

Intro to Intermittent Fasting

Marisa Moon Primal Health Coach

Step 1: 21-Days Lower Carb Intake

Step 2: Fast* 12 hrs Dinner to Breakfast

*Bulletproof/Plain Coffee & Tea okay

Step 3: Hungry? Eat! Fasts longer than 12 hrs are not for everyone

Step 4: Try 12-16 hr fasts on random days.

Do **only** what makes you feel great!

MarisaMoon.com

MyLongevityKitchen.com

The Foundation of Wellness Podcast

