

LIVING AN INTERMITTENT FASTING LIFESTYLE

Based on *Delay Don't Deny and Fast. Feast. Repeat.*

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►The information presented is not intended to replace the advice of your physician or other medical professional. You should consult a medical professional in matters relating to health, especially if you have existing medical conditions, and before starting, stopping, or changing the dose of any medication you are taking.

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DISCLAIMER

- ▶ Have you longed for the freedom of being able to eat delicious foods without doing a math problem first to calculate whether they fit into your plan?
- ▶ Do you want to eat the foods that are delicious, make you feel great, and stop when you are satisfied?
- ▶ Intermittent Fasting can give you the freedom to completely stop stressing about food and dieting once and for all! In addition, to preventing, treating and reversing many health conditions.

INTERMITTENT FASTING

- ▶ The weight-loss industry in the US was worth \$66 Billion in 2017.
- ▶ Diets don't work in the long term.
- ▶ Intermittent Fasting is FREE, requires NO supplements, may save you money!

THE TRUTH ABOUT DIETS

- ▶ Why is it so hard to lose weight and keep it off?
- ▶ We diet. We regain the weight. We diet again. We regain the weight again.
 - ▶ It is biology
 - ▶ Hormones and metabolic processes
 - ▶ Not personal weakness or failure
 - ▶ Past dieting is a predictor of future weight gain

THE TRUTH ABOUT DIETS

- ▶Biology

- ▶Our bodies want us to survive and reproduce
- ▶Protective mechanisms in place to keep us from dying
- ▶Ancel Keys research – the Minnesota Starvation Experiment (1944)
 - ▶Continued restriction over time leads to a continued decrease in metabolic rate, but eating a sufficient amount of food can increase metabolic rate over time.

The Truth about diets



► 2016 – The Biggest Loser Study – “Persistent metabolic adaptation six years after The Biggest Loser competition”

- A continued “metabolic adaptation” discovered – Participants had a lower RMR than would be predicted based upon their new body sizes and ages alone.
- Even though their RMRs were as expected at the beginning (before weight loss), their average RMRs (6 years later) were ~500 calories lower per day than would be expected, and remained slower over time.
- Participants who lost the most weight had the greatest slowing of their metabolic rates.
- Participants who successfully maintained more of the weight loss had an even greater metabolic slowing than those who did not maintain their loss.

THE TRUTH ABOUT DIETS

- ▶ When you lose weight, your body responds by increasing ghrelin (hunger hormone) – increased drive to eat; decreasing leptin (satiety hormone) – eat and eat and don't feel satisfied.
- ▶ Hunger goes up, Satiety goes down. Metabolic rate/energy expenditure decreases. Weight regain results.

THE TRUTH ABOUT DIETS

- ▶ To burn stored fat and lose weight we need to eat less food than our bodies require.
- ▶ How do we eat less and keep from slowing our metabolic rates?
- ▶ IF promotes positive hormonal and metabolic changes in our bodies.
 - ▶ Even though you may be eating less food while living an IF lifestyle, fasting protects your body from the detrimental effects of metabolic adaptation.
 - ▶ Some may be able to eat more food than they were before starting IF and still lose weight.
 - ▶ Hunger and satiety hormones get back into balance; finally feel satisfied after eating and hunger goes down.

THE TRUTH ABOUT DIETS

- ▶ Misconception IF only works due to decrease in caloric intake.
- ▶ IF helps you tap into your fat stores and may increase your metabolic rate at the same time!

IGNITE YOUR FAT-BURNING
SUPERPOWER

- ▶ Type 2 diabetes is becoming widespread.
- ▶ Type 2 is a disease of too much insulin.
- ▶ Insulin resistance (linked to obesity) leads to type 2 diabetes, is the exact opposite problem from type 1 diabetes.

IGNITE YOUR FAT-BURNING
SUPERPOWER

- ▶ When we eat, there are high levels of blood glucose. Our pancreas releases insulin to take care of the rise in blood glucose.
- ▶ Insulin is a storage hormone – It helps our cells take in the glucose from our blood and store it temporarily in the liver and muscles (glycogen). Once glycogen stores are full, the excess can be converted and stored as fat (fat cells).

