp of Apple Cider Vinegar per day has been shown to lower blood sugar better than Metformin.

WEEK 4: ONE FULL DAY FAST (AT THE BEGINNING OF THE WEEK)

The majority of people have eaten and digested food every minute of their lives. Since most people do not go more than a few hours without eating, this means that there has never been a time when food was not being digested. It takes an enormous amount of energy to process food. In rotational fasting, eating less often shifts that energy to heal the body, greatly improving overall health.

At the beginning of the week, do a full day fast, then continue the rest of the week with three healthy meals per day (no snacking!).



3 Easy Apple Cider Vinegar Recipes

Apple cider vinegar is a powerhouse! It can help you reduce inflammation, get your diabetes under control, lose weight and help your heart!

Taking apple cider vinegar straight (without diluting) can be a little harsh on the digestive system and teeth enamel because it's so acidic. Here are a few safe ways to take it:

Morning Powerhouse

2 tablespoons ACV, cayenne pepper, cinnamon, turmeric and water. Try to take all at once (like a shot)

Afternoon Lemonade

2 tablespoons ACV, ice, lemon/lime juice, stevia, and water.

Post Dinner

2 tablespoons ACV, fresh-squeezed orange/lemon/lime juice, vitamin c powder, and probiotics. Stir with ice and water (or sparkling water!)

ROTATIONAL FASTING CHEAT SHEET

BEFORE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Eat Three Healthy Meals Per Day — (No Snacking!)	Half Your Breakfast — (Try a <u>delicious smoothie</u> and keep your eating within a 6-hour window)	No Breakfast — (Keep your eating within a 6-hour window)	No Breakfast No Snacks After 6 p.m. and Half Your Dinner — (Eat a hearty lunch with lots of clean healthy fats)	At The Beginning Of The Week Do A FULL DAY FAST — (Water, greens powder, and sparkling water, bone broth, and coffee are ok)

Repeat this process 2-3 times. After your first time, try fasting for a full two days if you can!

Want weekly guidance to implement the powerful Rotational Fasting protocol? Need accountability, questions answered, fat burning workouts, grocery store tours, and a daily meal plan?

Then learn more about the Livingood Daily Challenge [HERE](#).

Live Good!

Dr. Livingood



You do not lose weight to get healthy,
you get healthy and lose weight.
#YOUARETHESOLUTION



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