Intensive Dietary Management Program

Introduction to Fasting

The purpose of the Intensive Dietary Management (IDM) Program is to help patients gain control and even cure their diabetes through intermittent fasting and lose weight without surgical intervention.

How often do I have to fast?

Patients are asked to fast every other day (3 to 4 days per week) for a period of 24 to 36 hours.

What can I eat on fasting days?

• Lots of water! It is important to start each morning with an 8 oz glass of water and stay hydrated throughout the day.
• Coffee and/or tea. Some people find coffee and tea to be an appetite suppressant.
• Clear broth. Clear broth such as vegetable, chicken or beef broth. Make sure to add a good pinch of sea salt to your broth!

Bone Broth Recipe

• Vegetables
• Chicken/Pork/Beef Bones
• 1 TBSP of vinegar
• Sea salt (to taste)
• Pepper (to taste)
• Ginger (to taste)
• Water to cover

Simmer for 2-3 hours until ready. Strain and defat. Ready to drink.

What if I take medication that is to be ingested with food?

If you take any daily medications that require you to take that particular medication with food you can have a small portion of green vegetables or a small piece of fruit with the skin intact, i.e. an apple or pear with the skin.

Please Visit Dr. Fung’s Website
http://www.kidneylifescience.ca/drjasonfung
Fasting Tips!

1. **Drink water** - It is important to stay well hydrated throughout the day. A lot of the time people mistake hunger for thirst. Start each morning off with a glass of water.
2. **Stay busy** - It keeps your mind off food. It often helps to choose a fast day for a busy day at work. Alternatives include, games, video games, books and surfing the internet.
3. **Drink coffee or tea** - Some people find them to be appetite suppressants. Bone broth is also acceptable.
4. **Ride the waves** - Hunger comes in waves – it is not continuous. When you are hungry think “you are not hungry - you are thirsty” and drink a glass of water or a cup of tea or coffee.
5. **Don’t tell anybody you are fasting** - Most people will be discouraging as they do not understand the benefits of fasting.
6. **Give yourself 1 month** - It often takes some time for your body to get used to fasting.
7. Intermittent fasting is not an excuse to eat junk food.
8. When you are finished a fast - act as if it never happened. It is not an excuse to binge.

The most important tip for intermittent fasting is to make sure you fit fasting into your own life! Do not limit yourself socially because you are fasting. Try to arrange your fasting schedule so it will fit in with your lifestyle. Adjust your fasting schedule to what makes sense for your lifestyle.

Who to contact if you have any questions or concerns?

Please contact Megan Christie at (416) 279-0855 extension 248 if you have any questions, concerns, or need to change/book your next appointment. Megan is in the office Monday to Friday between the hours of 9:00 am to 5:00 pm. If you call during working hours please leave a voicemail message and Megan will return your call by the end of the day. If you have a medical emergency please proceed to your nearest emergency room.

Please Visit Dr. Fung’s Website
http://www.kidneylifescience.ca/drjasonfung
Intensive Dietary Management Program

Where can you go for more information?

Please see Dr. Fung’s website for additional information on fasting and weight loss management. There are two programs on Dr. Fung’s page.

Program 1: Aetiology of Obesity

- Offers a series of 6 lectures by Dr. Fung
- Provides additional documentaries and suggested reading materials

Program 2: Intensive Diabetes Dietary Management

- Offers a video lecture by Dr. Fung on insulin toxicity and how to cure diabetes
- Provides additional documentaries, patient resources and suggested reading materials

http://www.kidneylifescience.ca/drjasonfung