IGNITE YOUR FAT-BURNING SUPERPOWER

- ▶ Over time levels of glucose in your blood go down (d/t insulin) and pancreas releases the counter-regulatory hormone glucagon, which signals your body to release glycogen from the liver to raise blood glucose levels so the body (and brain) can function properly.
- ▶ As glycogen stores are used up, your pancreas releases glucagon and glycogen is depleted (from liver), and then your body starts tapping into some of your stored fat (ketosis). Your body produces ketones from your stored fat, which fuels your brain and body in the absence of glucose.
- ▶ Your body goes from running on glucose (from the foods you eat and your stored glycogen) to running on the fat from your fat cells.

IGNITE YOUR FAT-BURNING SUPERPOWER

- ▶ When working properly, the process is amazing!

- ▶ **The problem:** Most people have a sweetened or flavored beverage with them at all times, and many are snacking on something throughout the day.

- ▶ These snacks and sweetened or flavored beverages (even zero calories, sugar free ones) keep our bodies releasing insulin all day!

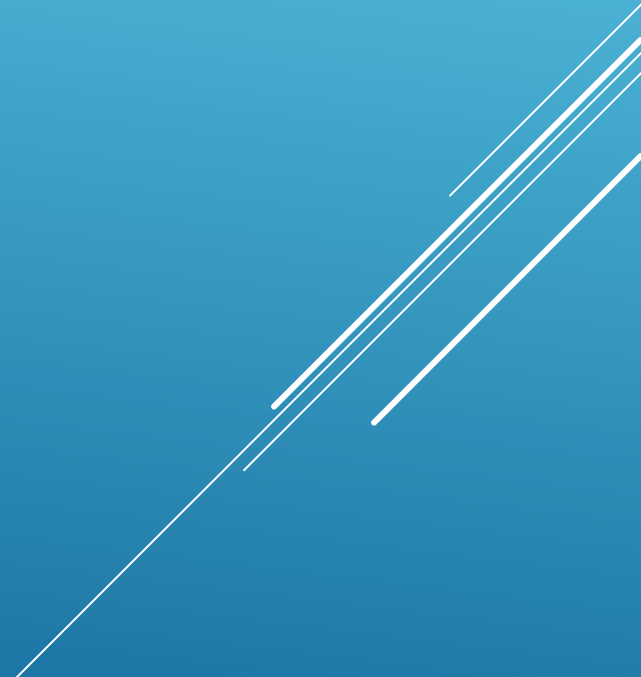
IGNITE YOUR FAT-BURNING SUPERPOWER



Hyperinsulinemia = too much insulin

- ▶ Result of constant eating and drinking
- ▶ Linked to several health conditions plaguing our society: type 2 diabetes, metabolic syndrome (cluster of symptoms), cardiovascular disease, some cancers, Alzheimer's disease.
- ▶ Fat remains locked up in the fat cells – Type 2 diabetes – too much insulin and unable to easily access fat stores for fuel – fat storage mode.
- ▶ Insulin is important to survival, but we don't want to have high levels circulating 24/7.

IGNITE YOUR FAT-BURNING SUPERPOWER



Fasting is protective of metabolic rate:

- ▶ The body lowers insulin secretion during the fast, and insulin levels go down.
- ▶ Remember...Our livers release stored glycogen for energy, particularly to fuel our brains. Once we have used that energy, lowered insulin levels mean that we can access our fat stores and begin to break them down for fuel, creating the ketone bodies that our brains thrive on.
 - ▶ This is the flipping of the Metabolic Switch. Usually occurring between hours 12 to 36 of fasting, completely dependent on how much glycogen is stored in someone's liver, in addition to how much energy that person is using throughout the day (exercise helps to flip the switch sooner).
- ▶ The ketones that are produced fuel our brains (and we are less likely to burn muscle tissue for fuel), since we have enough stored fat available. Our bodies realize we have plenty of stored fuel, and our metabolic rates are protected, they don't slow.
- ▶ If insulin levels remain high, we are unable to access our fat stores effectively, and we do not have access to enough fuel for our bodies or brains.

