MCP SERVER | NO CODE | CLOUD HOSTED

Timezone Fast Shifter MCP for AI Agents

Maintaining Intermittent Fasting Schedules While Traveling Across Time Zones

Timezone Fast Shifter keeps your intermittent fasting schedule intact even when you're crossing international time zones. It calculates how a flight or travel delay affects your feeding window, making sure your fast remains safe and effective regardless of where you land.

A+ Quality Score 100/100

fasting | intermittent-fasting | timezone | travel-utility | health-tracking

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vinkius.com/mcp/timezone-fast-shifter

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Timezone Fast Shifter MCP

3 tools available
Cloud-hosted on Vinkius

Traveling internationally while following an IF protocol is notoriously difficult. Time zone changes throw off everything —your internal clock, your calculated fasting windows, and sometimes, even your safety limits. This MCP handles the math for you. You connect it to Vinkius's catalog and give your AI agent your travel itinerary and fast start time. The tool figures out exactly what your new feeding window should be at your destination, accounting for the entire timezone shift. It also checks if your flight schedule conflicts with your current fasting cycle or if you're pushing past recommended safe limits. You don’t have to cross-reference maps, multiple apps, and scientific guidelines; you just ask your agent, and it provides a clear, calculated answer.

The Timezone Fast Shifter ensures that whether you’re flying from New York to London or Tokyo to Sydney, your commitment to fasting doesn't get derailed by time differences. It gives you the peace of mind to focus on the journey.

Core Capabilities

01 — Calculate destination feeding windows

It tells you what your new eating window starts at once you arrive in a different time zone.

02 — Check travel timeline compatibility

The MCP validates if your planned flight times actually work with your existing fasting start and end times.

03 — Monitor safety boundaries

It retrieves the maximum allowed duration for your fast, so you always know your safe limits.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/timezone-fast-shifter** — connect your AI agent in three steps.

01 First, give your AI agent three pieces of data: when your fast started, where you're going, and the flight details.

02 The MCP processes the time zone difference (the delta) against your biological clock to calculate the net effect on your eating schedule.

03 You get back a clear, adjusted feeding window or an alert if the travel plan violates safety rules.

The bottom line is that you don't lose days of fasting progress just because you changed continents.

Built For

Anyone who maintains a strict health protocol and travels internationally needs this. Think biohackers, digital nomads, or executives whose work requires them to fly across multiple time zones weekly.

Biohacker

Uses the MCP to keep their fasting windows precise while planning complex international trips.

Traveling Executive

Needs to maintain a consistent wellness routine, like IF, even when flying between business destinations in different time zones.

Health Coach

Uses the MCP to advise clients on travel plans, ensuring their fasting protocols remain safe and accurate across borders.

What Changes When You Connect

01 Don't guess your window. Use `calculate_fast_window_shift` to find the exact new feeding time at your destination, regardless of the timezone delta.

02 Prevent schedule conflicts before they happen. Run `validate_travel_timeline` to ensure your flight departure and fasting start times are logically compatible with your goals.

03 Stay safe. Use `get_fasting_safety_thresholds` anytime you need a quick reference for your maximum allowed fasting duration, keeping adherence secure.

04 Save hours of research. Instead of checking travel blogs or scientific papers for IF rules in different countries, the MCP gives you the direct answer instantly.

05 Keep routine consistency. This allows biohackers and travelers to maintain their rigorous wellness protocols without constant manual calculation.

Real-World Applications

I'm flying from California to Japan next week, but I need to know if my fast is ruined.

The agent runs a check and tells me exactly what my new feeding window starts at in Tokyo. It accounts for the massive timezone difference so I don't accidentally break my fast by eating too early.

What's the absolute longest I can safely fast on this trip?

Instead of guessing, I ask for the safety threshold. The agent uses `get_fasting_safety_thresholds` to confirm my maximum allowed duration for a strict risk profile.

My itinerary has three legs: flight, hotel stay, then meeting. Is this possible while fasting?

I ask the agent to validate the entire sequence using `validate_travel_timeline`. It immediately flags that my second segment conflicts with a critical safety boundary.

Patterns to Avoid

Ignoring time zone changes

✗ AVOID

I calculate my fast window based on local time at home, but forget the destination's offset. I wake up assuming my feeding window is open when it actually started hours earlier or later.

✓ INSTEAD

Always use `calculate_fast_window_shift`. This ensures your agent adjusts the start and end times to reflect the actual timezone shift of your arrival location.

Assuming travel always works

✗ AVOID

I book a flight that leaves two hours before my fast even started. I assume it's fine because both events are on paper.

✓ INSTEAD

Run `validate_travel_timeline` first. This checks the chronological compatibility of your entire trip against your fasting start time, preventing impossible schedules.

