

## thefastingmethod\_072.mp3

**Megan** [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

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[00:01:13] All right. And now we'll get started with today's episode.

**Nadia** [00:01:19] Hi everyone. This is Nadia Pateguana and usually I'm joined by my wonderful co-hosts, Megan Ramos and Terri Lance, but today I'm going to be recording a solo Q&A for you, and the reason for that-- the reason why we're doing this is because we're getting so many amazing questions from you guys and we're just trying to catch up. So today, I'm going to be answering six of your questions, or trying to at least, and I particularly handpicked these questions because I thought they were awesome. So I hope you enjoy this. And a little joke here. My husband jokes with me that I am in my element when I talk and when I hear myself talk. So it's kind of funny that I'm going to be sitting here for a little while talking to myself. But every once in a while I'll maybe talk to our editor and not feel so lonely.

[00:02:12] But anyway, let me get to your questions. Here we go with the first question.

[00:02:17] "I obviously don't allow my children to fast, ages 11 and 13. They are hungry quite often, though. Should I be guiding them to not eat snacks and to just eat larger meals so as to build a strong foundation of not snacking for their future metabolic health? Or should I listen to their hunger cues, considering that they are growing, and give them snacks on demand? Healthy snacks, of course! What will set them up for future success health-wise?"

[00:02:46] So I decided to address this question not because, again, we advise fasting for children. Definitely not. We actually don't even have children as clients. I decided to address it because I'm a mom and I have two girls, 9 and 12, and, of course, this comes up quite a bit. And so I'm just going to share with you my opinion and my experience. By no means have I gotten this down. I've often shared that, at times, you know, definitely raising my kids and dealing with their metabolic health has been my biggest challenge. It's been my biggest struggle. At times, I feel like a total failure. I have to be totally honest with you. But I'm learning and I'm particularly learning with you guys and with your experiences as well. So let me share a little bit of what I have learned.

[00:03:34] It is true - children should not fast and should not be forced to fast. It's also true that the ideal situation is that we follow their hunger cues and because they are growing, they're going to be hungry and they're going to need to eat more often than an adult who is

no longer growing. Okay? Now, having said that, it's all going to depend on a few factors. One, of course, is age. So as you know, because you have an 11 and 13-year-old, when they were tiny, they were eating or nursing every hour or two. And eventually, that went to, you know, every 3 hours. And of course, that changes. You also know that when they go through growth spurts-- yesterday, actually, somebody was talking about this, I think it was on Facebook. A kid who normally doesn't wake up, but woke up in the middle of the night and asked the mom for (I won't say what it was) a very common kid's sandwich that kids eat at school and during their snacks. And the mom got up and made it. And there were all kinds of comments, as you can imagine, on Facebook, right, of people saying that, you know, "Kids should sleep at night, you shouldn't feed them." Other people saying that, you know, "It only takes you 10 minutes to get up and make the kid a sandwich," and all kinds of opinions on both ends. The reality is that, of course, you don't-- you never want to starve your kids. You never want to feel like you're putting your kids in some sort of starvation mode or-- And this mother said, you know, she really wants to show her kid that respect goes both ways. But you also want to learn from that experience.

[00:05:10] Would I feed my kid in the middle of the night, if my kid came asking for food? You know, I don't want to, but if it was a one-time thing-- and it did happen, actually, last week or the week before we arrived from a trip and, of course, her time zones and everything, jet-lagged and everything, and she was hungry in the middle of the night. This is an exception, and I think this is what this mom was saying. She was saying that her kid was going through a growth spurt, she felt, and that it had happened before when she was little and that, you know, it wasn't an everyday thing. I often talk about not feeding the insulin beast. So that's another layer of things. You know, if you create this habit, whether it's for yourself or your kid, of eating in the middle of the night, you know, it's a habit more than anything, and so you don't want to create a habit. On occasion, you know, between meals or even in the middle of the night, you sort of want to analyze the situation of what's happening. Sometimes a kid might have a nightmare and just need a bit of comfort, whatever it is. No, I do not think that kids should be eating all day long. And definitely, I don't think they should be eating in the middle of the night, but there are exceptions to every rule.

[00:06:18] Now, how do I think you should address this? I think the first thing that you should actually do before you address whether they eat snacks or not, whether you allow them to have snacks or not, whether you have this conversation with them or not, is you want to look at their meals. This is the same as for us adults, right? You want to look at the meals and you want to do your very best to create rich, satiating meals that are-- and I won't necessarily, again, say that kids need to go low-carb, but do keep in mind that the more whole foods, real foods, more protein and appropriate amounts of fat that you put in the meal-- and for that to happen, in order for your kid to eat more protein and more appropriate fat, you may have to address how much of the other things are there that are just filling them up for the moment and then making them hungrier a couple of hours later.

