

# *Fasting Is Trending But Is It Working for You?*



*A No-Stress Guide to Fasting Wisely  
& Effectively (Especially for Women  
Over 35)*

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***Dear sister,***

***If you've ever felt confused about intermittent fasting, you're not alone.***



***You see it everywhere on social media, in health groups, from friends:***

***"Fasting will melt your belly fat!"***

***"Skip breakfast and your hormones will balance!"***

***But here's what they don't always tell you...***

***Fasting can work but only if it works for your body.***

***And many women over 35 (especially those navigating PCOS, belly fat, or hormonal changes) are hurting themselves with fasting done the wrong way.***

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*That's why I created this guide.  
To help you understand what  
fasting really is...*

*How to do it in a way that  
supports your health, fat loss and hormones...*

*And how to know if now is even the right time.*

*This is not a rulebook.*

*It's a supportive, no-judgment space to help you  
make wise decisions and listen to your body with  
confidence.*

*Let's dive in.*

*With love,  
Dr. Marvy*

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# *What Is Intermittent Fasting (IF)?*

*Let's clear the confusion.*

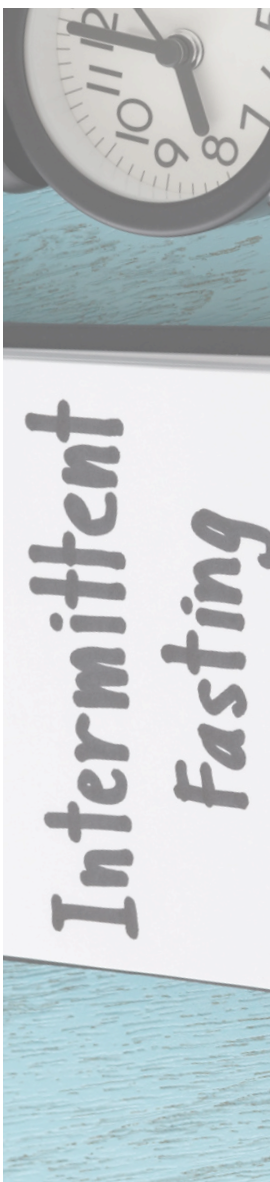
*Intermittent fasting (IF) is not a meal plan or a diet.*

*It's an eating pattern that focuses on when you eat, not necessarily what you eat.*

*There are different ways to do it (called fasting schedules, windows):*

1) **12:12**: *You eat during a 12-hour window (e.g., 7am–7pm), then fast for 12 hours (7pm–7am).*

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2) **14:10**: Eat for 10 hours (e.g., 9am–7pm), fast for 14. This is gentle but powerful for many women because it is easy on the hormones.

3) **16:8**: Eat within 8 hours (e.g., 12pm–8pm), fast for 16.

*Often used in popular fasting plans.*

*This can also be adjusted to fit your lifestyle (eg. Eat between 8am-4pm and fast till 8am the next day)*

4) **5:2**: Eat normally for 5 days of the week, and restrict calories to 500–600 on 2 days.

5) **24-hour** fast: Eat dinner, then fast until the next dinner (1–2 times a week, advanced level).

*There are also longer windows.*

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***Note:***

- ✓ ***You may already be fasting accidentally if you skip breakfast or eat late at night but that doesn't mean it's helping.***

***The question is:***

- ✓ ***Is this fasting schedule you have chosen, supporting your health and hormones or making things worse?***
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# *Signs Your Body Is Not Ready for Fasting*

- 1. You feel lightheaded, shaky, or dizzy when you delay meals*
- 2. You skip breakfast, then binge at night*
- 3. You have intense cravings, especially for sugar*
- 4. Your period has stopped or is irregular*



*Before trying to fast, your body needs to feel safe and supported. If your body is already under pressure, fasting can increase the stress, not reduce it.*

# *Signs Your Body Is Not Ready for Fasting*

- 5. You're exhausted all day, but wired at night and unable to sleep*
- 6. You're not eating enough during your eating window*
- 7. You have PCOS, or thyroid issues that aren't well managed.*



*Before trying to fast, your body needs to feel safe and supported. If your body is already under pressure, fasting can increase the stress, not reduce it.*

*In these cases, your body may interpret fasting as a threat, not a tool and respond by storing more fat, especially around the belly.*

*Pause fasting (for now) if you notice any of these, then address them first before continuing.*



# *Signs Your Body Might Be Ready*

*Fasting can be very helpful if your body is in a more balanced state.*

*You don't need to be "perfect"... but certain signs show your body is more resilient and ready to handle gentle fasting.*

