



# THE STRUGGLE IS REAL:

14 COMMON MISTAKES YOU'RE MAKING  
WITH **INTERMITTENT FASTING** AND  
HOW TO AVOID THEM

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THEM*

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# INTERMITTENT FASTING IS EASY, THEY SAID.

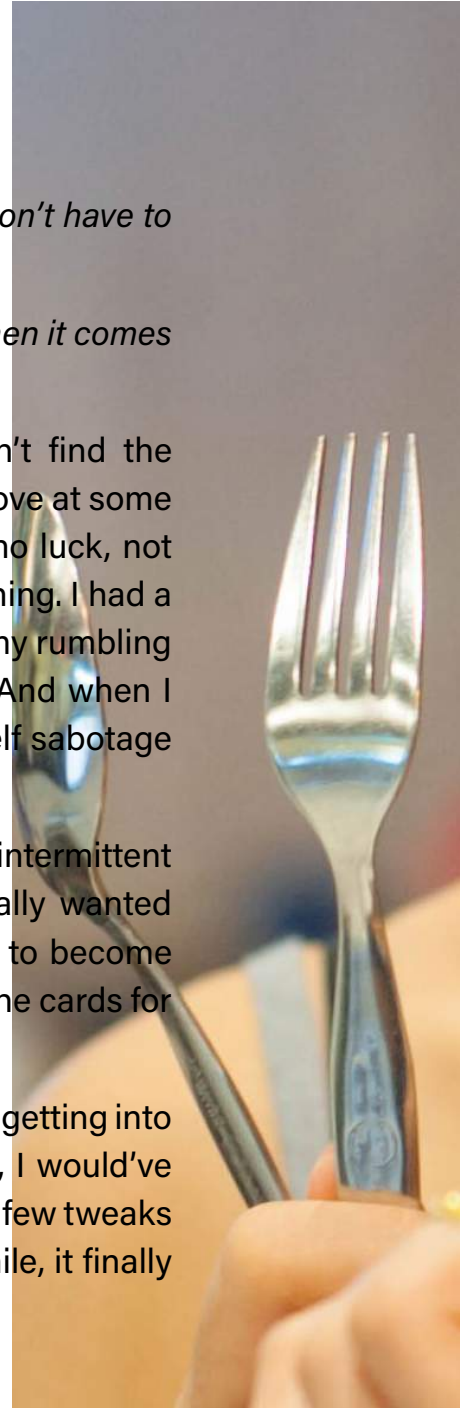
*Give it a try, they said. You'll lose a ton of weight and you don't have to change the way you eat, they said....*

