

My Fasting Protocol



carnivorish.co



Important Health Disclaimer

I am not a medical professional, registered dietitian, or nutritionist. I'm simply sharing my personal experience and what has worked for me over 7 years of tracking data.

The information shared in my guides, website, and content is based solely on my personal journey and self-experimentation. What worked for me may not work for you. Every body is different.

Claude content



Consult Your Doctor

Always consult with a qualified healthcare provider before making any dietary changes.



Medical Conditions

If you have any health conditions, are pregnant, or take medications, seek medical advice first.



Personal Experience

This is documentation of my journey, not medical advice or a prescription for health.

Please Understand:

- My results (86.3 lbs lost, improved sleep, etc.) are my individual outcomes
- Dietary changes affect everyone differently based on genetics, health status, and lifestyle
- What I share is for informational and educational purposes only
- You assume full responsibility for how you choose to use this information

By using my guides and content, you acknowledge that you have read and understood this disclaimer.

My Water Fasting Protocol

Evidence-based electrolyte supplementation for safe, effective fasting

BEGINNER

1-Day Fast

2,000mg **500mg**
SODIUM POTASSIUM
CITRATE

7 AM Morning Start 500mg Na

12 PM Midday 500mg K-Cit

All Day In Water 1,000mg Na

5 PM Evening 500mg Na

OPTIONAL SUPPLEMENTS

- Magnesium Glycinate/Malate (200mg) morning
- Magnesium L-Threonate (1g = 1,000mg) 1 hour before bed
- Apigenin (50mg) with evening dose

INTERMEDIATE

2-Day Fast

3,000mg **1,000mg**
SODIUM POTASSIUM
CITRATE

7 AM Morning 750mg Na + 350mg K

1 PM Midday 350mg K-Cit

All Day In Water 1,500mg Na

5 PM Evening 750mg Na + 300mg K

FULL SUPPLEMENT STACK

- Magnesium Glycinate/Malate (200mg) at 7 AM
- Magnesium L-Threonate (1g = 1,000mg) 1 hour before bed
- Apigenin (50mg) morning or evening

ADVANCED

3-7 Day Fast

4,000mg **1,500mg**
SODIUM POTASSIUM
CITRATE

7 AM Morning 1,000mg Na + 500mg K

1 PM Midday 500mg K-Cit

All Day In Water 2,000mg Na

5 PM Evening 1,000mg Na + 500mg K

COMPLETE PROTOCOL

- Magnesium Glycinate/Malate (200-400mg) at 7 AM
- Magnesium L-Threonate (1g = 1,000mg) 1 hour before bed
- Apigenin (50mg) morning or evening

Abbreviation Key

Na

Sodium

LMNT, Vitassium, or sea salt

K

Potassium (elemental)

The actual potassium content

K-Cit

Potassium Citrate

Supplement form (36% potassium)

mg

Milligrams

1/1000th of a gram

g

Grams

1,000 milligrams

L-Threonate

Magnesium L-Threonate

Brain-penetrating form for sleep



Quick Conversion:

1,000mg potassium citrate = 360mg elemental potassium (K) • 2,300mg sodium = 1 teaspoon salt



DAILY WATER

1 Gallon



PREMIUM NA

LMNT



BUDGET NA

Vitassium



K-CITRATE

**NOW,
Nutricost**



DIY NA

Sea Salt



CALORIES

Zero



Research-Validated Expectations



Total Weight Loss

7-15 lbs in 7 days

Only 2-5 lbs is fat



Mental Clarity

Peaks days 4-7

Ketones fuel brain



Hardest Days

Days 2-3

Ghrelin peaks, then falls



Adjustment Guidelines

Low energy/dizzy: Increase sodium by 500-1000mg

Muscle cramps: Add magnesium + potassium

Heart palpitations: Check potassium (may be too high)

GI upset: Reduce doses, spread throughout day

Remember: These are starting points. Listen to your body and adjust accordingly. Consider medical supervision for fasts beyond 3 days.



MEDICAL SUPERVISION REQUIRED

Extended fasting requires medical supervision. These protocols are for educational purposes only. Consult healthcare providers before attempting any fasting regimen.