

# Endorsed by Shark Tank: The Rise of Keto Gummies

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[Does Keto Fusion Gummies Work. The Proven Benefits of Prolonged Fasting: 7 Critical Things You Need to Know](#)



[Get My FREE PDF: How Does Intermittent Fasting Work? 85% https://drbrg.co/3QjkXpG](#) Prolonged fasting has a lot of incredible benefits. Here's what you really need to know before giving it a try. [Check out 2 Most Amazing Cancer Success Stories Here: 1. https://youtu.be/wiGVsUtCZwI 2. https://youtu.be/YzPrxku1x5Y](#) 0:00 Introduction: Understanding fasting vs. snacking 3:03 What great thinkers have said about fasting 3:52 Fasting vs. starving 5:30 Critical things you need to know about prolonged fasting 18:33 Learn how to make insulin more sensitive! Today, I'm going to share seven critical things you need to know about prolonged fasting. Fasting is very simple yet very powerful. Snacking is one of the worst things for your insulin and your overall health. Food is nourishing, but to heal your body, you might be better off not eating. Snacking causes hunger, weight gain, fatigue, and moodiness among other potential health problems. Yet, simply not eating can create so many powerful health effects. Throughout history, many great thinkers, including Hippocrates and Plato, have even had positive things to say about fasting. Seven critical things you need to know about prolonged fasting (72 hours or longer): 1. Only drink water (2.5 liters), tea, and coffee and take supplements (electrolytes, B vitamins, vitamin D, and vitamin C) 2. Take electrolytes (including sea salt) 3. Go very slow and gradual when refeeding, and avoid carbs, sugar, and a large meal 4. Don't take apple cider vinegar 5. Do Healthy Keto when you break your fast 6. Understand the dawn phenomenon (your liver is making sugar due to insulin resistance) 7. Know when to break your fast (don't stop when it's uncomfortable push through the transition phase) Dr. Eric Berg DC Bio: Dr. Berg, age 57, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media. Follow Me On Social Media: Facebook: <https://bit.ly/FB-DrBerg> Instagram: <https://bit.ly/IG-DrBerg> TikTok: <https://bit.ly/TikTok-DrBerg> Disclaimer: Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of

“doctor” or “Dr.” in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition. #keto #ketodiet #weightloss #ketolifestyle Thanks for watching! I hope this helps explain the seven critical things to know about fasting. I’ll see you in the next video.

## The Proven Benefits of Prolonged Fasting: 7 Critical Things You Need to Know



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