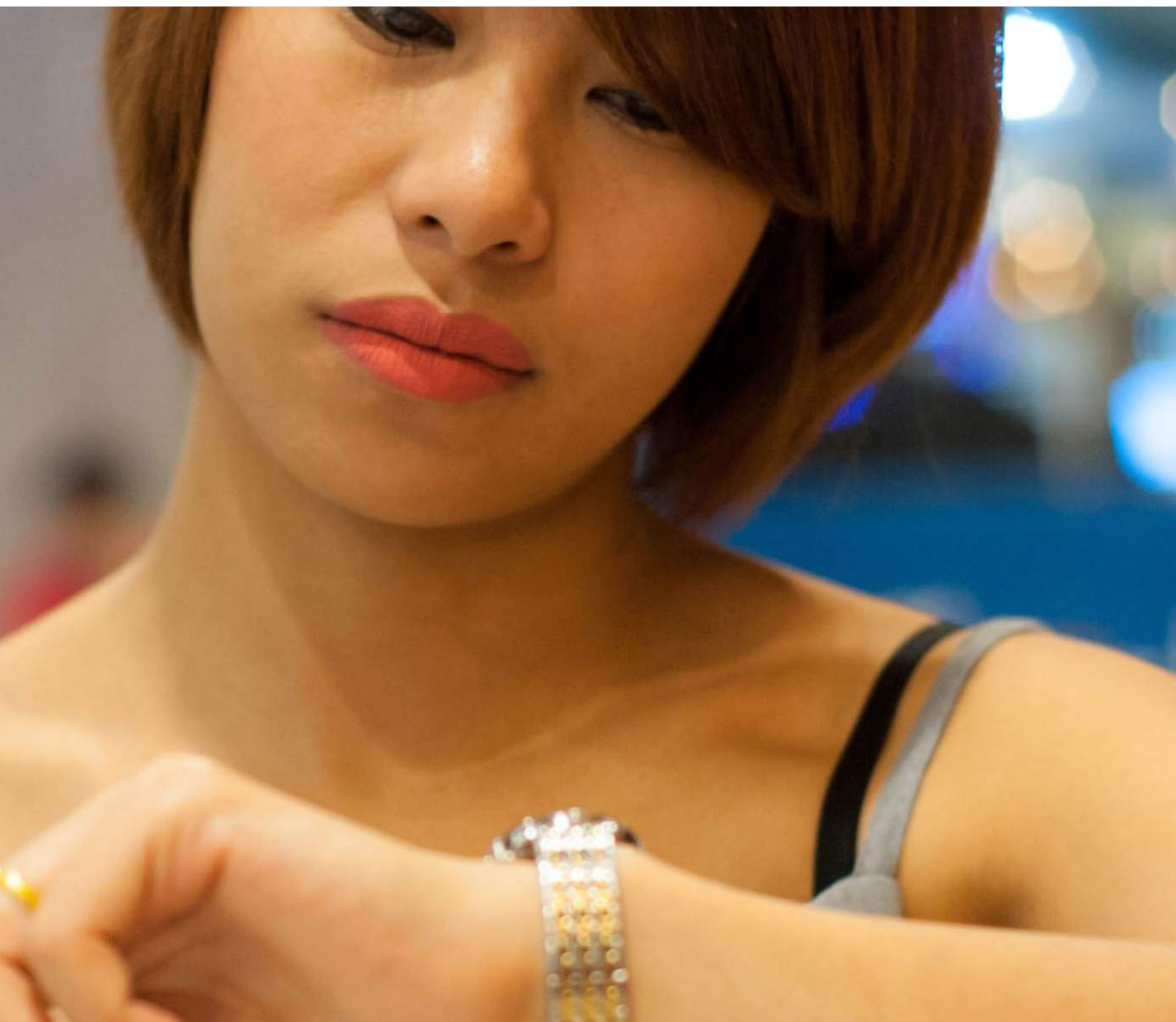
*Did they lie to me? Or is there something I'm just missing when it comes to this whole intermittent fasting thing?!*

If you're like me, you tried intermittent fasting and didn't find the success you hoped for, prompting the internal dialogue above at some point. Day after day, I felt like I was starving myself with no luck, not even a pound lost. I would often get headaches in the morning. I had a hard time concentrating because all I could focus on was my rumbling stomach (could everyone else in the office hear it, too?). And when I finally could eat, I headed straight for the junk food, the self sabotage making me even more miserable.

*What's the point if the scale isn't budging?* I wondered why intermittent fasting seemed so much harder for me than others. I really wanted it to be easy, I wanted fasting to be effortless, I wanted it to become second-nature for me. But it just didn't seem like it was in the cards for me...at first.

Admittedly, looking back, I made a lot of mistakes when first getting into intermittent fasting. If I had known then what I know now, I would've saved myself A LOT of stress and frustration. Once I made a few tweaks to my approach, I started seeing results quickly. After a while, it finally felt natural for me, too.







INTERMITTENT FASTING IS EASY, THEY SAID.



# INTERMITTENT FASTING IS NOT AS EASY AS SOME SAY.

I'm sure you've heard at least one person tell you that intermittent fasting is easy. The truth is, it's not as easy as everyone claims. Convenient, sure, and effective when done properly. But IF takes a lot of mental discipline and willpower to maintain. Once your body is acclimated to your new eating patterns, IF becomes second nature. However, this takes time and patience to develop.