IGNITE YOUR FAT-BURNING SUPERPOWER

Fasting preserves and even increases muscle mass:

- ▶ Fasting allows us to preferentially tap into fat stores for fuel, preserving our muscle mass.
- ▶ With fasting, total muscle mass should either stay the same or go up.
 - Muscle is preserved, and our bodies become better at building muscle tissue, as fasting leads to a natural increase in HGH levels.
- ▶ Increased HGH levels, means you are more likely to gain muscle just by actively living your life.
 - HGH also associated with higher bone density and faster healing of injuries and wounds.

IGNITE YOUR FAT-BURNING SUPERPOWER

Fasting Combats Hyperinsulinemia:

- ▶ Nothing is better at lowering our insulin levels than fasting.
- ▶ Since we release insulin in response to eating, the daily fasting time gives our bodies a break from the constant need for more insulin.
- ▶ One 2019 study of ADF for 12 month – Results:
 - Those in the fasting group had an average decrease of 52% in their fasting insulin levels (vs. 14% in the control group) and 52% decrease in their insulin resistance (vs. 17% in the control group).

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Can Prevent and Reverse Metabolic Syndrome:

- ▶ Cluster of symptoms including:
 - Obesity (particularly abdominal)
 - Insulin resistance
 - Elevated triglycerides
 - High blood pressure
- ▶ Linked to many diseases and conditions:
 - Increased risk for CVD, diabetes, stroke, and Alzheimer's disease.
- ▶ The key to combating metabolic syndrome:
 - Decreasing fasting glucose levels
 - Lowering circulating levels of insulin
 - Reversing insulin resistance

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting May Reverse Type 2 Diabetes:

- ▶ We have been told for years that type 2 diabetes is a chronic condition, and once you are diagnosed, all you can do is manage your condition and you should expect your health will get progressively worse over time.
- ▶ Dr. Jason Fung, a nephrologist from Toronto, Canada, works with patients in his Intensive Dietary Management clinic, and is author of 2 foundational books: The Obesity Code and The Diabetes Code.
- ▶ In 2018 case study, Dr. Fung reported the results of 3 of the type 2 diabetic patients who received treatment in his clinic...

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

- ▶ These patients had been diagnosed as type 2 anywhere from 10-25 years prior to the study period. Before beginning their fasting regimens, each patient was taking daily injections of insulin.
- ▶ These patients were followed for 7-11 months, and all 3 of them were able to discontinue taking insulin within a 5-18 day period after beginning their fasting protocols. All 3 of them lowered their A1c levels, reduced their waist circumferences, and also lost fat.
- ▶ Many Intermittent Fasters have reported similar results: lowered A1c levels, medications (including insulin) reduced or eliminated completely, and even no longer being medically classified as type 2 diabetic.
- ▶ One more bit of hopeful information: scientists report that IF leads to beta cell regrowth in rodents. These are the insulin-producing cells found in the pancreas. If this can be replicated in humans, then there is hope for even long-term type 2 diabetics who have suffered beta cell damage.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Is Anti-Inflammatory:

- ▶ Chronic inflammation has a serious negative impact on our health.
- ▶ Increased levels of inflammation may lead to the development of chronic conditions such as heart disease and cancer.
- ▶ In a number of studies, IF has been shown to improve inflammatory markers.

THE HEALTH PLAN WITH A SIDE EFFECT
OF WEIGHT LOSS

Fasting Has Cardiovascular Benefits:

- ▶ Research finds that fasting has benefits related to heart health.
- ▶ Fasting has been linked to:
 - Reduced blood pressure
 - Reduced resting heart rate
 - Improvement in the cardiovascular system's response to stress
 - Resistance of cardiac muscle to damage

THE HEALTH PLAN WITH A SIDE EFFECT
OF WEIGHT LOSS

Fasting Shows Promise for Those with Autoimmune Diseases:

- ▶ Autoimmune diseases such as RA, psoriasis, MS, Lupus, IBD, and Hashimoto's thyroiditis are on the rise, particularly among women.
- ▶ Fasting is beneficial in both preventing and controlling symptoms of many autoimmune diseases.
- ▶ Makes sense - autoimmune diseases are closely associated with an abnormal inflammatory response.
 - Anything that lowers inflammation would tend to benefit diseases linked to increased inflammation.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting is Excellent for Brain Health:

►Benefits of fasting:

- Fewer signs of depression
- Improved memory
- Increased production of neurons
- Enhanced ability of our brains to ward off neurodegenerative diseases like Alzheimer's and Parkinson's disease

►IF has been shown to:

- Increase brain-derived neurotrophic factor (BDNF)
- Improve synaptic plasticity
- Improve resistance to both injury and disease

►Because IF decreases neural degeneration, studies show that IF results in fewer symptoms related to Alzheimer's disease, Parkinson's disease, and Huntington's disease.

