



Refeeding guidelines

It has come to my attention that we need a few guidelines with refeeding based on people's health status but also the symptoms they see after refeeding. Of course we want to do as little damage as possible on refeed day, but especially in regards to inflammation and gut health.

Now we love refeed day for many reasons, benefits include;

- boosts basal metabolic rate and prevents plateauing**
- increases fat cell dumping and mobilization for energy - so it increases fat cell break down**
- increases thyroid hormone production**
- increases dopamine (helping you feel good)**
- increases hormones that make you lean and strong like 'leptin' which helps regulate fat cell size and satiety. Fat overfeeding does not elicit the same leptin response as carbohydrates do...this is another reason why we keep fats low on refeed day.**
- allows you to enjoy the foods that you enjoy in a beneficial way rather than a damaging way, There is no need to feel guilty on refeed day!**
- provides a form of hormesis to the body which encourages resilience and can prevent the occurrence of intolerance's.**
- promotes sustainability in a healthy driven lifestyle**
- the insulin spike effects last for 4-5 days which can help to build muscle if that is your goal.**

Ok with that all in mind, we know refeeding is important for our long term health and weight goals but we may need to be smart about it. Not all of us, like mentioned above, but those of us with severe gut and inflammation issues should probably be aware of our food choices on refeed day. Again we want to do this so as not to stress or damage the gut too much or any more, any we want to limit the amount of inflammation caused through refeeding. So with that in mind -- if you have woken up the day after refeeding and felt god awful, or your body ached or felt tender (especially your breasts), or you felt incredibly tired and irritable, or woke up feeling extremely hungry, then the following is relevant to you.

I am constantly telling people to eat enough on refeed day... you don't have to eat 'junk' per se, but you do need to eat enough and carb reload ... and that means you need to focus on sugar!

So below are some guidelines and ideas of foods that are great for refeeding with... simple sugars are usually best and cause the least amount of stress on the gut in regards to digestion and as long as there is minimal fat with them, the inflammation should not as bad.

- **Remember in your head you want to imagine a graph with insulin spikes going up and down several times across this day (this is something we don't want on other days, that is why we stick to 2-3 meals on those days). ☐**
- **Its generally recommended for all that on refeed day we keep FATS LOW and PROTEIN MODERATE.**
- **We want to focus on 5-6 small meals or 4 small meals with 1 big meal on refeed day... this ensures those insulin fluctuations.**
- **We want to keep alcohol to 1-2 glasses as much as possible and activated charcoal would be beneficial here to support the liver with the alcohol and sugar load.**
- **Apple cider vinegar, cinnamon pills, bitter melon or berberine are super wise for this day but most of you know that already. 😊**
- **This might relate to you but chocolate can be a lot easier on the gut and for inflammation for a lot of people than baked goods can be.**
- **For those of you with digestive issues it is wise to add in 3-6 digestive enzymes on refeed day.**
- **If you are extra sensitive to inflammation and your gut already struggles regularly then it is wise to avoid fat and carb combinations like pizza or cheese burgers and deep fat fried fries, even poutine can cause an issue because of the trans fats in the fries and cheese combination.**
- **Lots of water on refeed day to support the kidneys and liver as they process all the extra sugar and toxins.**
- **It is wise to get some walking or exercise in on refeed day...if you are trying to 'build muscle', then this is the day you would plan your hardest workout!**
- **Don't have your yogurt mix for your first meal on refeed day! Its too high in fat and wastes your ingredients! ;)**

Some of the food's I have found to be best for refeed day and cause minimal damage are;

you can use or make homemade if you don't want to buy food

- **cookies** ☐
- **cupcakes** ☐
- **brownies**
- **cinnamon rolls (with sugar based icing)**
- **croissants** ☐
- **pancakes, crepes and waffles**
- **white toast**
- **fruit pies**
- **milk and white chocolate (Purdys and Treats by Carla are my typical go to's)**
- **truffles (Ferrero Roche 😊)**
- **nutella**
- **chips**
- **popcorn**
- **sweet potato or white potato fries** ☐
- **turnip, carrot and beet fries (Milestones do great ones of these)**
- **white rice and rice noodles**☐
- **durum or semolina pasta (so 'real' pasta)**
- **breaded chicken bites**
- **steak and fries**
- **burrito or taco on white wraps**
- **sub or sandwich made with white bread**
- **bananas** ☐
- **grapes**
- **pineapple**
- **gummies or jellies (i like cola bottles and cherries from Haribo)**
- **regular pop, not 'diet' or 'zero'**
- **fruit juice**

***white breads, pastries adn flours only if you gut allows it. Watch for creams and cheese on pasta.**

Key takeaways would be ;

- 1. Try keep fats low on refeed day! This will help keep inflammation low.**
- 2. Too much alcohol is going to mess your gut and organs up... have fun but remember your health.**
- 3. Whole grains are still going to damage your gut and cause lots of inflammation, so stick with simple sugars and white flours etc .**
- 4. Lots of water!**
- 5. Use your supplement biohacks!**

I hope this is helpful to everyone xo