

mct oil and intermittent fasting

The synergy between mct oil and intermittent fasting is a topic generating considerable interest among health and wellness enthusiasts. Many are exploring how this medium-chain triglyceride oil can complement their fasting protocols, potentially enhancing benefits such as increased energy, improved cognitive function, and sustained ketosis. This article delves deep into the multifaceted relationship between mct oil and intermittent fasting, examining the science behind their combined effects. We will explore how mct oil is metabolized, its role in ketogenic diets, and how its inclusion within an intermittent fasting window can optimize fat burning and appetite control. Furthermore, we will discuss optimal usage strategies, potential side effects, and considerations for integrating mct oil into your intermittent fasting regimen for maximum efficacy and well-being.

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Understanding MCT Oil

MCT oil, or medium-chain triglyceride oil, is a type of fat derived from coconut oil and palm kernel oil. Unlike long-chain fatty acids, MCTs have a shorter molecular structure, which significantly impacts how the body metabolizes them. This unique structure allows MCTs to be absorbed more rapidly and directly transported to the liver, bypassing the typical lymphatic system pathway for fat digestion. In the liver, MCTs can be quickly converted into ketones, which serve as an alternative energy source for the brain and body.

What are Medium-Chain Triglycerides?

Medium-chain triglycerides are saturated fatty acids with carbon chain lengths of 6 to 12 atoms. The most common and beneficial MCTs found in supplements are caproic acid (C6), caprylic acid (C8), capric acid (C10), and lauric acid (C12). While all are considered MCTs, caprylic acid (C8) and capric acid (C10) are particularly prized for their efficient conversion into ketones. Lauric acid (C12), though technically an MCT, is metabolized more like a long-chain fatty acid, with some MCT oil supplements focusing on a

higher concentration of C8 and C10 for more potent ketogenic effects.

MCT Oil vs. Other Fats

The metabolic pathway of MCT oil distinguishes it sharply from other dietary fats, particularly long-chain fatty acids (LCFAs). LCFAs, which make up the majority of fats in most diets, require bile salts for emulsification and then enter the lymphatic system bound to chylomicrons before eventually reaching the bloodstream. This process is slower and more complex. MCTs, on the other hand, are absorbed directly from the intestine into the portal vein and transported to the liver. This direct route means they are readily available for energy production or conversion into ketones, offering a faster metabolic response.

The Science of Intermittent Fasting

Intermittent fasting (IF) is not a diet in the traditional sense but rather an eating pattern that cycles between periods of voluntary fasting and non-fasting. It focuses on when you eat, rather than what you eat. By restricting eating to specific time windows, the body undergoes metabolic shifts that can lead to various health benefits, including improved insulin sensitivity, cellular repair processes (autophagy), and enhanced fat burning. The fundamental principle is to allow the body to deplete its readily available glucose stores, prompting it to turn to stored fat for energy.

Metabolic Changes During Fasting

When you fast, your body's insulin levels begin to drop. This hormonal shift signals the body to start breaking down stored glycogen (glucose) in the liver. Once glycogen stores are depleted, which typically occurs after 12-18 hours of fasting, the body enters a state known as ketosis. In ketosis, the liver begins to produce ketones from fatty acids. These ketones become the primary fuel source for many tissues, including the brain, which can utilize them efficiently. This shift from glucose to fat and ketone metabolism is central to many of the perceived benefits of IF.

Types of Intermittent Fasting

Several popular methods of intermittent fasting exist, each offering a different approach to structuring eating and fasting periods. These include:

- The 16/8 method: This involves fasting for 16 hours each day and restricting eating to an 8-hour window.
- The 5:2 diet: This method involves eating normally for five days of the week and restricting calorie intake to about 500-600 calories on two non-consecutive days.
- Eat Stop Eat: This involves a 24-hour fast once or twice a week.
- Alternate-day fasting: This involves alternating between days of normal eating and days of severe calorie restriction or complete fasting.

The choice of IF method often depends on individual lifestyle, goals, and tolerance.

How MCT Oil Enhances Intermittent Fasting

The inclusion of MCT oil can be a strategic move for individuals practicing intermittent fasting. Its unique metabolic properties can help bridge the gap between fasting periods, providing readily available energy and potentially mitigating some of the challenges associated with extended fasting, such as fatigue or hunger pangs. By rapidly converting into ketones, MCT oil can help accelerate or deepen the state of ketosis, a primary goal for many IF practitioners, especially those following a ketogenic or low-carbohydrate diet alongside their fasting regimen.