[00:07:11] So I think the first thing to do is to not necessarily give them larger meals, but to give them richer, more satiating meals. We do know that protein and fat, so amino acids, particularly, and fatty acids are essential, meaning the body can't make it up itself. So you should focus on how you can modify the meal to make it more satiating and then just look at their reaction, right? They're less likely to want to eat more often if their meals leave them feeling fuller longer.

[00:07:46] Now, there's a habit there as well. So I don't know how you guys do it. It really just depends on your personal family habits and your maybe culture even. In my culture,

you don't just walk into the kitchen. You don't just go into the fridge or the pantry. You ask your parents for food. And so it's just how it works in your house, you know? Nobody is here to tell you what to do or how to do it, but I definitely think that you should address the meals first. And yes, kids are going to need to eat more often than adults and, ideally, you do want to go based on their hunger cues. So you want to make sure that you feed them as best as you can so that their hunger cues also change, okay? I hope that was clear.

[00:08:29] Let's get to question number two. It says, "Thank you for all that you do. Question for you. I've been into extended fasting for over a year now, and one thing that I have noticed is I suddenly have all of these food intolerances that I haven't had before or haven't had since I was a little girl. As a child, I was lactose intolerant but then as I got older, I was able to tolerate butter, yogurt, hard cheeses, and heavy-cream-based desserts. Since I've started extended fasting, I cannot tolerate any dairy at all without extreme flatulence and digestive consequences in the bathroom later. I've noticed increased sensitivity to eggs also, among other things. Could it be that extended fasting has made me intolerant to dairy and other things again?"

[00:09:16] This is a great question. It actually reminds me of the conference that I just went to not too long ago - Low Carb Denver. And one of the speakers (I think it was Dr. Ken Berry) talked about this. Basically, what he said is if you are following a proper human diet (that's what he calls it - PHD - proper human diet) - a whole food, lower carb, lower sugar, whole food, real food type of diet, your body is going to give you amazing cues, right? Not just hunger cues, but it's also going to speak to you, and you're going to have to learn how to listen to your body. What happens when you're not following a proper human diet, when our diet is full of processed foods, highly inflammatory foods, is that you're just basically walking around like this blob of not feeling well all the time, that you actually become numb to it. You become numb to all the messages your body's giving you. You just probably feel lousy most of the time, but you just get used to it. So it's really hard to hear or to sense the signals that your body is sending you, right? So hormones are messengers. They're always telling us something, telling the cells something, but sometimes you're in such a bad state, such a highly inflammatory state that you don't really even notice it. I mean, you might notice the aches and pains, unfortunately, of inflammation as you get older, but I think, for a while, we're just kind of numb to everything if we're eating this very highly processed diet.

[00:10:47] When you start to clean up your diet and you start to fast, that inflammation goes down and then it's so much easier and the messages are so much more clear. So if you actually do have intolerances and if you had these as a kid, it's no shocker that you would still have an intolerance to these things or even an allergy to certain things. But again, you just weren't able to hear these messages before and your body is in a much better place now and you should be in a much better place to be able to listen to your body, and you really should listen to your body and what it's telling you. I think that's why people notice that once they clean up their diet and they start fasting, they start to, all of a sudden, have, quote-unquote, more intolerances. I think it's just that your body-- you now have the ability to listen to your body and to what your body is telling you. And I do think you should listen, okay?

[00:11:40] I think that it is possible that as you become less and less-- as the insulin goes down, as the insulin resistance gets reversed, as the inflammation goes down, that, over time, you actually may have less sensitivity. So you may be able to tolerate certain carbs, dairy, and eggs again in the future if your insulin resistance goes down. So you become a lot more sensitive and a lot less resistant. And I think as the inflammation goes down, you

actually do react less to certain things, okay? So give it time. The extended fasting is therapeutic. So go through that healing and then see how your body reacts in a few months, okay?

[00:12:20] Okay. Third question - "What are the best foods to break a fast with? Do you want to break with a regular meal or something soft and easy to digest? I've heard eggs aren't a good choice, but it seems like eggs would be easy on an empty stomach."

