

THE POWER OF INTERMITTENT FASTING



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INTRODUCTION

If you understand what Intermittent fasting is you may just skip this part. Intermittent fasting involves alternating periods of feast and famine in which you may eat what you like during the feasting but drink only water during the fast. The aim is to achieve the benefits of calorie reduction and for some, use it as vehicle to lose weight.

Intermittent fasting can be done over a number of days, in alternating 24 hour periods or daily. The first option requires you abstain from some or all meals on one or more days of the week.

Daily fasting utilizes 24 hour periods of eating and fasting that begin and end at the same time each day, for example fast from Monday 6pm until Tuesday 6pm, eat as you like from Tuesday 6pm to Wednesday 6pm and repeat the process. During daily intermittent fasting there is a short period for eating, usually 4-6 hours within the 24 hour day during which you can eat as you like.

Some people will not even consider IF because of the fear that they will be extremely hungry and not stick to the plan or do not know how to fit it into their schedule. There is

nothing to fear here because it is actually quite simple if you plan in advance you get to eat your evening meal at pretty much the same time. There are 6 programs to pick from and not only that you can also tweak anyone of them to fit what you need. Again with a little planning you can also accommodate socializing and eating out.

Being hungry is not a horrible thing. You know what I think is a horrible thing---its being full all the time. Being full all the time is not good for you and science has proven that over and over again. Although being hungry does take a little will power and a slight degree of discomfort to begin with it is actually quite easy! The reason being hungry is hard is because nobody has done in so long thay have actually forgotten how good it feels.

Would you like to learn the secrets of fasting to lose weight? Intermittent fasting or alternate day feeding is gaining more and more evidence of being an effective way of controlling body fat and losing weight? FIND OUT MORE FACTS IN THIS EXCLUSIVELY PACKED EBOOK GUIDE

LET'S DIG DEEP !!

CHAPTER 1

INTERMITTENT FASTING AND WHY IT WORKS

Intermittent fasting is a method that, if used properly, can greatly enhance your health and increase your weight loss. "Fasting" is a term used to describe a period of time when you go without eating, as is common in some religious practices.

The term "intermittent" refers to the alternation of periods of eating and of fasting. So, intermittent fasting is basically a practice that involves eating within a certain time frame, and fasting in the time before and after.

We all do this on a daily basis, since we are not eating when we are sleeping, but most of us do not "fast" for long enough periods of time to receive the benefits from it. Let me explain how you can alter your way of eating so that you can lose weight extremely easily without changing the types of food you eat.

To get the most out of intermittent fasting, you need to fast for at least 16 hours. At 16 hours and above, some of the amazing benefits of intermittent fasting kick in. An easy way to do this is to simply skip breakfast every morning.

This is actually very healthy, but many people will try to tell you otherwise. By skipping breakfast, you are allowing your body to go into a caloric deficit, which will greatly increase the amount of fat you can burn and weight you can lose.

Since your body is not busy digesting the food you ate, it has time to focus on burning your fat stores for energy and also for cleansing and detoxifying your body. If you find it difficult to skip breakfast, you can instead skip dinner.

The meal that you skip is the one where you are going to be the busiest like if you skip breakfast and go to work it helps to keep your mind off the food. However if you skip dinner and have nothing to do you are probably in for an epic fail do to eating out of boredom and being hungry with nothing else to do but eat. Get it.

It really does not matter, but the goal is to extend the period of time you spend fasting and decrease the amount of time

you spend eating. If you eat dinner at 6 o'clock at night, and don't eat until 10 the next morning, you have fasted for 16 hours. Longer is better, but you can see some pretty drastic changes from a daily 16 hour fast, if you are consistent. You put the weight on over years don't expect it to go away in a week. People are into instant gratification and this is not one of those, but it will work.

There are many ways to fast, and it is important that you choose the way that is best suited to your lifestyle so that you can stick with it and make it a lifetime habit. Remember you had a lifetime habit of gaining weight now it's going to be a lifetime of losing it and getting healthy.