If you're struggling with intermittent fasting, you are not alone. You might just be experiencing one of these 14 common problems that are leaving you hungry, irritable, gaining weight and/or losing muscle mass. Before you give up on IF for good, give it another go! **Scroll through our solutions to the most commonly experienced roadblocks when attempting intermittent fasting.**



## RECAP: WHAT IS INTERMITTENT FASTING?

Intermittent fasting (IF) isn't anything new. It describes **the pattern of eating in cycles that include periods of fasting and periods of eating**. Humans ate this way for centuries, as they did not always have access to consistent food sources. In recent years, intermittent fasting has made a resurgence as a safe, effective and sustainable way to manage weight.

Other health benefits of IF include reducing the risk of heart disease and diabetes, preserving muscle mass and improving mental well-being.

This dietary pattern also benefits the wallet, saving time and money. Eating fewer meals means less time planning, preparing and cooking, as well as a few extra bucks in your pocket. A way to lose weight and save money? Count me in.



## **UNLIKE MOST DIETS THAT RESTRICT WHAT YOU EAT, INTERMITTENT FASTING FOCUSES ON WHEN YOU EAT.**

By restricting the window of time in which you eat all your food for the day, you naturally consume fewer calories and give your body time to properly use up its energy stores, resulting in weight loss and a lowered risk for diabetes and heart disease.

As I mentioned earlier, this approach to eating is nothing new for humans. This dietary pattern follows the body's natural circadian rhythm: eat during the day while the sun is up and you are awake, fast at night when the sun goes down and you are asleep. Hunter/gatherers had to adapt to times when food was scarce by using up the body's fat stores for energy. Essentially, you could say early human life was defined by intermittent fasting.

Nowadays, we have unlimited access to highly processed, sugar-filled, carb-laden junk food 24/7. However, our bodies haven't quite evolved to fit these new eating patterns. Did you know nighttime eating is associated with a higher risk of obesity, as well as diabetes?

By following an intermittent fasting routine, your body has time to metabolize and use up what you've eaten throughout the day, instead of storing that food as unnecessary fat. IF is regarded as a safe, effective and sustainable way to maintain your overall health and wellness, as there's no calorie restriction involved. And it truly is for everyone - there are many

different approaches to intermittent fasting, so it's simple to find a routine that fits your lifestyle.

*Just a little FYI before we get into the swing of things: fasting usually refers to abstaining from eating over a period of 24-72 hours. However, Time Restricted Eating (TRE) involves eating during a certain window of time during the day. Both have similar benefits and as such, the terms are often conflated when it comes to talking about intermittent fasting routines.*

PROBLEM: YOU'RE NOT EASING INTO A ROUTINE, MAKING IT HARD TO SUSTAIN.

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## SOLUTION:

When I first started intermittent fasting, I thought I would be able to fast for 16 hours straight right off the bat with minimal problems. Boy, was I wrong! I was having a hard time concentrating in the morning - the hunger pangs had me counting down the seconds until my fast was over and I could down my sugar-filled coffee and instant oatmeal. I felt irritable, starving and had very low-energy levels in the morning (scroll to the end to learn how TAKA naturally boosts energy levels).

Because I didn't ease my way into a 16-hour overnight fast, I experienced a lot of problems at the beginning. This might be why you're having a hard time sustaining your routine, too.

Over the course of a few weeks, ease your body into your new dietary patterns. Otherwise, it's a huge shock for your system and you are almost certainly setting yourself up for failure. However, if you give your body the time it needs to gradually adjust to new eating patterns, you'll have an easier time sustaining your routine and will see the results you hoped for in a few weeks.

This is especially true for women, as changes in eating patterns can (and will) [disrupt their hormones](#), making it near impossible to sustain a routine until the body adjusts to these shifts.

The key to fasting is working your way into a routine that fits your physiology and lifestyle. After deciding on an IF routine that suits your needs, fast for 12 hours overnight for the first few days to get in the habit of eating during a certain time period (no more midnight snacks... sorry!). Then, gradually over the next two or three weeks, increase your fast to 13 hours, then 14 hours and so on, until you've reached your desired fasting routine and find it easy to sustain.