- BDNF helps prevent these neurodegenerative disorders by increasing the resistance of brain neurons to this degeneration.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Decreases Visceral Fat:

▶ 2 types of fat:

- subcutaneous fat (found beneath the skin)
- visceral fat (found around your organs).

▶ Increased levels of visceral fat linked to an increased risk of health conditions such as diabetes and even increased mortality.

▶ IF has been shown to lower both overall fat mass and this more dangerous visceral fat.

▶ In a 2016 study, scientists found our bodies prefer to burn the unhealthy visceral fat for energy first, and under fasting conditions, the subcutaneous fat underwent a switch to become more like visceral fat, making it easier to access and use as energy.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Adjusts Our Hunger and Satiety Hormones/appetite control system:

- ▶ Ghrelin (hunger hormone) ramps up to send us the signal that we need to eat.
- ▶ Leptin (satiety hormone) sends us the signal that we have had enough food.
- ▶ We are born with fully functioning appetite control signals. Some of us have lost this along the way.
 - Research shows that IF decreases ghrelin and increases leptin, giving us a “factory reset”.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Can Reset the Gut Microbiome:

- ▶ A healthy gut microbiome is essential for overall health.
- ▶ Our gut is home to trillions of microorganisms that make up our gut microbiome. We now know that our gut microbiomes are an important part of our immune systems' function and also play a key role in our overall metabolic health.
- ▶ Studies have found that fasting leads to:
 - Reduced gut permeability
 - Increases the diversity of the gut microbiome
 - Shifts the population to one associated with leanness rather than obesity

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Is Anti-tumor and has Positive Effects during Cancer Treatment:

- ▶ Fasting shows promise:
 - Preventing tumor growth
 - As a therapy that is useful as a part of a chemotherapy regimen
- ▶ Some of the proposed mechanisms of fasting's anticancer benefits include:
 - Reduced rate at which cells increase
 - Positive and low-intensity stress to the body, which leads to protective effects
 - Lowered oxidative stress that can be linked to the growth of cancers
 - Increased antioxidant activity
 - Increased autophagy
- ▶ In rats, fasting increased longevity by 15-20%:
 - When fasting is used in combination with chemotherapy, studies have shown that cancer cells are unable to adapt and are unprotected, while the body's normal cells receive protective benefits from the fasting.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Fasting Increases Autophagy:

- ▶ 2016 Yoshinori Ohsumi won the Nobel Prize in Medicine for his ground breaking work on autophagy, which is linked to fasting.
- ▶ Autophagy literally means self-eating.
 - Very important cellular mechanism that helps our cells survive when faced with stressors like starvation.
- ▶ Autophagy is our bodies' ultimate upcycling program.
 - The process of transforming by-products, waste materials, useless, or unwanted products into new materials or products of better quality and environmental value.
- ▶ Our bodies use the process of autophagy to recycle damaged or unwanted cell parts to use them for energy or for building blocks for new growth.
- ▶ When we are fasting, autophagy increases to ensure our survival in the absence of food intake.

THE HEALTH PLAN WITH A SIDE EFFECT OF WEIGHT LOSS

Numerous studies reporting findings related to fasting and longevity:

- ▶ In 2018 – scientists at the National Institute put mice on 2 distinct diets, and within each of these diet groups, they divided the mice into subgroups based on different eating patterns.
 - Results: “health and longevity improved with increased fasting time, regardless of what the mice ate or how many calories they consumed.”
- ▶ The difference was attributable to the longer period of fasting, not from the foods themselves or from the restriction in calories.
- ▶ The mice that ate one meal a day, (the longest fasting period examined), “seemed to have a longer lifespan and better outcomes for common age-related liver disease and metabolic disorders.”

FASTING – THE REAL FOUNTAIN OF YOUTH

- ▶The Clean Fast is the key to long-term IF success.
- ▶Goal of the fasting period: time where our bodies can “clean” and repair (autophagy), so keeping the fast itself clean will ensure that our bodies can do all the behind-the-scenes “cleaning” we want to experience during the fast.
- ▶Avoid anything that is food for your body or that makes your body think food is on the way.