## *YOU MAY BE READY IF:*

- You sleep 7–8 hours most nights*
  - You eat full, balanced meals with protein, fibre and healthy fat*
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## ***YOU MAY BE READY IF:***

- You feel stable when you wait to eat (not hangry or dizzy)***
  - You don't have intense cravings at night***
  - Your periods are mostly regular***
  - You've already made some progress with your eating habits.***  
***(You are more in control of what you eat, how much you eat and when you eat)***
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***When you are ready, Start slow:***

- ***Try a 12:12 or 14:10 schedule.***
- ***Observe your energy, mood, and cycle for 1–2 weeks.***

***Then adjust, pause, or proceed.***



# *How to Fast Safely & Effectively for Fat Loss & Hormone Balance*

*Fasting only helps when it supports your whole system.*

*Here's how to do it right:*

## ***DO:***

- Choose a gentle window (12:12 or 14:10) if you're just starting*
  - Sleep well: It's one of your best fat-burning tools*
  - Stay hydrated (water, teas) during your fast*
  - Eat enough during your eating window, no starving!*
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## **DO:**

- . Prioritize protein, fibre, and healthy fats*
- . Break your fast gently (see next page)*

## **DON'T:**

- . Skip meals without planning*
  - . Break your fast with white bread, puff puff, Coke, or sugary snacks*
  - . Use fasting as punishment for overeating*
  - . Continue if your cycle disappears, cravings worsen, or fatigue takes over*
  - . Fast because everyone else is doing it*
  - . Ignore the signs your body is sending you*
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***Remember:***

***Fasting is not the destination.***

***It's just a tool.***

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# *What to Eat to Break a Fast*

*Your body is more sensitive to food after a fast.*

*Don't shock it with sugar, processed carbs, or seed oils.*

## *Best foods to break a fast:*

- . Protein: Boiled eggs, beans, grilled fish, Greek yogurt, chicken etc.*
  - . Healthy fats: Avocado, olive oil, groundnuts, nuts*
  - . Fibre-rich vegetables: Sautéed spinach, okra, garden eggs*
  - . Slow carbs: Sweet potatoes, unripe plantain, small boiled yam*
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## ***Smart combo examples:***

- Eggs + avocado + vegetables***
- Moi moi + salad + grilled fish/chicken***
- Smoothie with banana + spinach + nut butter + protein powder***
- Okra soup + small portion of swallow (not semo or pondo yam)***

### ***Tip:***

***Always hydrate before your first meal:  
lukewarm water with lemon, Apple Cider  
Vinegar or tea works beautifully.***

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## **CHECKLIST: IS MY BODY READY TO FAST?**

***Check all that apply:***

- I sleep 7–8 hours most nights***
  - I eat 2–3 balanced meals most days***
  - I don't feel dizzy when I wait to eat***
  - I feel in control of my cravings***
  - I have already made progress in my eating habits***
  - I feel curious, not pressured, to try fasting***
  - I know my cycle and hormones well enough to observe changes***
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***If you checked 4 or more: You can try fasting with a gentle rhythm like 12:12 or 14:10.***

***If you checked less than 4: Focus on nourishment first, get some balance before you try fasting.***

***Your body will thank you.***

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# *Sample Gentle Fasting Plan*

## *(14:10)*

*Fasting window: 7:00pm – 9:00am*

*Eating window: 9:00am – 7:00pm*

*9:00am – Break Fast:*

*Boiled eggs + avocado + sautéed spinach*

*OR Moi moi + salad + fish*

*12:30pm – Lunch:*

*Seafood Okra soup + unripe plantain swallow*

*OR Brown rice + stir-fried vegetables +  
grilled chicken*

*6:30pm – Dinner:*

*Vegetable sauce + Beans porridge + fish*

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## *Tips:*

- You do not need to eat 3 meals. 2 meals work just fine, eat only when hungry*
  - Hydrate before each meal*
  - Avoid sugary snacks between meals*
  - Sleep before 11pm if possible*
  - Walk, stretch, or dance for movement . You should also do strength training exercises to preserve muscle (muscle mass can be lost during fasting)*
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*Fasting can be helpful, but it must be smart and personal.*

*You don't need to do what everyone else is doing.*

*You don't need to suffer to see results.*

*You just need to build small, wise rhythms that work for you.*

*Let's stop fighting our bodies and start partnering with them.*

*Your healing is possible. You can lose that belly fat. Your energy can return.*

*And you don't have to do it alone.*

***NEED MORE SUPPORT?***

***Your transformation starts here.***

***Click on the link below to begin:***

***<https://askdrmarvy.com/work-with-me/>***

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