**PROBLEM: YOU'RE  
TRYING TO FIT  
YOUR LIFESTYLE  
AROUND YOUR  
ROUTINE, RATHER  
THAN FIND THE  
BEST ROUTINE  
FOR YOU.**





## SOLUTION:

There are many different ways to incorporate fasting in your life. IF is an umbrella term for various eating patterns. Many find intermittent fasting to be a convenient and sustainable method for weight loss because it's so flexible. It's also extremely effective for losing and maintaining weight, lowering insulin levels and speeding up your metabolism, in addition to a range of health benefits.

**There are six main intermittent fasting [routines](#):**

- the **16/8 method**, meaning you fast for 16 hours and eat during an eight hour window (or any variation of this);
- the **5:2 method**, which means you eat normally five days of the week and restrict calories for the remaining two days;
- the **Eat-Stop-Eat method**, meaning you fast for 24-hours once or twice a week;
- **the alternate day method** involves fasting every other day;
- the **Warrior Diet**, meaning you fast during the day and eat a large meal at night;
- and **spontaneous meal skipping**, which just means you skip meals from time to time as you see fit.

If you're having a hard time meshing a certain IF routine with your lifestyle, try a different method that might suit your needs better. There's very little reason why IF shouldn't work with you and for you with so many available options. Pick a routine, work your way into it and be patient - results come with consistency.

PROBLEM: YOU'RE NOT FASTING FOR LONG ENOUGH.

**PROBLEM: YOU'RE  
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LONG ENOUGH.**

## SOLUTION:

[Dr. Monique Tello](#) explains: "A growing body of research suggests that the timing of the fast is key, and can make IF a more realistic, sustainable, and effective approach for weight loss, as well as for diabetes prevention." Fasting for 14-16 hours each day (or at a time) is key in IF's effectiveness, as shown in a recent study. Sure, you can fast for only 12 or 13 hours and still lose weight, but you're not getting the most from your fast.

In this University of Alabama [study](#) on the effects of TRE on obese men with prediabetes, researchers split participants into two groups:

- a group that ate during an eight hour window each day;
- a group that ate during a 12 hour window each day for five weeks.

They did not alter the participants' diets for weight loss.

"They compared a form of intermittent fasting called 'early time-restricted feeding,' where all meals were fit into an early eight-hour period of the day (7 am to 3 pm), or spread out over 12 hours (between 7 am and 7 pm). Both groups maintained their weight (did not gain or lose) but after five weeks, the eight-hours group had dramatically lower insulin levels and significantly improved insulin sensitivity, as well as significantly lower blood pressure. The best part? The eight-hours group also had significantly decreased appetite. They weren't starving," Dr. Tello goes on to explain.

Even if your aim isn't to lose weight, fasting for a minimum of 14 hours each day is most effective for improving your overall health. It naturally leads to weight loss and decreased appetite. Work your way into the most effective fasting routine for your body and stick to it - even if the scale isn't budging yet, you're still benefiting your body in other ways. By including healthy whole foods in your diet, weight loss will happen in no time.

# PROBLEM: YOU'RE OVEREATING DURING YOUR EATING WINDOW.





## **SOLUTION:**

This is an extremely common problem to face, especially as your body acclimates to new eating patterns. Many tend to overeat during their eating window to compensate for the time they're fasting. Or they believe that fasting gives them license to eat whatever they want, as long as it's in that eight hour time frame.

During IF, it's extremely important to eat as you would if you weren't restricted to a certain window of time. You don't need to "compensate" for missed meals; if you feel hungry at the onset, give your body time to adjust. Intermittent fasting requires discipline, so be patient with yourself. Once your body is used to its new eating schedule, it will let you know when it's hungry and when it's not. If you don't feel as hungry as before you started an IF routine, that's a good sign!

Overconsumption of calories is overconsumption and leads to weight gain, no matter how long it takes you to consume all those calories in the day. Track your daily caloric intake with a phone app if you're facing this issue. This makes you more mindful of what you're putting into your mouth and when, helping you beat overeating.