Goals of the Clean Fast:

1. Keep insulin levels as low as possible during the fast (by avoiding anything that tastes sweet or food-like)
2. Tap into our own fat stores for fuel (by avoiding anything with proteins that will prevent our bodies from recycling the proteins we already have on hand).

THE MAGIC IS IN THE CLEAN FAST

- ▶ Sweetness and food-like flavors both send the signal to your brain that food is on the way and insulin is needed right away.
 - Unfortunately, our brains don't know the difference between regular sweeteners (like honey or sugar) and zero-calorie/artificial sweeteners (such as stevia, aspartame, or sucralose) or flavors from actual food and zero-calorie-added flavors (including both natural and artificial food-like flavors).
- ▶ Sweet, sour, and umami (a category of taste in food corresponding to the flavor of glutamates, especially MSG) foods - increase saliva secretion
- ▶ Bitter flavors (such as black coffee and plain tea) - do not have this effect.
- ▶ Sweet and food-like flavors are linked to more than just a saliva release, because the body expects carbohydrates.
 - Besides increasing saliva production, the body also releases insulin as soon as sweetness is detected so that the required amount of insulin will be available as soon as the body needs it.
 - Within 2 minutes of tasting sweetness, the body releases insulin.
 - The amount of insulin peaks at 4 minutes, and returns to baseline levels within 8-10 minutes.

THE MAGIC IS IN THE CLEAN FAST

Time-Restricted Eating: an Eating Window approach

- ▶ 12:12 – 12 hours fasting: 12 hour eating window
- ▶ 16:8 – 16 hours fasting: 8 hour eating window
- ▶ 19:5 – 19 hours fasting: 5 hour eating window
- ▶ OMAD – One Meal A Day
- ▶ 23:1 – 23 hours fasting: 1 hour eating window

INTERMITTENT FASTING PATTERNS

Time-Restricted Eating: an Eating Window approach

- ▶ One of the most popular IF methods.
- ▶ You decide on length of eating window, all foods eaten should be within that window.
- ▶ You choose the foods that work well for your body & make you feel great.
- ▶ During the fasting period, you fast clean.
- ▶ Every day your eating window “opens” with the first bite of food or sip of non-clean-fast approved beverage.
- ▶ Once your window is open, you eat and drink according to your preferences.
- ▶ You have the opportunity to eat and drink, but that doesn't mean it's expected (or even beneficial) to eat nonstop.
- ▶ When you have had your last bit of food (or last sip of non-clean-fast-approved beverage) for the day, you consider our eating window as closed, and the next fast begins.

Intermittent Fasting Patterns

How an IF lifestyle helps us access our stored fat for fuel:

- ▶ 1. We deplete stored liver glycogen over time.
- ▶ 2. We flip the metabolic switch and transition to fat burning during the fast.

For this to happen:

1. You must fast sufficiently to deplete your stored liver glycogen.
2. You can't eat so much food that you totally refill your liver glycogen every day, or even worse, store excess food away as new fat.

Intermittent Fasting Patterns

- ▶ Fat-burning generally begins somewhere between the 12 and 16 hour mark, but really ramps up between hours 18-24.
- ▶ Insulin goes down dramatically within the first 24 hours of fasting.
- ▶ Fat-burning sweet spot for most people may be found within that 18-24 hour fasting period.
- ▶ If you are fasting for health purposes only and don't want to lose any weight, select an approach with a shorter fasting period, such as 12:12 or 16:8, or something in between.
- ▶ If fat loss is your main goal, choose a longer daily fast to make sure you experience that fat-burning sweet spot of 19:5, 20:4, 23:1, or OMAD.

Intermittent Fasting Patterns

12:12

- ▶ Not very different from a typical 3-meals-a-day eating pattern.
- ▶ Unlikely to see much weight loss.
- ▶ May be as simple as eliminating current late-night eating habits.
- ▶ Example Schedules: 7 AM to 7 PM, 8 AM to 8 PM, 9 AM to 9 PM

INTERMITTENT FASTING PATTERNS

16:8

- ▶ Fitting all food intake into an 8 hour daily eating window.
- ▶ Usually as simple as skipping one of your typical meals.
- ▶ Example schedules: 12 PM to 8 PM, 10 AM to 6 PM, 9 AM to 5 PM.