Accelerating Ketone Production

One of the primary ways MCT oil enhances intermittent fasting is by significantly boosting ketone production. During fasting, the body naturally starts producing ketones after glycogen depletion. However, by consuming MCT oil, especially during the fasting window, you provide a direct source of precursor molecules (fatty acids) for ketogenesis. The liver can quickly process the MCTs, especially C8 and C10, and release ketones into the bloodstream. This can help individuals reach or maintain a higher level of ketosis more rapidly and consistently than relying solely on endogenous fat breakdown during a fast.

Sustaining Energy Levels

A common concern during intermittent fasting can be a dip in energy levels, particularly as the body transitions from using glucose to fat for fuel. MCT oil serves as an efficient and quick energy source. Because it's readily

converted to ketones, it can provide a steady stream of energy to the brain and muscles, helping to combat the lethargy that some individuals experience during fasting periods. This sustained energy can make longer fasting windows more manageable and improve overall productivity and well-being throughout the day.

Appetite Control and Satiety

MCT oil has also been shown to influence appetite-regulating hormones and increase feelings of fullness. The presence of ketones in the bloodstream can signal satiety to the brain. Furthermore, the rapid metabolism of MCTs and their conversion to energy can help stabilize blood sugar levels, which in turn can reduce cravings and the urge to overeat when the eating window finally opens. This improved appetite control is a valuable asset for anyone looking to adhere to their intermittent fasting schedule and manage their caloric intake effectively.

Benefits of Combining MCT Oil and Intermittent Fasting

The synergistic effects of combining MCT oil with intermittent fasting can lead to a cascade of positive outcomes for both physical and mental performance. This powerful duo is often employed by individuals seeking to optimize their body composition, enhance cognitive function, and promote overall metabolic health. The benefits extend beyond simple weight management to encompass improved cellular function and metabolic flexibility.

Enhanced Fat Burning and Ketosis

When combined, MCT oil and intermittent fasting create a highly conducive environment for fat burning. Fasting naturally reduces insulin levels, promoting lipolysis (fat breakdown). Adding MCT oil further supports this by providing a readily available fuel source that can spare muscle glycogen and body fat, while simultaneously increasing ketone availability. This dual action can lead to more efficient and prolonged fat oxidation. The increased ketone levels also contribute to a sustained state of ketosis, where the body preferentially burns fat for energy.

Improved Cognitive Function and Mental Clarity

The brain thrives on ketones as an alternative fuel source. During fasting,

as glucose availability decreases, ketone levels rise, providing the brain with a stable and efficient energy supply. MCT oil's rapid conversion to ketones means that individuals practicing IF can experience enhanced cognitive benefits more quickly and consistently. This often manifests as improved focus, sharper mental clarity, increased alertness, and reduced brain fog. Many users report feeling more "dialed in" and productive when using MCT oil during their fasting periods.

Metabolic Flexibility and Insulin Sensitivity

Intermittent fasting is known to improve insulin sensitivity, allowing the body to manage blood sugar more effectively. The inclusion of MCT oil can further support this by providing a non-glucose-dependent energy source. By reducing reliance on glucose, the body becomes more adept at switching between burning carbohydrates and burning fat – a state known as metabolic flexibility. This improved metabolic flexibility is crucial for long-term health, helping to prevent insulin resistance and associated metabolic disorders.

Support for Autophagy

While not directly caused by MCT oil, the fasting periods inherent in intermittent fasting are crucial for initiating autophagy, the body's cellular clean-up process. Autophagy removes damaged cells and regenerates newer, healthier ones. Some research suggests that the metabolic state induced by ketosis, which MCT oil helps promote, may enhance the efficiency of autophagy. Therefore, by supporting ketosis, MCT oil could indirectly contribute to the cellular renewal benefits of intermittent fasting.

Optimizing MCT Oil Intake for Intermittent Fasting

The effectiveness and tolerability of MCT oil when combined with intermittent fasting largely depend on how it is incorporated into one's routine. Timing, dosage, and the type of MCT oil used are critical factors. Starting slowly and gradually increasing intake is often recommended to allow the digestive system to adapt and to minimize potential side effects. Understanding these nuances can unlock the full potential of this powerful combination.