Intermittent fasting has become quite the phenomenon these days. Recent studies showed that people who try it have lost weight, increased in good health, and believed to have a longer lifespan. Basically, intermittent fasting is a pattern of eating that alternates between periods of fasting, usually consuming only water, and non-fasting, usually eating what a person wants. In other words, a person can eat what he wants during a 24-hour period and fast for the

next 24 hours. This approach to weight control seems to be supported by science, as well as religious and cultural practices around the globe. Adherents of intermittent fasting claim that this practice is a way to become more circumspect about food.

What does circumspect mean-----At first you will have trouble keeping the food part in check. As you get a feel for the hunger you will grow to understand foods place in your life and it will be for the better, almost to the point of you will be able to take it or leave it with no problem---it's a great feeling.

There are many different popular intermittent fasting programs and hundreds more possible variations. We will talk about these later, but there are two kinds of intermittent fasts that are most basic and frequently used. First is the daily fasting in which the person only gets to eat once every 20 hours within a 24-hour period. The second is fasting for 1-3x a week, also called alternate day fasting, in which a person eats what he wants on one day and fast the whole of next day.

Intermittent fasting has many beneficial effects as it reduces serum glucose and insulin levels and increased resistance of neurons in the brain to excitotoxic stress".

Intermittent Fasting is becoming a more and more popular choice for losing fat, toning up and improving health.

CHAPTER 2

MOST POPULAR INTERMITTENT FASTING PROGRAMS

1. Leangains

How It Works:

Fast for 14 (women) to 16 (men) hours each day, and then “feed” for the remaining eight to 10 hours. During the fasting period, you consume no calories, though black coffee, calorie-free sweeteners, diet soda and sugar-free gum are permitted. Most practitioners will find it easiest to fast through the night and into the morning, breaking the fast roughly six hours after waking up.

This schedule is adaptable to any person’s lifestyle, but maintaining a consistent feeding window time is important. Otherwise, hormones in the body can get thrown out of whack and make sticking to the program harder.

What and when you eat during the feeding window also depends on when you work out. On days you exercise, carbs are more important than fat. On rest days, fat intake should be higher. Protein consumption should be fairly high every day, though it will vary based on goals, gender, age, body fat and activity levels.

Regardless of your specific program, whole, unprocessed foods should make up the majority of your calorie intake. However, when there isn’t time for a meal, a protein shake

or meal replacement bar is acceptable (in moderation), or you could just wait to eat.....simple enough.

Pros: For many, the highlight of this program is that on most days, meal frequency is irrelevant — you can really eat whenever you want to within the eight-hour “feeding” period. That said, most people find breaking it up into three meals easier to stick to (since we’re typically already programmed to eat this way).

Cons: Even though there is flexibility in when you eat, Leangains has pretty specific guidelines for what to eat, especially in relation to when you’re working out. The strict nutrition plan and scheduling meals around workouts can make the program a bit tougher to adhere to, but not really. For your best results in working out make sure to do your work out just before you eat.

2. Eat Stop Eat

It’s all about moderation: You can still eat whatever you want, but maybe not as much of it. A slice of birthday cake is OK, but the whole cake isn’t.

How It Works: Fast for 24 hours once or twice per week. During the 24 hour fast, which creator Brad Pilon prefers to call a “24 hr break from eating,” no food is consumed, but you can drink calorie-free beverages.

After the fast is over, you then go back to eating normally. “Some people need to finish the fast at a normal mealtime with a big meal, while others are OK ending the fast with an afternoon snack. Time it however works best for you, and adjust your timing as your schedule changes.

Eating this way will reduce overall calorie intake without really limiting what you’re able to eat — just how often, according to Eat Stop Eat. It’s important to note that incorporating regular workouts, particularly resistance training, is key to succeeding on this plan if weight loss or improved body composition are your goals.

Pros: While 24 hours may seem like a long time to go without food, the good news is that this program is flexible. You don’t have to go all-or-nothing at the beginning. Go as long as you can without food the first day and gradually increase fasting phase over time to help your body adjust.