INTERMITTENT FASTING PATTERNS

19:5

- ▶ Great approach because fat burning begins to ramp up between hours 12 and 16 and the fat-burning sweet spot for most people may be found within that 18-24 hour fasting period.
- ▶ Time to switch the metabolic switch every day and spend somewhere between 1 and 7 hours of your 19 hour fast in the fat-burning state.
- ▶ Example schedules: 5 PM to 10 PM, 12 PM to 5 PM, 2 PM to 7 PM, 8 AM to 1 PM

INTERMITTENT FASTING PATTERNS

OMAD – One-Meal-A-Day

- ▶ Very flexible and enjoyable
- ▶ Eating 1 meal per day; breakfast, lunch or dinner.
- ▶ Doesn't mean limited to one plate of food or that you have to eat within 1 hour.
- ▶ Compare to fine dining: appetizer, salad, entree and dessert.
- ▶ Example schedules: 4 PM to 9 PM, 8 AM to 12 PM, 2 PM to 5 PM, 6 PM to 7 PM.
- ▶ Each of these schedules varies in window length. Again, OMAD is a very flexible concept.

INTERMITTENT FASTING PATTERNS

23:1

- ▶ Most extreme daily eating approach.
- ▶ Open your window, you eat, and then you close it.
- ▶ One concern with long term 23:1 is that you may tend to eat the same amount of food from day to day and your body may adapt to your eating pattern.
- ▶ Even though IF is protective of metabolism in general, the body also tends to adapt to anything that is the same day in and day out.
- ▶ The body is less likely to adapt when you vary the amount you eat from day to day.
- ▶ If your body adapts to 23:1, you may stop losing weight, and then you'll know it is time to change things up with some longer eating windows.
- ▶ Example schedules: 6 PM to 7 PM, 3 PM to 4 PM, 10 AM to 11 AM.

INTERMITTENT FASTING PATTERNS

- ▶ While these are some of the most popular approaches to Time-Restricted Eating, these are not the only possibilities for how you can structure your eating window.
- ▶ You could choose any combination of fasting and feasting that works for you.
- ▶ You also do not have to follow the exact approach from day to day.
- ▶ Switch things up from day to day so your body doesn't become too comfortable with the same routine.
- ▶ Research shows that keeping your body guessing may prevent metabolic adaptation.
- ▶ Still no long-term studies directly comparing early eating windows to late eating windows, with all other factors being equal. There is no eating window that fits everyone.
- ▶ Best eating window for you is the one that you can make a lifestyle.

INTERMITTENT FASTING PATTERNS

Alternate-Day Fasting Protocols: The Up-And-Down-Day approach:

▸ Restricting what you eat on just 2 days of the week and eating “normally” on the other 5 days, you can lose weight and see improvement in various health markers.

Options 1: 500-calorie Down Day – You still eat a small meal at some point on the down day; sticking to clean-fast-approved beverages throughout the down day

Benefits of the 500-calorie meal option:

▸ You eat everyday.

Drawbacks to the 500-calorie meal option:

- Some find it harder to limit food intake to 500 calories than it is to do a complete fast.
- Counting calories is tedious.
- You have less time in the fasted state because you are eating that small meal.

INTERMITTENT FASTING PATTERNS

Alternate-Day Fasting Protocols: The Up-And-Down-Day approach:

Options 2: Full Fasts of 36 to 42 hours – You don't eat at all during your fast. You will only consume clean-fast-approved beverages all day. You will go to bed without eating, knowing that when you wake up, it's an up day.

Benefits of the full-fast option:

- Longer period in the fasted state, which means increased autophagy
- More time with lowered insulin levels
- More time in the fat-burning state.

Drawbacks to the full-fast option:

- You may have so much energy (ketosis) that it is hard to sleep.
- At first it can be psychologically difficult to skip a whole day of eating.

INTERMITTENT FASTING PATTERNS

Alternate-Day Fasting Protocols: The Up-And-Down-Day approach:

- ▶ Whether you choose the 500-calorie modified fast day or the 36-42 hour full fast, on the up days, you'll eat without restriction.
- ▶ That doesn't mean you should force-feed yourself or purposefully overeat just because you can, you do want to be careful that you are not “dieting” or having a short eating window on any day following a down day, as our bodies can adapt to under-eating over time.
- ▶ These up-and-down-day protocols work so well because of this day-to-day variability between the up and the down days.