When to Consume MCT Oil

The optimal time to consume MCT oil within an intermittent fasting protocol is typically during the fasting window. This is because MCT oil is metabolized into ketones, which can help sustain the fasted state without triggering a significant insulin response. Many individuals add MCT oil to their morning coffee (creating "bulletproof coffee") or take it on its own between meals. Consuming it immediately before or during the start of the fasting window can help bridge the gap until the first meal and support energy levels throughout the day. It is generally advised to avoid consuming MCT oil too close to the end of the fasting window, as it might be perceived as breaking the fast by some sensitive individuals or protocols. However, for most, it is considered fasting-friendly.

Recommended Dosage and Starting Guidelines

It is crucial to start with a low dose of MCT oil and gradually increase it to avoid digestive discomfort. A common starting point is 1 teaspoon (5 ml) per day, taken with food if possible during the eating window, or alone during the fasting window. After a few days to a week, the dose can be increased by 1 teaspoon every few days, up to a maximum of 1-3 tablespoons (15-45 ml) per day, depending on individual tolerance and goals. Dividing the total daily dose into two or more smaller servings can also help manage potential gastrointestinal issues. Always listen to your body and adjust the dosage accordingly.

Choosing the Right MCT Oil Product

Not all MCT oils are created equal. When selecting an MCT oil, consider the types of MCTs it contains. Oils that are rich in C8 (caprylic acid) and C10 (capric acid) are generally considered the most effective for rapid ketone production. Products that are 100% MCT oil, derived from coconut or palm kernel oil, are preferable. Some products may also be standardized to contain a specific ratio of these beneficial fatty acids. Reading product labels and looking for purity and specific MCT profiles can help ensure you are getting a high-quality product that will best support your intermittent fasting goals.

Potential Side Effects and Considerations

While MCT oil offers numerous benefits, it's essential to be aware of potential side effects and consider individual circumstances before incorporating it into your intermittent fasting routine. Starting slowly and paying attention to your body's response are key to a positive experience. Consultation with a healthcare professional is always a wise step, especially if you have underlying health conditions.

Digestive Discomfort

The most common side effect of consuming MCT oil, particularly when starting or taking too much, is digestive upset. This can manifest as nausea, stomach cramps, bloating, gas, and diarrhea. These symptoms are usually temporary and subside as the body adjusts to processing the oil. To mitigate this, it is highly recommended to start with a very small dose (e.g., 1 teaspoon) and gradually increase it over several days or weeks. Taking MCT oil with a small amount of food or during the eating window can also help if consumed during fasting proves problematic.

Interactions and Contraindications

Individuals with certain medical conditions, such as liver or kidney disease, pancreatic insufficiency, or gallbladder issues, should exercise caution and consult their doctor before using MCT oil. Due to its rapid absorption and metabolism, it can place a greater burden on the liver in some cases. Pregnant or breastfeeding women should also consult a healthcare provider. While generally considered safe, it's always prudent to discuss its use with a medical professional, especially if you are taking medications, as there could be potential interactions.

Impact on Fasting State

While MCT oil is often touted as fasting-friendly because it doesn't significantly spike insulin, some individuals follow stricter definitions of fasting that may consider any caloric intake as breaking the fast. For most practical purposes and in the context of ketogenic or metabolic fasting, MCT oil is compatible. Its ability to enter ketosis without a substantial insulin response makes it a valuable tool for extending fasting benefits. However, if you are adhering to a very strict water-only fast, you would omit MCT oil.

Nutrient Absorption and Balance

While MCT oil is beneficial for energy and ketogenesis, it is important to ensure that your overall diet is balanced and provides all essential vitamins and minerals. MCT oil itself does not provide these micronutrients. When practicing intermittent fasting, especially with dietary restrictions, it is crucial to focus on nutrient-dense foods during your eating windows to avoid deficiencies. Relying too heavily on MCT oil without proper nutritional planning can lead to an imbalanced intake of essential fatty acids and other nutrients.

Frequently Asked Questions

Q: Can I drink MCT oil during my intermittent fasting window?

A: Yes, in most cases, MCT oil is considered compatible with intermittent fasting. It does not significantly spike insulin levels and is rapidly converted into ketones, which can help sustain the fasted state and provide energy.