[00:12:35] Okay, another great question. It really is very, very individual -  $n=1$ . You're going to hear this all the time. Another shout-out to Coach Larry for reminding us of this all the time.  $N=1$  means create your own experiment.  $N$  is the number of people in the experiment and 1 is that one person, being you. This is all about you. Take all the information that you can out there and then individualize it and take the stuff that makes sense to you. So some people, based on their experience, their  $n=1$ , have realized that they cannot break a fast with a regular meal because then they'll have digestive concerns, and so they have to, maybe-- and there's been-- there's a lot of different recommendations on how to break a fast, depending on what your symptoms are.

[00:13:21] For example, if you're somebody who has very, very loose stools when you break a fast, something that we've found to be quite helpful is to have chia seeds in water about 30 minutes before you have your regular meal. And that seems to help bulk up the stools so that when you break your fast, you may still have a bowel movement but maybe it's not as loose, okay?

[00:13:41] Other people feel a lot of bloating and discomfort. That might be because you've been fasting a little longer and you don't have digestive enzymes readily available, your body is not ready to break the fast. And so for that, you can also break your fast in two parts. So maybe you start with some higher-fiber type of veggies with a little bit of olive oil, wait half an hour and then have your regular meal. That might help quite a bit. Or you may have to take some digestive enzymes. Some people need to take some bile salts because maybe their bile is not readily available to digest the fat that they're about to eat. So you can try different strategies.

[00:14:18] Eggs are fine for some and they're not fine for others. If you don't have digestive concerns, then yeah, I do think that the best way to break a fast would be with a regular meal. But if you do have digestive concerns, you can break up that meal into two parts, particularly having something like chia seeds in water or a small salad with a little bit of olive oil to get the body started, to warn the body that you're about to need some digestive enzymes, and then have the rest of the meal later. If you've already tried this and know that every time you have eggs you feel unwell, don't have eggs. You know, have something else, maybe have a ribeye or something else. If the ribeye makes you uncomfortable, then again, try something else.

[00:14:58] So all trial and error here. I know some people with really, really, really loose stools, the chia seeds in water alone weren't helpful but, for example, chia seeds in yogurt with a little bit of berries (I had somebody discover that that really helped) and then have a meal later.

[00:15:16] Now, here's the most important message for me when it comes to preparing to break a fast. How you break a fast is going to be of the utmost importance. It's going to have the biggest impact on how you feel during that meal, after that meal for the next few hours, even for the next few days. So when you're fasting, you're in hunting mode. You are

wanting to eat, expecting to eat, you're looking at recipes, you're trying to plan what you're going to eat. When you decide to break a fast, you start to get really hungry and, basically, you will eat just about anything, and anything that you eat when you break a fast usually tastes really, really good.

[00:15:53] Now, depending on what you eat, how you feel after might be significantly different. For example, I hear a lot of people say that fasting causes them to binge. I definitely don't think that fasting causes bingeing. But what I do think is that if you break your fast with highly processed foods or with higher insulin-producing foods or higher carb foods, once you break that fast and you eat those foods first, you just can't stop eating, right? You have an insulin spike and you just go into this storage mode of wanting to eat everything. And I have had many examples of this in the past with my clients where they had all the best intentions, they were about to break a fast, they're on their way home from work. All they can think about is food because now they've decided they're going to break their fast, and they end up stopping at all of these fast-food places on the way home, eating very, very processed [foods] because they just cannot wait, right? They got it into their head that they wanted to eat and then they broke their fast with very high-sugar, processed foods. And then they go into this, quote-unquote, binge mode. It's not because of the fast, it's because of what you ate when you broke your fast.

[00:17:00] So it's really important to prepare and organize yourself to break a fast with the best possible foods. So whether you can digest eggs or not, whether you are intolerant to certain things, or whether you-- you know, it takes you a little bit to figure out what the best meal is. You really should break your fast with very nourishing, nutritious, whole foods, real foods, low-insulin-producing type foods, probably avoiding the dairy, the nuts, and even maybe the berries for some people. Start with the foods at the bottom of my food pyramid, like the leafy greens, the good fats, the olives and avocados and things like eggs if you can tolerate them. You know, pork belly, the salmon, the sardines. I mean, these are the foods that are going to be best to break a fast with because they're the lowest insulin-producing type foods. They also mitigate the insulin response of the other foods if later in the meal you have a little bit of nuts or dairy or something else.

[00:17:56] Do not break a fast, in my opinion, at a party or at a restaurant because you're not going to be in total control of what you eat. You're going to be exposed to all kinds of stuff. You're going to see things and smell things and you may not break your fast with the foods that you'd intended to break your fast with. And then the rest of the day or the next few days are going to be very challenging and you're going to walk away with a feeling that fasting causes binging when it's, in fact, the foods that you broke your fast with. Hope that made sense.

