

## PREVIEW\_ Megan Ramos - Presentation (Breckenridge 2018) 2

**Megan Ramos:** So what is considered therapeutic fasting? What the heck are we doing up there in the great white north? So therapeutic fasting can be simple as time restricted eating. In Toronto we actually had extreme acceptance for fasting, because our city is so culturally diverse.

We'll have a patient come in for consultation and we'll talk to them about fasting and they will say, "Heck yes, let's do it. We fast every year for Ramadan. You want me to fast for three times a week? That's easy."

That's nothing like Ramadan, or they're Hindu and fast a couple of times a week and then special fast once a month. So we've had a lot of success with patients being very agreeable to fasting.

But sometimes they're not or sometimes they're just too sick or they pose high risk for refeeding syndrome. So if a patient meets the criteria where they might be susceptible to developing refeeding syndrome after a fast, we just focus with time restricted eating.

That means they eat breakfast, lunch and dinner and they just don't snack. So it's not like they're going for significant periods of fasting, maybe at most 13 or 14 hours from the time they finished dinner to the time they woke up in the morning.

It's very important you don't fast people for extended periods of time when they are high-risk patients. For patients who are more comfortable fasting, we might just start them off doing sort of a 16:8 or an 18:6 fast. That means they skip one meal a day.

So they will either have breakfast and lunch and skip dinner, or they will have lunch and dinner and they will skip breakfast that day. Typically we use intermittent fasting protocols with our patients. So 24, 36, or 42 hours of intermittent fasting and we found the frequency that we need to get decent, consistent results with our patients, is about three times a week.

It appears that once or twice a week just has more of a maintenance response where they are able to balance out the patient's diet, where they've might have eaten out and had more carbs than they wanted or had hidden carbs in their diet or they ate a little bit more and ate past satiation a few times that week.

But once or twice a week is good for maintenance. But to really see consistent progress on their week to week basis, we will ask our patients to fast about three times per week. So that's the magic frequency of this intermittent fast that we found worked best at our clinic over the last five years.