

Fasting Troubleshooting

Quick-reference card — Autophagy Transformation Bundle

Fixing the four most common fasting symptoms — pulled straight from the troubleshooting section of the full 30-Day Protocol.

“I'm extremely hungry during fasting hours”

- Increase water intake
- Add electrolytes to water
- Try black coffee or green tea

“I have low energy”

- Add pink salt to morning water
- Ensure adequate sleep (7–8 hours)
- Check that you're eating enough calories during your eating window
- Consider supplementing with B vitamins
- Reduce exercise intensity temporarily

“I have headaches”

- Increase water and electrolytes
- Don't reduce caffeine too quickly
- Add more sodium (sea salt)
- Ensure adequate magnesium intake

“I feel lightheaded”

- This may indicate low blood sugar or electrolyte imbalance
- Add more salt to water
- Break your fast if needed — don't push through severe symptoms
- Consult your doctor if symptoms persist

This resource is for educational purposes based on personal experience and published research. It is not medical advice. Always consult your healthcare provider before starting any fasting protocol, and stop and seek medical attention if you experience severe or persistent symptoms.