Q: How much MCT oil should I take when intermittent fasting?

A: It is recommended to start with a small dose, such as 1 teaspoon (5 ml) per day, and gradually increase to 1-3 tablespoons (15-45 ml) per day as tolerated. Listen to your body and adjust accordingly.

Q: What are the main benefits of combining MCT oil with intermittent fasting?

A: Combining MCT oil and intermittent fasting can enhance fat burning, accelerate ketone production, improve cognitive function and mental clarity, provide sustained energy, and help control appetite.

Q: Will MCT oil break my fast?

A: For most individuals practicing intermittent fasting for metabolic benefits, MCT oil is considered safe to consume during the fasting window as it doesn't significantly raise insulin. However, for strict water-only fasts, any caloric intake might be considered breaking the fast.

Q: Can MCT oil help me lose weight when doing intermittent fasting?

A: MCT oil can support weight loss when combined with intermittent fasting by promoting fat burning, increasing satiety, and providing a readily available energy source, potentially leading to a reduced calorie intake overall.

Q: What is the best time to take MCT oil with intermittent fasting?

A: The optimal time is usually during the fasting window, often in the morning with coffee or on its own, to provide energy and support ketosis.

Q: Are there any side effects of taking MCT oil with intermittent fasting?

A: The most common side effects are digestive issues like nausea, stomach cramps, and diarrhea, especially when starting or taking too much. Starting with a low dose helps mitigate these.

Q: What type of MCT oil is best for intermittent fasting?

A: MCT oils rich in C8 (caprylic acid) and C10 (capric acid) are generally preferred for their rapid conversion to ketones and ketogenic benefits.

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mct oil and intermittent fasting: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program

for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

mct oil and intermittent fasting: The Wahls Protocol Terry Wahls M.D., 2014-12-30 Fully expanded with new information and updated research, a clear prescriptive guide about how to beat autoimmune conditions using functional medicine and nutrient-rich foods, from a doctor, researcher, and sufferer of progressive multiple sclerosis. The Wahls Protocol has become a sensation, transforming the lives of people with autoimmune diseases. Now in this fully revised edition, Dr. Terry Wahls outlines the latest research that validates the program and offers new, powerful tools to arm readers and help them achieve total health. The Wahls Protocol comes out of Dr. Wahls' own quest to treat the debilitating symptoms she experiences as a sufferer of progressive MS. Informed by science, she began using Paleo principles as guidelines for her unique, nutrient-rich plan. This book shares Dr. Wahls' astonishing personal story of recovery and details the program, with up-to-date research she's now conducting at the University of Iowa. Split into three different levels, this updated edition allows readers to choose the modified Wahls Diet if they're new to the regime, the Wahls Paleo Diet if they're ready to amp up their health, or the more advanced Wahls Paleo Plus Diet if they need more aggressive treatment. They can also incorporate the just-added Wahls Elimination Diet into their plan to pinpoint individual food sensitivities, so their diet is as personal as ever. With new recipes and content on intermittent fasting and how the protocol impacts the microbiome, The Wahls Protocol is a key addition to the whole food revolution, and a deeply moving, results-driven testimonial to the healing power of food.

mct oil and intermittent fasting: Minimally Invasive Surgery for Chronic Pain Management Giorgio Pietramaggiori, Saja Scherer, 2020-10-05 This book presents the essential steps involved in diagnosing and treating pain due to peripheral nerve injury and compression. In the first chapter, the relevant anatomy and diagnostic tools to identify peripheral-nerve-related issues are described. The main part of the book, however, deals with the surgical techniques to address specific types of peripheral nerve pain, e.g. neuroma, thoracic outlet or migraine. A step-by-step, practical approach is provided, including important aspects to consider both pre- and post-op. The procedures presented are minimally-invasive and maximally effective. Each chapter features detailed surgical illustrations and anatomical images. Chronic pain control is a growing need and minimally invasive yet effective surgical techniques, combining the competences of neurosurgery, plastic surgery, orthopedics, general surgery, pain management and neurology are in high demand. The increasing demand on the part of patients suffering from neuropathic pain is to date not matched by adequate practical training in peripheral nerve surgery to control pain. The authors are experts in this discipline "from head to toe" and present a valuable guide that provides medical students and experienced clinicians alike with useful information for their daily practice.

