

How to Fast Eat Stop Eat style



To start, Eat Stop Eat is occasional fasting, so fast once, sometimes twice per week, but never more.

Each [Eat Stop Eat](#) fast is 24(ish) hours, never more, sometimes less. Almost always between 20 and 24 hours.

When you're not fasting you should be eating.

Eat responsibly, but enjoy the food you eat.

In my opinion the whole point of Eat Stop Eat isn't to occasionally take a break from fasting to eat.... It's to occasionally take a break from eating to fast.

There's a big difference.

I like to view fasting as a pattern interrupt, a way to pause and take account of how you have been eating.

Then once the fast is over, it's over.

You back to eating until you're ready to fast again.

Keep it as free flowing as possible.

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