Ignoring personal risk factors

✗ AVOID

I plan a 48-hour fast across multiple zones without checking my actual safety limits for that duration.

✓ INSTEAD

Use `get_fasting_safety_thresholds` to establish your hard maximum. This tool reminds you of the safe boundaries before you commit to an extended itinerary.

The Right Fit

You should use this MCP if your primary concern is maintaining a strict, calculated wellness routine while dealing with international travel or significant time zone shifts. Specifically, if you need to know how your fast window changes upon arrival, run `calculate_fast_window_shift`. Don't use it if you are simply tracking calories; that's for dedicated nutrition apps. You also shouldn't rely on it as a substitute for medical advice; always check in with a doctor before making drastic dietary changes. If your problem is just coordinating general travel logistics (like booking flights), then a standard itinerary tool will suffice. But when the variable is time and biology, this MCP is necessary.

Timezone Fast Shifter: Calculating Intermittent Fasting Schedules While Traveling

Right now, if you're traveling across several time zones while keeping up a fasting schedule, it’s a manual nightmare. You have to open your original fast start log, check the destination's offset on Google Maps, then calculate the new feeding window yourself—all while trying not to lose track of which local date you are even looking at. It’s easy to make an error that ruins your entire day.

With this MCP, you simply feed your travel data into your agent. The system handles all the complex math and time zone offsets instantly. You get a single, confirmed answer: exactly when your feeding window starts in local time. No guesswork involved.

Timezone Fast Shifter: Validating Trip Safety for Intermittent Fasting

Many people only focus on the start and end dates, ignoring how a flight's departure time might conflict with their fasting window or if the total duration exceeds what’s medically safe. You spend time verifying that your travel logistics even make sense relative to your health goals.

This MCP prevents those conflicts by checking all variables at once. It validates whether your entire trip timeline, from initial fast start to final destination, is logically sound and compatible with healthy fasting practices.

Timezone Fast Shifter: 3 Tools for Intermittent Fasting Travel Utility

Use these specialized tools to manage complex travel logistics and ensure your fasting schedule remains safe through time zone shifts.

#	TOOL	DESCRIPTION
01	`calculate_fast_window_shift`	Determines your adjusted feeding window when you land in a new time zone.
02	`get_fasting_safety_thresholds`	Retrieves the maximum recommended duration for your fasting period based on safety guidelines.
03	`validate_travel_timeline`	Confirms if your entire travel schedule—including flights and fast start time—is logically compatible.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I'm flying from Seattle (UTC-7) to Vancouver (UTC-8). My fast started 3 days ago. What's my new feeding window?

Fast Window Adjustment Report

- **Departure Time:** 2024-10-25T10:00:00Z
- **Arrival Zone:** Vancouver (UTC-8)
- **Calculated Shift:** -1 hour

Your new feeding window starts at **2024-10-25 17:00 PDT**. The timezone shift has been accounted for, keeping your fast integrity intact.

U My itinerary is: Fast start today. Flight leaves in 6 hours. Duration 8 hours.

⚠️ **Timeline Conflict Detected**

The timeline is incompatible because the flight departure (in 6 hours) occurs before your minimum safe window for this travel duration, which requires a longer preparatory period.

Please adjust your departure time or confirm with your healthcare provider.

U What's my absolute maximum fasting length if I have a moderate risk profile?

Fasting Safety Threshold Report

For a **Moderate Risk Profile**, the system confirms your maximum safe fasting duration is 20 hours.

- **Recommended Monitoring:** Monitor blood pressure and listen to any unusual symptoms during longer fasts.
- **Disclaimer:** Always consult with your physician before extending fasts beyond recommended limits.

Frequently Asked Questions

01 **How does the Timezone Fast Shifter handle complex multi-leg international trips?**

It calculates the impact of each time zone change and every layover. You don't have to piece together multiple segments; simply input your full itinerary, and the MCP ensures the whole schedule aligns with safe fasting practices.

02 **Can I use Timezone Fast Shifter if my fast started before I traveled?**

Yes. You provide the original start time, and the tool calculates how that initial timeframe translates to your new feeding window at your destination. It preserves the history of your fasting cycle.

03 **What information do I need for Timezone Fast Shifter to work correctly?**

You just need three things: when you started your fast, the full travel itinerary (including departure/arrival times), and all relevant time zone details. The MCP handles the rest.

04 **Is this better than manually calculating my fasting window change?**

Definitely. Manual calculation is prone to errors, especially when dealing with Daylight Saving Time changes or multiple offsets. This MCP gives you a single, validated answer every time.

05 **Does the Timezone Fast Shifter account for different risk levels?**

Yes. It references established safety guidelines and allows you to check your maximum safe fasting duration based on defined risk profiles, keeping you within recommended boundaries.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"timezone-fast-shifter": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Timezone Fast Shifter is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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