

2020

# WHY FASTING IS EASIER THAN DIETING

LORIGEURIN.COM



# F A S T I N G   V S   D I E T I N G

## FASTING

- Less hunger
- Less time meal-prepping
- No food restriction.  
Enjoy the foods you love.
- You can regain lean mass
- Lower insulin levels
- Freedom to focus on passions and interests
- More energy

## DIETING

- More hunger
- More time in the kitchen
- Strict eating plans that eliminate food groups - deprivation.
- More muscle lost
- Higher insulin
- More time spent focused on food
- Less energy + sluggish