[00:18:26] Okay. "How long do you have to eat between fasting? I like the 60/40 rule, but a lot of people are pushing you to eat half as long as you fasted. Is that from another source beside The Fasting Method because 60/40 is definitely not half and people are pretty adamant in the Facebook group that you have to eat half as long as you fasted. What's the scoop from the dynamic duo?"

[00:18:53] Well, it's now the dynamic trio because now we got Terri with us, so I wonder what Terri would say about this or what Megan would say about this, but I'll tell you what I think. I completely agree with you. It's hard because on Facebook, you're going to get a whole bunch of, quote-unquote, experts and opinions, and I don't necessarily agree with everything that I read on Facebook. I, like you, have heard so many different sources say that, not only that, you have to eat half as long as you've fasted, but I've actually heard

people say that you have to eat just as long as you've fasted. So if you fast for three days, you've got to eat for three days before you fast again, or something like that. I disagree completely.

[00:19:31] The reason why I wrote that article on the 60/40 rule is because I think that, for weight loss, particularly, that percentile split between eating and fasting, that right balance between eating and fasting is really important. So the alternate-day fasting type protocol, so you eat a day, you fast a day, you eat a day, you fast a day. I think those are the best for continuous weight loss.

[00:19:53] Now, if we're talking about extended fasting, it really depends. I think that the confusion comes because some people want to do extended fasting, therapeutic fasts, but they're not looking to lose weight necessarily. I work with a lot of diabetics, for example, that will do three-day fasts and then they'll eat for a few days in a row, and then next week they'll do another three-day fast to work on their blood sugars, but not necessarily lose weight. If you're looking to continue to lose weight, if you're on a weight-loss, you know, consistent journey with some continuity, then that rule of eating just as long as you fast does not apply to you, or eating half as long as you fast. The idea is that you would do an alternate-day, 60/40 type of protocol, whether that's alternate-day, 24s, 36s, 42s, 48s, 66s (these are all in the 60/40 schedules), you would do one of those week in, week out. And every once in a while, if you want to throw in a therapeutic, longer fast, like a three-day or a five-day fast like once a month, for example, for that extra punch, you would follow that up with another 60/40, another alternate day fasting protocol. So again, you would fast for three days, let's say, and then you would eat for a day, or a day and a half. And that's not because it's half of how long you fasted, it just depends on what protocol you're doing. Because if you're doing the 48s, for example, you would eat one meal on the day that you break your fast, two meals the next day, and then you would fast. Whereas if you're doing the rolling 42s or the alternate-day 42s, the three 42s, then you would eat two meals on the day you break your fast and then you would fast right away the next day. And then you would eat two meals-- and so that's regardless of whether or not you did an extended fast or not.

[00:21:36] If you want to do an extended fast for that extra punch, but you want to continue to lose weight or go back to your alternate-day 60/40 protocols, then you would eat one day, or day and a half, and then fast again.

[00:21:49] What I'm not a big fan of is people eating only one meal and then fasting again. So, for example, let's say you're doing an alternate-day, but you're eating day is one meal, and then you fast an entire day and then you eat again one meal. I don't think that's a good balance.

[00:22:06] Okay. So the fifth question is, "I've been doing OMAD (So OMAD is an acronym that stands for one meal a day.) for the last four months and my hair is falling out. I mean, a lot. Also, my periods are now very long with heavy bleeding. What is happening and what can I do to fix it? My anxiety is through the roof, waking up in a panic every morning."

[00:22:34] Okay, so I picked this question because even though I cannot give medical advice (and a disclaimer, of course - we're not here to give medical advice), I thought that this was important to use this opportunity to talk a little bit about this. So when I read this, what I'm sensing is that your body is clearly trying to tell you something. In fact, your body is screaming at you in every way that it possibly can by signaling that something is wrong, okay? Something is very, very wrong. Clearly hormonal, and you should definitely,

definitely go to visit your doctor, okay? So in every way possible, your body is trying to tell you that, "Hey, something is off." Particularly hormonally, something is off. I hear, you know, just from reading this, I hear some adrenal concerns, possibly, thyroid, possibly, and a whole lot of other things. I do not think that OMAD (one meal a day) or fasting is what's causing this. And the reason why I picked this is because, if you look through our Community and just our testimonials and whatnot, you know, this is not what people are normally experiencing when they're doing fasting - therapeutic fasting, extended fasting, OMAD, ADF, TRE, or any other fasting protocol. But what is likely happening is that you're in a debilitated state, hormonally, and OMAD may not be helping. One meal a day is probably not the right scenario for what you're going through right now, in that, you know, it's very, very possible that you may have to address your stress hormones, possibly your thyroid function, and other hormones in your body.