PROBLEM: YOU'RE EATING TOO MUCH JUNK/PROCESSED FOOD DURING YOUR EATING WINDOW.

**PROBLEM: YOU'RE  
EATING TOO  
MUCH JUNK/PRO-  
CESSED FOOD  
DURING YOUR  
EATING WINDOW.**



## SOLUTION:

Not only should you use a phone app to track how many calories you're consuming in a day, it's also useful to track what you're eating each day. When you begin a fasting routine, you're going to have many hunger cravings. You will want sugary, carby, processed foods at morning/night. However, the worst thing to do is to break your fast with junk food or eat highly processed foods all day long. Don't give in to those cravings.

After all, what's the point of lowering your blood sugar and insulin production just to cause it to spike extremely high again by breaking your fast with a sugary coffee and junk food?

Aim to break your fast with a low-carb snack, then follow it up with healthy whole foods, fruits and veggies, nuts, seeds, protein and fiber. Scroll to the end of this for more information on breaking your fast with the right foods.

To avoid eating highly processed foods, design your environment for success. This means making a plan on exactly how you'll break your fast every day. Keep healthy, clean, nutrient-rich foods nearby. To help reduce cravings for those high-carb, sugary foods, drink plenty of water throughout the day. It's possible to lose weight on IF without a clean diet, but this is detrimental to your health in the long run, despite your IF routine.

Plus, by creating healthier eating habits and patterns, known as [keystone habits](#), you will affect other areas of your life as well (in a good way) without even realizing it. IF is all about discipline; you'll find yourself more disciplined in other areas and create healthy habits across the board.

# PROBLEM: YOU'RE UNDEREATING DURING YOUR EATING WINDOW.





## SOLUTION:

There's a fine line between intermittent fasting and putting your body into "starvation" mode.

With intermittent fasting, you're not starving your body at all. You merely change your eating patterns while maintaining the same intake of calories more or less. IF aids your metabolism, allowing your body to use up food for energy during the day and break down stored fat for energy during your fast. As your body becomes acclimated to your eating habits, your appetite naturally decreases and you naturally eat less while your body uses more of its stored fat for energy, resulting in weight loss.

This is a far cry from restricting your calories so much that your body goes into [starvation mode](#). If you restrict your daily caloric intake so much that your body begins storing more fat, you're causing a lot more harm than good. When your body isn't taking in enough food to replenish its energy stores, it actually begins storing the food you do eat as fat to save for later, since it can't rely on a consistent influx of food. Your resting metabolic rate is also reduced, which turns into weight gain, bloating and increased frustration.

Intermittent fasting allows for weight loss without reducing your resting metabolic rate, which is the key to sustaining weight loss long-term. Do yourself a favor and eat enough food. If you want to see results faster, opt for healthy food options and add some exercise into the mix.

**PROBLEM: YOU'RE  
NOT DRINKING  
ENOUGH WATER  
WHILE FASTING.**



## **SOLUTION:**

There is nothing worse than severe hunger pangs and headaches in the morning. It really just makes you want to give up on IF completely; what's the point if it doesn't make you feel better? One problem many experience with intermittent fasting is not drinking enough water, especially during fasting periods.

Staying hydrated is important for staving off hunger cravings, making it infinitely easier to stay on track and sustain your fast. Our bodies are made up of 60% water, so you better believe water plays a crucial role in maintaining your fast. If you're feeling off, drink some water. If you have a headache, drink some water. If you get a hunger craving but it's not time to break your fast yet, drink some water.

Listen to your body during intermittent fasting, it tells you exactly what it needs.

**PROBLEM: YOU'RE  
NOT USING A  
SCALE AND MEA-  
SURING TAPE  
TO TRACK YOUR  
PROGRESS.**



## **SOLUTION:**

When I started intermittent fasting, I was dismayed when the scale barely budged in the first few weeks. I really wanted to give up on the whole thing - I mean if I wasn't seeing the weight loss results I wanted, what was the point, right? What I didn't take into account were the inches I was losing in that time. My clothes were getting looser on me, but I was so focused on the scale, I hardly noticed.

