

How to fix your fasting



Fasting will reduce your bodyweight

This is an absolute.

Even without exercise, and not including water weight losses, you will lose between 1/3rd and a 1/2 pound every time you [Fast for 24 hours](#).

You lose between 1/3rd and 1/2 of a pound of carbon from your breath in 24 hours, and carbon is the source of your bodyweight - Carbon makes up the majority of the weight found in fats carbohydrates and proteins.

Therefore, as long as you are breathing you are losing non-water bodyweight while you fast.

(And you're also losing water weight too)

So based on these facts it's logical to question why doesn't fasting result in amazing weight loss for everyone who tries it?

The answer is simple...

No matter what type of fasting you try... **You eventually have to eat.**

And it will be the eating that determines your long terms results from fasting.

In other words - It is the mundane aspects of the every day eating that you do in-between your fasts that determine your success.

Make no mistake, weight loss success is determined by your day to day eating habits.

If you're not losing the weight you think you should be losing, then you need to look at the the pattern of your daily eating.

It might just be water fluctuations hiding true weight loss, but it also might be that something you are doing when you are NOT fasting is cancelling our the weight loss you achieved when you were fasting.

The best solution to this problem is to keep a food journal.

A week of recording what you eat can do wonders for finding the habits that are silently sabotaging your success.

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