Starting the fast when you are busy, and on a day where you have no eating obligations.

There are no “forbidden foods,” and no counting calories, weighing food or restricting your diet, which makes it a bit easier to follow. That said, this isn’t a free-for-all. “You still have to eat like a grown-up,” Pilon says. It’s all about moderation: You can still eat whatever you want, but just not as much of it.

Cons: Going 24 hours without any calories may be too difficult for some — especially at first. Many people struggle with going extended periods of time with no food, citing annoying symptoms including headaches, fatigue, or feeling cranky or anxious (though these side effects can diminish over time). The long fasting period can also make it more tempting to binge after a fast. This can be easily fixed... but it takes a lot of self-control, which some people lack especially at first.

3. The Warrior Diet

How It Works: Warriors-in-training can expect to fast for about 20 hours every day and eat one large meal every

night. What you eat and when you eat it with that large meal is also key to this method. The philosophy here is based on feeding the body the nutrients it needs in sync with circadian rhythms and assuming that our species are “nocturnal eaters, inherently programmed for night eating.”

The fasting phase of The Warrior Diet is really more about “undereating.” During the 20-hour fast, you can eat a few servings of raw fruit or veggies, fresh juice, and protein, if desired.

This is supposed to maximize the Sympathetic Nervous System’s “fight or flight” response, which is intended to promote alertness, boost energy, and stimulate fat burning. The four-hour eating window — which Hofmekler refers to as the “overeating” phase — is at night in order to maximize the Parasympathetic Nervous System’s ability to help the body recuperate, promoting calm, relaxation and digestion, while also allowing the body to use the nutrients consumed for repair and growth.

Eating at night may also help the body produce hormones and burn fat during the day. During these four hours, the order in which you eat specific food groups matters, too.

Pros: Many have gravitated toward this diet because the “fasting” period still allows you to eat a few small snacks, which can make it easier to get through. Many of us on this program also report increased energy levels and fat loss.

Cons: Even though it’s nice to eat a few snacks rather than go without any food for 20-plus hours, the guidelines for what needs to be eaten (and when) can be hard to follow long-term. The strict schedule and meal plan may also interfere with social gatherings, which can be tricky for some. Additionally, eating one main meal at night — while following strict guidelines of what to eat, and in what order — can be tough, especially for those who prefer not to eat large meals late in the day. Or you can forget the eating instructions and make it easier and you will still lose fat.... I did, and that makes the warrior diet really easy.

4. Fat Loss Forever

How It Works: Not completely satisfied with the IF diets listed above? This method takes the best parts of Eat Stop Eat, The Warrior Diet and Leangains, and combines it all into one plan. You also get one cheat day each week—followed by a 36-hour fast. After that, the remainder of the seven-day cycle is split up between the different fasting protocols.

Saving the longest fasts for your busiest days allow you to focus on being productive and avoid focusing on potential hunger. The plan, which can be purchased on their website, also includes training programs (using bodyweight and free weights) to help you guys who want to do this program reach maximum fat loss in the simplest way possible.

Pros: According to the founders, while everyone is technically fasting every day — during the sleeping hours when we're not eating — most of us do so haphazardly, which makes it harder to reap the rewards. Fat Loss Forever offers a seven-day schedule for fasting so that the body can get used to this structured timetable and reap the most benefit from the fasting periods.

Cons: On the flip side, if you have a hard time handling cheat days the healthy way (i.e. being able to indulge in moderation and turn off that green light when it's time), this method might not be for you. Additionally, because the plan is pretty specific and the fasting/feeding schedule varies from day to day, this method can be a bit confusing to follow. (However, the plan does come with a calendar, noting how to fast and exercise each day, which may make it easier.

5. UpDayDownDay™ Diet (aka The Alternate-Day Diet or Alternate-Day Fasting)

How It Works: This one's easy: Eat very little one day, and eat like normal the next. On the low-calorie days, that means one fifth of your normal calorie intake. So using 2,000 or 2,500 calories (for women and men, respectively) as a guide, that means a “fasting” (or “down”) day should be 400 to 500 calories. Users can use this tool to figure out how many calories to consume on “low-calorie” days.