INTERMITTENT FASTING PATTERNS

The up-and-down-day approach is highly recommended:

- ▶ If you have insulin resistance – down days are great for reducing your insulin levels.
- ▶ If you are dealing with metabolic slowdown – the up days come with a metabolic-boosting benefit.
- ▶ If you have plateaued while using an eating-window approach – if you find your body adapts to the regularity of a daily eating window, this approach will shake things up.
- ▶ If doing well on an eating-window approach, and you enjoy it, there is no need to experiment with an up-and-down-day approach, unless you want to.

Intermittent Fasting Patterns

5:2 Up-down-day protocol:

- ▶ Five up days/Two down days.
- ▶ Provides both flexibility and predictability.
- ▶ Choose the days that work best for your schedule.
- ▶ 5:2 may or may not be a weigh-loss protocol for you. While there are definite health benefits, 2 down days per week may not be sufficient for weight loss.
- ▶ May be a great maintenance protocol.

Intermittent Fasting Patterns

4:3 – Up-down-day protocol:

- ▶ Four up days/ Three down days.
- ▶ Fits easily into a week and provides both flexibility and predictability.
- ▶ Select down days that work best for your schedule.
- ▶ As with 5:2, you can adjust 4:3 to fit your social events.

INTERMITTENT FASTING PATTERNS

ADF – Alternate-daily fasting:

- ▶ Alternate up and down days, so each week is going to be different.
- ▶ One week you will fast on Sunday, Tuesday, Thursday, and Saturday, and the next week you will fast on Monday, Wednesday, and Friday.
- ▶ Each week is different and therefore unpredictable.
- ▶ True ADF is less flexible than either 5:2 or 4:3, but you can make a shift here and there for special occasions.
- ▶ For example, if a special event is scheduled for a day that should be a down day for you, you can always have a second up day and then get right back into the down-and-up pattern.
- ▶ You do not want to schedule 2 down days in a row. AN UP DAY ALWAYS FOLLOWS A DOWN DAY!

INTERMITTENT FASTING PATTERNS

How do I determine if Intermittent Fasting is working for me?

- ▶ Remember weight loss is not the only metric to consider.
- ▶ IF is the health plan with the side effect of weight loss.
- ▶ If you aren't losing weight but you feel years younger and aches and pains are disappearing, you are getting some amazing results, no matter what the scale or tape measure says.
- ▶ Measure progress in several ways. As long as at least one measure is changing, your body is changing. If weeks go by without changes, it may be time for a tweak.
- ▶ If you feel good both emotionally and physically, and you are seeing some sort of measurable results, then you know what you are doing is working for you.

TWEAK IT TILL IT'S EASY

- ▶ Your IF lifestyle will have periods of fasting, periods of feasting, and you will repeat, alternating fasting with feasting.
- ▶ Listen to how you feel over time and live your life as a study of one – you! No one else knows what feels right to you better than you.
- ▶ The IF pattern that feels effortless to you today may not feel effortless to you next month. Try a different fasting pattern for awhile.
- ▶ As you tweak, give each tweak enough time. Give your body a chance to adapt.

TWEAK IT TILL IT'S EASY

- ▶ Your goal is to learn to listen to your body over time, choose delicious and nutritious foods that support your health, and also save some room for your favorite treats!
- ▶ Food quality absolutely does matter.
- ▶ You are in charge of what you are eating.
- ▶ Every day we delay eating, and then we don't have to deny.
- ▶ But we don't have permission to overeat just because our window is open.
- ▶ Learning to trust your hunger and satiety signals is a very important part of the process – intuitive eating.
- ▶ IF isn't a diet. Diet refers to the foods you eat, and IF is about when you eat, not what. IF is a pattern of eating, and your food choices fit within it.
- ▶ Understand, IF is linked to health and longevity. We are on the cusp of a revolution for prevention and reversal of disease!

