

# Intermittent Fasting Mistakes That Lead To Weight Gain |

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## Synopsis

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Only 12% of Americans are metabolically fit. Metabolic flexibility may not be the first thing you think of when fasting comes up, but it is one of fasting's many benefits. Intermittent fasting is often used as a tool for weight loss, but it's not done properly in most cases. Dr. Mindy Pelz is the holistic expert grabbing millions of people's attention by educating them about fasting, weight loss, and reclaiming their health. Mindy is a recognized leader and pioneer in the fasting movement. Mindy's depth of knowledge with fasting for men and women shows in how practical and not complicated she makes fasting. In this episode Dr. Mindy really simplifies fasting at every stage, whether you're a seasoned pro at fasting or brand new and not sure where to start. Mindy's approach and belief is that the body can heal itself and optimal health and weight management can be achieved through the simplicity of intermittent fasting. Doing the same fast for too long is the best approach to fasting. Change 3 things today as you start fasting to improve metabolic flexibility. Fasting is about healing in our natural state, not just weight loss. Fasting myths, low carb food lies, and cauliflower pizza devastation. It's best to focus on glucose spikes, not counting calories. Check out Mindy's book, *Fast Like a Girl*: <https://www.amazon.com/Fast-Like-Girl-Healing-Hormones/dp/1401969925> Follow Mindy Pelz: Website: <https://drmindypelz.com/> YouTube: <https://www.youtube.com/c/DrMindyPelz> Instagram: <https://www.instagram.com/dr.mindypelz/> Facebook: <https://www.facebook.com/drmindypelz/> TikTok: <https://www.tiktok.com/@drmindypelz>

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