To make “down” days easier to stick to, opt for meal replacement shakes because they’re fortified with essential nutrients and can be sipped throughout the day rather than split into small meals. However, meal replacement shakes should only be used during the first two weeks of the diet — after that, you should start eating real food on “down” days. The next day, eat like normal. Rinse and repeat!

Pros: This method is all about weight loss, so if that’s your main goal, this is one to take a closer look at. On average, those who cut calories by 20 to 35 percent see a loss of about two and a half pounds per week.

Cons: While the method is pretty easy to follow, it can be easy to binge on the “normal” day. The best way to stay on track is planning your meals ahead of time as often as possible, so you’re not caught at the drive-through or all-you-can-eat buffet with a grumbling belly.

6.The 5:2 diet, also known as The Fast Diet, is currently the most popular intermittent fasting diet.

It's called the 5:2 diet because five days of the week are normal eating days, while the other two restrict calories to 500–600 per day. This diet is actually more of an eating pattern than a diet. There are no requirements about which foods to eat, but rather when you should eat them.

Many people find this way of eating to be easier to stick to than a traditional calorie-restricted diet.

How to Do the 5:2 Diet

For five days a week, you eat normally and don't have to think about restricting calories. Then, on the other two days, you reduce your calorie intake to a quarter of your daily needs. This is about 500 calories per day for women, and 600 for men.

You can choose whichever two days of the week you prefer, as long as there is at least 1 non-fasting day in between. A common way of planning the week is to fast on Mondays and Thursdays, with 2 or 3 small meals, then eating normally for the rest of the week.

It's important to emphasize that eating "normally" does not mean you can eat literally anything. If you binge on junk food, then you probably won't lose any weight, and may even gain weight. You should eat the same amount of food as if you hadn't been fasting at all. Bottom Line: The 5:2 diet involves eating normally for five days a week, then restricting your calorie intake to 500–600 calories on the other two days.

7. Daniel Fast

The Daniel Fast is based on verses from the Bible found in Daniel 10:2-3. ?At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.? These three weeks refer to the observance of Passover and the Feast of Unleavened Bread, which take place during the first month of the year (Exodus 12:1-20).

Some also may cite the example in Daniel 1:8. However, in this verse Daniel did not want to eat the king's delicacies because it would have included food that was forbidden by

the Mosaic Law (Leviticus 11); to eat it would be defiling his body. Another reason would have been because the king's meats had probably been dedicated to the false Babylonian idols as was their practice. Daniel believed to do so would have been to acknowledge their idols as deities, against God's commandments.

The Daniel Fast: Its Purpose

While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world. Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.

During the Daniel Fast you will want to concentrate on prayer, Bible study, and reflection. The Daniel Fast is a great way to enter into preparation for growing in the Lord.

If you have a medical condition or are undergoing any medical treatments it is advisable to first consult your physician. You may also want to pray, consult a mature Christian or your pastor before fasting. Remember, fasting should be periodically and for limited days.

The Daniel Fast: The Guidelines

The basic guidelines for the Daniel Fast include eating:

- fruits, nuts
- vegetables
- water only to drink (to flush out toxins)

Some say natural fruit juices may be included if they contain no preservatives, sugars, etc., but even those juices should be very limited. Coffee and tea are not permitted.

The Daniel Fast should eliminate all meats, pastries, chips, breads, and fried food. Breads contain yeast, baking powder and so on; those are leavening agents and should be avoided. Leaven is symbolic of sin in certain scriptures (1 Corinthians 5:6-8).

With these things listed, it is concluded that any food having artificial additives, chemicals, or that is processed should be totally avoided during the fast. Fruits and vegetables are the mainstay of the Daniel Fast and can be acceptably prepared in a variety of ways. Many fasting recipes and several cookbooks are designed for the Daniel Fast.