DELAY, DON'T DENY – Take Aways

►BOOKS:

- Delay, Don't Deny – by Gin Stephens
- Feast Without Fear – by Gin Stephens
- Fast. Feast. Repeat. - by Gin Stephens
- Obesity Code – by Jason Fung
- Diabetes Code – by Jason Fung
- Life in the Fasting Lane – by Jason Fung, etc. all
- AC: The Power of Appetite Correction – by Bert Herring
- Unbelievable Freedom – Ryan and Kim Smith

►**PODCASTS:** Intermittent Fasting Stories with Gin Stephens and The Intermittent Fasting Podcast with Melanie Avalon and Gin Stephens.

►**FACEBOOK SUPPORT GROUPS:** Delay, Don't Deny: Intermittent Fasting Support; Delay, Don't Deny: Advanced Book Support Group; One Meal A Day IF Lifestyle

►**ARTICLE:** New England Journal of Medicine, December 26, 2019: Effects of Intermittent Fasting on Health, Aging, and Disease

*** This presentation Credited to the work of Gin Stephens & Dr. Jason Fung.

REFERENCES & RECOMMENDED READING

▶ **Many family members, friends, co-worker friends and physician friends have also adopted the Intermittent fasting lifestyle:**

- ▶ My mother intermittent fasts, following the 18:6 protocol. Her window is 12 pm to 6 pm.
- ▶ All 3 of my sisters intermittent fast, including 3 of my sister-in-laws.
- ▶ One friend started IF due to her Hashimoto's thyroiditis and Insulin Resistance, doing ADF.
- ▶ Another friend started fasting to help her migraine headaches and not needing to lose any weight.
- ▶ Two others friends started IF for the health benefits alone, and do 20:4 protocol.
- ▶ Another friend delays breakfast and eats only 2 meals/day.

SUCCESS STORIES

- ▶ I have been Intermittent Fasting since the end of November 2018.
- ▶ First month I was down 11 pounds, finally losing weight I held onto since the birth of my son the end of February 2013! I fasted for 12-17 hours daily, eating anywhere between a 7 and 11.5 hour window. From January 2019-October 2019, I fasted for 15-18 hours daily, eating anywhere between a 6 and 9 hour window, and lost only 6 pounds, as I hit a plateau from May 2019-October 2019. I continued this pattern for ~10 months. I was down just over 14 lbs.
- ▶ October 2019, I then started 20-23.5 hour fasts, eating in a 30 minute to 4 hour window. and since then to present, I have lost an additional 20 pounds for a total of 37 lbs.
- ▶ Starting weight ~174 pounds. Current weight ~137 pounds. First goal was to be 152 pounds, the weight I was before pregnancy. Next goal was 145 pounds to not be a liar on my driver's license! Currently I am happy and healthy, and continue to trust the process.

MY STORY

MY STORY



- ▶ My husband has type 2 diabetes.
- ▶ Follows 4:3 protocol: fasts 36-42 hours M-W-F for his down days, and has Tues-Thurs-Sat-Sun as his up days.
- ▶ He typically eats 2 meals/day on those days.
- ▶ Weight loss of 25+ pounds in the last 3 months with ADF (averaging ~2 pounds per week). Overall since November 2018, he is down 87+ pounds!
- ▶ Last A1c was 5.0%, down from 11.4%!
- ▶ Will more than likely be taken off Metformin at his next appointment.

MY HUSBAND'S STORY

MY HUSBAND'S STORY



- ▶ CKD Stage 3
- ▶ Lost ~23+ pounds in the last 4-5 months
- ▶ Follows OMAD; 20:4 to 24 hour approach
- ▶ Creatinine decreased to within normal ranges and GFR increased to within normal ranges.
- ▶ Her doctor asked what she was doing, and told her to keep intermittent fasting!

MY SISTER'S STORY

MY SISTER'S STORY



- ▶ My mother in law had elevated glucose levels
- ▶ Adopted ADF protocol
- ▶ Fasting ~40 hours, and in the last 3 months, she has lost 30 pounds (averaging ~2 pounds per week)
- ▶ She bikes 20 miles, 5 days a week. This season she has 1120 miles on her road bike.

MY MOTHER IN-LAW'S STORY

MY MOTHER IN-LAW'S STORY



Intermittent Fasting can change your life!

▸Trust the process!

▸In the words of Gin Stephens, Delay, Don't Deny!

THANK YOU!

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