

## Why it's OK to take a Break from Eating



[Fasting](#) is not something you have to do every day, it can be an occasional practice - something you do once or twice a week or even once or twice per month.

Think of it as a form of rest and recovery.

It gives your body a break from constantly breaking down food, and it gives your digestive system a chance to rest and reset.

If you have gut/digestion issues this can do wonders for how you feel.

If you're managing how much you are eating then this gives you a chance to pause and assess how you are doing.

The best things in life require breaks.

Food is Amazing and Eating Food is Amazing, but every once in a while, it's OK to take a break.

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