mct oil and intermittent fasting: *Dr. Colbert's Fasting Zone* Don Colbert, Don Colbert MD, 2020 In Dr. Colbert's Fasting Zone, the New York Times best-selling author who brought you Dr. Colbert's Keto Zone Diet and Dr. Colbert's Hormone Health Zone provides a twenty-one-day complete meal plan plus bonus seven-day juice fast for cleansing the body of harmful toxins. Dr. Colbert explains the benefits of longer fasts as well as providing you with the latest research on the power of regular, intermittent fasting to reset your body and promote health and longevity. Designed to restore you to a healthy body and rejuvenate your spiritual life, this book is a timeless faith and health resource for use in every season. Learn the latest recommendations on how to heal some of the plaguing illnesses many of us suffer from, such as type 2 diabetes, coronary disease, benign tumors, Crohn's disease, ulcerative colitis, autoimmune diseases, allergies and asthma, psoriasis and eczema, hypertension, and many more. After reading this book, you will know both what to eat and

how to safely fast in order to cleanse your body and regain or maintain your health--

mct oil and intermittent fasting: The Fast Low-Carb Kickstart Plan Luke Hines, 2020-01-28
The Fast Low-Carb Kickstart Plan combines a delicious, low-carb eating plan with powerful intermittent fasting in a clear and punchy four-week kickstart program that will help you lose weight and keep it off. The four-week plan contains everything you'll need to make fast, realistic and lasting dietary changes that can be implemented for life. The book is perfect for those who want to understand how intermittent fasting works while following a low-carb or keto diet, and will arm you with the latest facts about how what we eat and when we eat can make a huge impact on overall health, along with tips, tricks and more than 70 mouthwatering recipes to achieve weight loss in a healthy and sustained way. This book is perfect for those who want to: * Lose weight and keep it off * Count nutrients not calories * Reduce risks of chronic disease and inflammation * Follow a meal plan featuring low-carb and keto recipes * Achieve a fad-free approach to long-term health * Tap into fat-burning potential * Implement a potent, flexible and user-friendly approach to health. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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mct oil and intermittent fasting: The Better Brain Solution Steven Masley, M.D., 2018-12-31 In this step-by-step guide to enhancing cognitive function and fighting—and even reversing—memory loss, Dr. Steven Masley (bestselling author of The 30-Day Heart Tune-Up) lays out a four-pillar diet-and-lifestyle approach to improving brain health, focusing on food, nutrients, exercise, and stress management. Based on more than a decade of clinical research, The Better Brain Solution provides the tools you need to fight back. Here, Dr. Masley explains exactly how changes in the way you eat and live can reverse elevated blood sugar levels and in the process improve cognitive performance and avert memory loss. Research has shown that insulin resistance, a condition that can lead to diabetes, can also cause memory loss and dementia, including Alzheimer's disease. Plus fifty delicious, easy-to-prepare recipes specially designed for optimal brain and body health, along with a practical way to assess cognitive function, and much, much more.

mct oil and intermittent fasting: Dr. Colbert's Healthy Brain Zone Don Colbert, 2023-01-03 FROM THE AUTHOR OF THREE NEW YORK TIMES BEST-SELLING BOOKS: DR. COLBERT'S KETO ZONE DIET, THE SEVEN PILLARS OF HEALTH, AND DR. COLBERT'S I CAN DO THIS DIET The key ingredient to fighting memory loss, dementia, and Alzheimer's isn't in prescriptions or unnatural treatments. It's in a healthy, gut-friendly diet! This book will give you insight about the science behind the brain-gut connection so you can make wise and healthy diet choices. You will select foods that protect your brain from cognitive diseases and disorders. More and more, science is proving that a healthy digestive system is the key to a healthy brain and body—making this book the natural follow-up to Dr. Colbert's Healthy Gut Zone and Beyond Keto. From Don Colbert, MD—the New York Times best-selling author who brought you the Keto Zone, the