The Daniel Fast is a powerful spiritual discipline. With the coupling of fasting and prayer, one can open themselves to God's Holy Spirit. Having a sincere desire to seek God, you can come to Him with a contrite and repentant heart and He will minister to you in a powerful way. God's awesome power is transforming and you will know that with God, all things are possible.

It is important to note that the Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions

(Acts 13:2; Acts 14:23). Fasting and prayer are often linked together (Luke 2:37; Luke 5:33).

CHAPTER 3

SHORT AND LONG TERM FASTING REGIMEN

THE QUESTION OF LONG TERM FASTING

The ultimate risk of long term fasting, of course, is death by starvation; this doesn't usually happen to people fasting for medical reasons, but taking anything to extremes is perilous.

Even fasts of a few weeks or less can have dangerous consequences. Long term fasting puts two different types of stress on your heart. First, it cannibalizes cardiac muscle for fuel. The human body does everything it can to conserve muscle during a fast, but inevitably some muscle will be sacrificed at the beginning of the fast.

After a few days, the body switches over to using fat, but researchers have discovered that protein (muscle) utilization actually increases again later on, even though fat stores are still available. This protein includes the muscle in

your heart: weaken this too much, and heart failure will result.

Strict water fasting is also a risk for heart failure because during a fast, the body's intracellular stores of minerals vital for cardiac function, like magnesium and potassium, are depleted, even though serum levels remain normal. The results of this cardiac muscle loss and mineral deprivation can be tragic.

Of course, many people also fast safely, but it's worth noting that fasting isn't a risk-free experiment. Less serious drawbacks also include intense mood swings, low energy, and irritability. Fasting lowers blood pressure, so you may feel weak, dizzy, or nauseous during the fast. It raises levels of the stress hormones norepinephrine and cortisol, probably an adaptation to give you more energy for finding food, but not beneficial for optimum health.

Another potential downside of long-term fasting is the rate of detox. Fat is your body's storage organ for everything, including any toxins that may have accumulated over the years. When you lose weight, all these toxins have to be

removed through your bloodstream, which can be extremely uncomfortable. During fasting, these symptoms are even more pronounced, since the rate of fat burning is so rapid – many people feel nauseous, sick, or otherwise unwell.

Detox is sometimes a necessary evil, but when you're thinking about the potential dangers of long-term fasting, make sure not to get taken in by fanatical advocates who claim that everything is just another detox symptom. Sometimes it's actually a symptom of a bigger problem, not just detox, and even rapid detox can be unhealthy in itself.

There's also a darker side to the mental health benefits of fasting. For eating disordered people, fasting can quickly turn into another form of abuse (punishment for eating too much or anything “wrong.”) Because fasting is often accompanied by a strange kind of energy, it's possible to get addicted to it, and ignore physical danger in pursuit of that “fasting high.”

This is just as dangerous as any other form of chronic malnutrition and starvation. If you do decide to embark on

a long fast, some common-sense precautions can prevent prevent a disappointing failure – or worse, a trip to the emergency room. Some people simply shouldn't practice extended fasts, period.

Short Fasting Regimens – Less Than 24 Hours

There are many different fasting regimens. Let's be very clear to start, though. There is simply no 'best' one. They all work to different degrees for different people. Just as some people prefer steak to chicken, there is no right or wrong answer. One regimen will be perfect for one person but a poor choice for another person.

Fasting is defined as the voluntary act of withholding food for a specific period of time. Non-caloric drinks such as water and tea are permitted. An absolute fast refers to the withholding of both food and drink. This may be done for religious purposes, such as during Ramadan in the Muslim

tradition, but is not generally recommended for health purposes because of the accompanying dehydration.

Different durations

Fasting has no standard duration. Fasts can range from twelve hours to three months or more. You can fast once a week or once a month or once a year. Intermittent fasting involves fasting for shorter periods of time on a regular basis. Shorter fasts are generally done more frequently. Longer fasts are typically twenty-four to thirty-six hours, done two to three times per week. Prolonged fasting may range from one week to one month.