[00:24:24] So the other thing that you likely have to do as well, so as an aside, after checking everything else with your doctor and fixing whatever needs to be fixed through medication or whatever else your doctor recommends, you need to really address your required nutrients. So making sure that you're getting enough protein and it's really, really hard to get enough protein on one meal a day. I'm not saying it's impossible, but it's likely that that might not be happening, and I wouldn't encourage it.

[00:24:54] Hair falling out is actually a nonspecific sort of signal. It's multifactorial; there are many different reasons why your hair could be falling out. If you're losing a ton of weight, some people do notice hair loss and that might be normal, quote-unquote, or common, rather, for some people, no matter what weight-loss protocol, no matter which fasting protocol, no matter what diet, there are people, many, many people that will always report some hair loss when they are losing weight and then that halts and the hair regrows once they stop losing weight.

[00:25:32] One way, if you're losing weight too quickly via fasting and you're noticing hair loss, one way to halt this or to slow this down is to up your protein, but protein is always something that you want to address. The amount of protein that you're consuming is always something that you want to address at all times because again, amino acids are essential. So you always want to make sure that you're getting the essential amount on your eating days. And if you're doing OMAD every single day and have been for the last four months, that might not be happening. So I'm not saying that, again, your hair loss is because of a lack of protein. What I'm saying is doing one meal a day and possibly not getting enough protein is not helping the cause. Because of all the other symptoms involved, I do think that there's something else going on. There's an underlying concern here that needs to be medically addressed, okay? So that's why I chose to answer this question.

[00:26:27] Okay. So let me get to the last question here.

[00:26:30] "Thank you for everything that you do. What do you think about taking beef liver supplements to obtain electrolytes? You recommend taking electrolytes as needed, but how would our ancient ancestors have obtained salt and magnesium? Wasn't it through consuming animal organs? These are not a part of most people's diets. I also can't stand just eating salt, but I've experienced the benefits of doing so while fasting. I've tried eating liver and hearts, even mixed with beef, and can't handle that either, so I'm considering taking dried liver supplements. Not sure if there would be worth it. What are your thoughts?"

[00:27:12] Okay, so I chose this question because I think it's pertinent and I personally did write an article on liver. 'Where is the Liver?' I think that article is called. It's in my blog somewhere from a long, long time ago. I have a website - doctornadia.com - and a while back, I wrote a blog post there called 'Where Is the Liver?' And the reason why I did is that up until the 1960s, the Canadian Dietary Guidelines recommended eating liver at least once a week. And then all of a sudden liver disappeared. And lately, there's been a lot of conflicting information about consuming liver, right? There's a concern that certain people can't have too much liver, you know, like pregnant women and children. There's the concern of certain vitamin toxicities. So we went from recommending this as one of our most essential nutrients and being on our dietary guidelines, to people not taking it at all. And then now people are considering taking it again, so much so that they make pills and supplements with liver.

[00:28:20] I chose this particular question also because, in my culture, people still eat liver quite frequently, and so it's pretty easy to get the nutrients. And you're right, I do agree with you, that these animal organs, organ meats have-- they are very rich and nourishing and there are some great nutrients that you can get from these, essential in fact. And so in my culture, we still eat, as you said, hearts, liver-- in fact, we had hearts yesterday-- hearts, liver, and other organ meats. And different cultures still do and some, of course, don't. So, yes, of course, if you are interested in the nutrients that are available in these and you can't consume them-- and why can't you-- why do you find it hard? Because you didn't eat these when you were a kid. If you grew up, like I did, eating liver at least once a week because my grandmother would, quote-unquote, force us, then today, as an adult, it's not hard for me at all to eat liver or hearts, giblets, and all of these other things. Tripe. I mean, we eat all of this stuff because it's part of our culture. So even though we didn't love it when we were kids, as adults, it's pretty easy. It's like sardines. I talk about sardines all the time because in my culture (I come from a mixed African Portuguese culture.), you know, we grew up eating sardines. So of course, even if I hated it as a kid, it's a familiar flavor so it's not hard for me to eat sardines, just like it's not hard to eat liver. And yes, I do think you're right. I do think that they have great nutrients.