Hormone Zone, and the Healthy Gut Zone—comes his latest and most revolutionary book yet: Dr. Colbert's Healthy Brain Zone! Dr. Colbert looks inside the science and provides natural protocols and treatments for cognitive decline, including the following: A weekly plan that incorporates supplements and healthy eating for optimum results Thirty easy-to-make recipes for restoring balance and maximizing brain function Instructions for other simple protocols that help you maintain a healthy brain Join him as he builds upon the knowledge about the gut-brain connection provided in Dr. Colbert's Healthy Gut Zone and the ultimate healthy eating lifestyle in Beyond Keto to offer hope for preventing, slowing, and fighting memory loss, dementia, Alzheimer's, and other cognitive disorders

mct oil and intermittent fasting: Eat Yourself Smarter! Michelle Stacey, 2021-12-07 *Eat Yourself Smarter* offers techniques to sharpen your memory, improve your focus, boost your energy, make you feel happier, and help you live longer. We've all heard "you are what you eat," and science now has the receipts on how profoundly foods affect the human brain. From an evolutionary standpoint, our brains were formed to thrive on certain nutrients—and our current diet is often deficient in many of them. *Eat Yourself Smarter* offers readers a guide to eating in a way that boosts their cognitive function, improves their mood, and lowers their risk of developing dementia or other degenerative neurological conditions. We start with a detailed explanation of exactly how hungry the brain is (the answer: very), and how nutrients do their job to not only feed it well but repair brain-cell membranes, enable synapses to communicate, and prompt chemical "cascades" that keep memory centers functioning at top efficiency. Next, we present a comprehensive diet plan of the very best "brain foods," from fruits and vegetables to nuts, seeds, healthy fats, and proteins, along with explanations of what makes them brain "superfoods"—along with an "out list" of foods that actively damage brain cells. BONUS: Includes 20+ pages of delicious, brain-boosting recipes to get started on a new, smarter eating program.

mct oil and intermittent fasting: *Younger for Life* Anthony Youn, 2024-01-02 A NATIONAL BESTSELLER From bestselling author and beloved social media star Dr. Anthony Youn comes a revolutionary step-by-step guide to reversing the effects of aging at any stage in life Growing older is a blessing. But the slow decline and the loss of functionality associated with aging has led us to treat the process like a disease. These negative effects of aging, however, are not inevitable. Rather, they're largely the result of environmental and lifestyle factors that, when properly addressed, can be reversed through a process called Autojuvenation™. Dr. Youn, one of America's most trusted surgeons, offers a groundbreaking new approach to turning back the clock naturally. In this step-by-step guide, he shows us how, through simple changes in diet, activity and skin care, we can look younger than ever before. Readers will learn: How to reverse the aging process by combining intermittent fasting with autojuvenation-promoting foods How to develop a simple skin care routine to look younger for life Best practices for sleep hygiene, yoga, exercise, mindset and natural dental care A simple three-week program to jump-start the autojuvenation process to look and feel your best Packed with accessible, innovative tips and techniques, this must-read guide shows us the simple changes you can make to live longer, look better, stay healthier and feel amazing—for life.

mct oil and intermittent fasting: *Eat Smarter* Shawn Stevenson, 2020-12-29 Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In *Eat Smarter*, nutritionist, bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. *Eat Smarter* will empower you

and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself.

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mct oil and intermittent fasting: The Healthy Brain Book William Sears, Vincent M. Fortanasce, 2020-04-21 Internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce present an accessible, all-ages guide to optimum brain health, from treating depression, anxiety, and ADHD to preventing Alzheimer's and dementia, with or without medication. The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's

also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety, and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia. The good news is, this diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance—without medication, or in partnership with it—is easier than you think. Whether you're experiencing normal mental and emotional burnout or wrestling with diagnosed illness, *The Healthy Brain Book* can help you thrive. It explains: How what we think can change how well we think The role of inflammation in the brain, and how food and activity can reverse it What drugs enhance and suppress the brain's ability to heal itself Actionable advice to improve your memory, promote learning, and prevent common brain ailments How to personalize the book's tools for your unique brain For more than 20 years, *The Baby Book* author William Sears' advice has been trusted by millions across the country, and around the world. Now, he and *The Anti-Alzheimer's Prescription* author Vincent M. Fortanasce have put together the essential guide to a clearer, calmer, and happier brain. Laced with relatable personal stories from family members and patients as well as detailed illustrations, *The Healthy Brain Book* weds Fortanasce's deep neurological and psychiatric expertise with Sears' sympathetic bedside manner and reader-friendly writing. Let *The Healthy Brain Book* help you, safely and effectively, think-change your brain for a happier and healthier life.

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flying around that it's impossible to know where to look for sound advice. And decades of misguided common sense, food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

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