If this sounds like you, invest in a measuring tape. Sometimes, your progress won't be tracked on a scale. To make sure you're getting a complete picture, and to prevent major frustrations, use a scale to track pounds and a measuring tape to track inches lost.

Inches lost don't always translate into pounds lost for a number of reasons. For example, you might lose 4 inches but stay the exact same weight, since that fat is actually being turned into muscle and muscle weighs more than fat. So to avoid any undue frustrations, use a number of methods to accurately track progress. Don't sweat things yet. Stick to your routine and let the magic happen! Weight loss won't happen instantly, but it will happen in time.

And even if you're not losing weight, keep in mind that IF is great for your overall health. If the scale isn't moving as much as you like, you are still improving your health in other ways.



PROBLEM: FOR THE FIRST YEAR, YOU LOST A LOT OF WEIGHT ON IF, BUT THAT WEIGHT LOSS HAS SLOWED.

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## **SOLUTION:**

Okay, admittedly, this one is less of a solution and more of an FYI. This is a totally normal and expected problem to experience after your first year of intermittent fasting.

During your first year with intermittent fasting and after your body is acclimated to your eating patterns, you're going to lose a lot of weight fairly quickly. However, your body can only drop so much fat, since it needs to retain a little in order to keep you healthy and happy. Plus, after a year of intermittent fasting, your new eating patterns aren't so new anymore. You might find your weight loss plateauing.

To get past this, try making a change to what you're eating and how much you're eating. Aim to eat healthier food options, analyze your portion sizes, make sure you're drinking plenty of water and if you haven't already, start an exercise routine or try something new. Any way to "jolt" your body into losing weight again and ending that plateau. Scroll to the end of this for more information on how TAKA might just be the jolt you want.

PROBLEM: YOU'RE NOT LOSING WEIGHT AS QUICKLY AS YOU HOPED.

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## **SOLUTION:**

This is a very legitimate and frustrating problem to encounter. It feels like everyone around you trying IF is losing weight quickly, but you're still not seeing it. It takes a few weeks to experience noticeable results from intermittent fasting. Patience is key; give your body time to adjust to these new dietary patterns. Once it gets used to the new routine, you'll start to see those pounds come off fairly quick.

If you're still not losing weight as quickly as you were hoping, add high intensity workouts in the mix. Whether it's a HIIT workout routine, long distance run or anything in-between, a challenging workout routine will get your metabolism going and you'll experience weight loss in no time.

PROBLEM: You've LOST MUSCLE MASS SINCE STARTING IF.

**PROBLEM: YOU'VE  
LOST MUSCLE  
MASS SINCE  
STARTING IF.**



## **SOLUTION:**

It's not uncommon to experience a loss in muscle mass since starting IF. Why? Your caloric intake matters a lot when it comes to maintaining muscle mass. If you stopped working out or you're not working out as intensely as you were before starting an IF routine, you might experience a noticeable decrease in muscle mass. Even if this isn't the case, you might still see muscle loss. This is because you're probably not eating as many calories as you were and you're probably sticking to lower carb foods.

If you find yourself losing muscle mass, increase your physical training and your carbohydrate intake. Calories matter a lot for building muscle mass. If you find your muscle mass slipping, it's a sign that you need to eat more calories and carbs to build up your muscle again.

With that being said, intermittent fasting is not the antithesis to bodybuilding; the two can work in tandem to get you the body of your dreams. However, you need to be smart when it comes to your health and what you're eating.

If you find your energy levels aren't what they used to be, scroll to the bottom of this for more information on TAKA healthy hibiscus energy - the boost you need for those intense workouts.

**PROBLEM: YOU  
DON'T ENJOY LIFE  
IN THE SAME WAY  
SINCE STARTING  
IF.**





## **SOLUTION:**

This one has nothing to do with weight loss and everything to do with your mental well-being. Make sure you are not skipping social events and happy memories because you're afraid to break your fasting routine. Your life comes first; intermittent fasting is all about being healthy enough to enjoy life fully and should never be made a priority over your social life.