[00:29:48] It isn't so much for the electrolytes, although all foods have electrolytes and we do get most of our electrolytes from food. So on our eating days, you're getting your electrolytes from food and most of the time you don't have to supplement with extra electrolytes because you're getting your magnesium, sodium, potassium, etc. from your food. And so even though, yes, liver and heart, they do have these electrolytes per se, these salts, that is not necessarily why people are eating liver and heart. They're eating them because of the other nutrients, more the specific vitamins in them, more so than the electrolytes.

[00:30:27] Now, this leaves concern for me, a thought, which is when Megan and I and Terri, and the rest of our team talk about taking electrolytes and supplementing with electrolytes, we're much more concerned about you not getting enough electrolytes on your fasting days, okay? So could you take liver supplements on your fasting days? You could. I wouldn't. I would save those supplements to take on your eating days and with your meals so that you can ensure that you're absorbing all the nutrients that you're taking these supplements for. Otherwise, they're going to go right through you. They might not get absorbed, so you're just wasting money. It's not those nutrients that you need when you're fasting, it's the electrolytes that you need when you're fasting. And so that's, very specifically, salt and magnesium when we're talking about that.



[00:31:12] So I'm going to repeat this. I'm a big fan of repetition. So yes, I'm all for taking liver supplements, if you'd like, or, if you're able to stomach it, eating it every once in a while, maybe once a week or so with your meals. Many cultures like mine have, you know, different types of duck pâté, pork pâté. You know, there's other ways to get liver into you which people really enjoy. I do.

[00:31:37] But on your fasting days, I'm not so interested in you getting those nutrients. I'm more interested in making sure that you're getting enough salt and magnesium. I think that on both eating days and fasting days, you should be making an effort to get magnesium, in the evening, particularly. There are different types of magnesium. You can get topical magnesium, oral magnesium. Find the one that's most appropriate for you, and that's going to depend on a few different factors.

[00:32:05] And then, of course, getting salt into you. Like you, many of the people that I work with dislike taking salt on its own because it's very, very salty, of course, and because you may actually feel a bit nauseous when you take it or it might cause loose stools. So you have to learn how to take it and how much to take to prevent that from happening. My favorite way to get salt into you is to get one rock-- so I use pink Himalayan rock salt. I love Redmond RealSalt, and I like to take a very small amount. So when I'm saying very small amount, I mean like one rock of salt under your tongue, okay? The sublingual transport under your tongue is critical because it goes straight into your circulation, it bypasses your gut. So it's one rock of salt under your tongue about every hour while fasting. And the reason why that's important is, number one, it has to be a very small amount. If you try to take more than that, like if you forget to take your salt and you try to take a whole bunch when you're already dehydrated or have a headache or any other symptom of dehydration, that salt is going to flush right through you. It's going to go through you. You might get diarrhea, you'll definitely get nauseous and you're going to hate it. So don't take a whole bunch at once. Take as little as you possibly can at a time. And that's one rock under your tongue every hour. I mean, it's still salty. Not too bad. Most people can handle it. The reason why people hate salt is because they're trying to take too much at a go and your body won't even absorb it because you're not eating. You don't have that insulin response to retain the salt. So no point in taking a whole bunch of once, you'll just flush it out. Take one rock under your tongue every hour. And if you want to add a little bit more, especially on hot days or more active days, days that you exercise, then you can put some fine salt in each of your water bottles. So about a quarter of a teaspoon (again, very, very little) in your water bottles that you sip the hour before, during, and after exercise. So you can add extra salt and you'll absorb it better during exercise because, of course, you're exercising and sweating it out, and your body is thirsty and just kind of sucks it up. So you'll have that opportunity to absorb that extra salt and you need that salt in order to maintain your other electrolytes and retain your other electrolytes.

[00:34:24] Salt is a very important electrolyte-sparing agent, in order for your body to actually maintain and not deplete your magnesium that you've been taking every day, okay? So you really do need the salt. I know most people complain that they don't like to take too much salt, and they shouldn't, and that it makes them feel nauseous or whatnot, but the trick here really, really is how you take your salt. It should be a tiny amount. Start first thing in the morning, keep a little salt thing next to your bed, keep another one at work with you, in your car, and just remember to take one rock under your tongue every hour. All right? Hope that helps.

[00:35:05] All right, everyone. I really enjoyed doing this solo Q&A, even though I miss Megan and Terri very much. I'll be back here with them very, very soon. Happy fasting, everyone. Take care.