If you find yourself getting so obsessed with sticking to your fasting routine that you avoid social situations because you don't want to break your fast or damage the progress you made, remember: there's always tomorrow. At the end of the day, intermittent fasting is just another tool to boost your health and confidence, leading to more happiness. It's not the end-all, be-all of the weight loss world; you won't cause irreparable damage by skipping your fast for a fun night out on the town.

Don't let intermittent fasting get in the way of enjoying your life. It's so flexible, there's really no reason to let it get in the way of anything. Relax, take a break and don't miss out on making amazing memories with the people you love most. You only get one life, so live it!

# PROBLEM: YOU'RE BREAKING YOUR FAST WITH THE WRONG FOODS.



## SOLUTION:

I touched on this point previously, but just to reiterate: how you break your fast is just as important as the fast itself. If you break it with highly processed, sugar-filled, carby foods, you're not going to experience the same benefits, or at least to the same extent, as someone who's breaking their fast with healthy, whole foods. You may experience similar benefits in the short-term, but in the long-run, you won't sustain weight loss and may end up gaining weight back. Plus, you're going to hurt your overall health in the long run.

If you've been having a hard time with IF and haven't seen the results you want, examine what kind of food you're eating to break your fast. Make adjustments accordingly and you'll be surprised at the results.

### **When breaking your fast, stick to healthy, [whole foods](#):**

- Break your fast with a small low-carb snack, like bone broth.
- An hour or two after your snack, eat your first meal.
- Try not to "reward" yourself with high-carb or junk foods. Let's just say, your gastrointestinal system isn't quite ready for that yet.
- Eat healthy high quality, low-carb foods.

# PROBLEM: YOU'RE HAVING ISSUES WITH FOCUS AND PRODUCTIVITY DURING YOUR FAST.



## SOLUTION:

Being hungry can cause irritability. It's hard to focus on things like work in the morning when you're focused on not eating. This can cause your productivity during your fasting period to slip, making it hard to maintain an intermittent fasting routine. However, once your body gets used to its new routine, you'll enjoy increased energy levels, focus and productivity in the mornings - just give it time!

The key to beating these problems is finding your sweet spot when it comes to breaking your fast. Every day is different, so it's going to take [trial and error](#) when it comes to perfecting your IF routine. For example, if you break your fast too early, you miss out on the potential energy you could've been using before breaking your fast and becoming more sluggish; if you break your fast too late, you are distracted from hunger and headaches.

Be patient with yourself and don't sweat things if you don't fast "perfectly" every single day. As long as you feel good and see the results you want, that's the most important part! Drink more water to help stave off cravings, so you can stay focused on your work. And, finally, try a healthy energy supplement like TAKA to keep you focused and energized throughout the day (with only 15 calories per package, it won't break your fast!).

# EXPERIENCING ANY OF THESE PROBLEMS?

## LET'S TAKA 'BOUT IT!

**SAY HELLO TO THE FUTURE. SAY HELLO TO TAKA  
HEALTHY HIBISCUS ENERGY.**

TAKA is made with you in mind. Filled to the brim with antioxidants, superfoods, natural energy and tropical flavor, TAKA leaves you refreshed and energized all day. TAKA is an all-in-one solution giving your body the support and nutrients it needs to rejuvenate your well-being. Fasting is a breeze with TAKA, which has no added sugars and is vegan and GMO-free.

For those who struggle with intermittent fasting, TAKA aids with mental clarity, immune system functioning, gut health and, of course, boosts energy. Natural ingredients include dietary fiber, powerful antioxidants, natural caffeine, beet root powder, aloe vera, vitamins, ionic minerals, fucoidan, and sweetened with stevia. The best part? It won't break your fast or your budget!

Real healthy energy, real gut health and real mental clarity in a take-anywhere package. Try it, love it, TAKA 'bout it!