For those who have more significant illnesses, I use longer duration regimens as they tend to give faster results. After the initial 'breaking in' period, we always work with the patients to find out what they prefer to do. A surprising number of patients prefer longer duration fasts less frequently.

12-hour fasting

There are several regimens of fasting that use a shorter period of fasting but done every day. A 12-hour fasting period done every day used to be ‘normal’. That is, you would eat 3 meals a day from, say 7 am to 7 pm and refrain from eating anything from 7 pm to 7 am.

At that point, you would ‘break your fast’ with a small breakfast. This was pretty standard in the 1950s and 1960s. There wasn’t much obesity back then. However, there were two major changes that happened since then. First was the change to a higher carbohydrate, lower fat diet. This tended to increase insulin. Second was the increase in meal frequency, as we detail in a previous post, which tended to reduce fasting periods.

If you could eat unprocessed foods, avoid excessive added sugars, and did not have significant insulin resistance to start, this 12-hour daily fasting was probably good enough for most people to avoid obesity. However, it is not really strong enough to reverse decades of insulin resistance.

16-hour fasting

This regimen involves using a daily 16-hour period of fasting and an 8-hour ‘eating window’. For example, this would mean eating from 11 am – 7 pm, and fasting from 7 pm to 11 am. This generally means skipping the morning meal every day. Some people choose to eat 2 meals during that 8-hour window and others will eat 3.

The Benefits of Short Term Fasting

A faster metabolism isn’t the only upside to short term fasting. Human studies report increases in fat oxidation leading to fat loss in non-obese individuals and show alternate-day fasting to be an effective diet strategy for obese individuals wanting to lose weight.

The proposed weight lowering mechanism is due to the body’s ability to use fat as a fuel source. When you stop eating, the first thing your body will do is utilize the glucose floating around in your blood for energy. Next, your body will convert glycogen (stored in the liver and muscle cells) into glucose. After 6 to 8 hours, when glycogen stores have been depleted, your body will shift into fat burning mode and burn stored fat to use for fuel. In much the same way,

exercising coupled with fasting may be very useful for anybody looking to loose a bit of weight.

How to Short Term Fast

Intermittent fasting involves periods of avoiding food followed by periods of regular eating. This way of eating mimics the eating patterns required of our hunter-gatherer ancestors-when food was not always readily available.

There are a number of ways to coordinate a short term fast. One way is to fast for 14 to 16 hours. Although fasting hours are chosen by individual preference, an example would be to eat only between the hours of 1pm to 9pm. Another approach is to fast for 24 hours. This schedule stills allows eating everyday, such as a 24 hour lunch-to-lunch or dinner-to-dinner fast. Alternate-day fasting, where fasting takes place every other day, is commonly used in research studies. Others choose to fast “organically”, meaning if you wake up in the morning and you aren’t hungry, skip breakfast and don’t eat until you are.

Listen to Your Body

Overall, fasting seems to provide numerous preventative and restorative functions that contribute to good health. If you are already living a healthy lifestyle, healthy fasting may be something interesting to try.

Remember, fasting may not be for everyone. Like with any dietary change, listen to your body and monitor how you feel. If it doesn't feel right, don't push yourself. If you are pregnant or nursing, diabetic, or suffer from a mental disorder, fasting is not recommended

CHAPTER 4

BREAKING YOUR FAST

Care needs to be taken when breaking a fast so as not to overburden your digestive system. The best benefit of fasting is realized when a fast is broken properly. Taking it slow and easy is not only kind to your body, but allows YOU the opportunity to integrate your new-found clarity on your relationship to food.

During a fast, the body undergoes several biological changes. Enzymes normally produced by the digestive system have ceased to be produced or have been diminished greatly, depending on the type of fast performed, so introducing food slowly allows the body time to re-establish this enzyme production.

The protective mucus lining of the stomach may be temporarily diminished as well, making the stomach walls more vulnerable to irritation until it also returns to normal. Gentle reintroduction of foods, beginning with the simplest and easiest-to-digest foods, supports this process. Substances known to be irritating to the system, such as coffee and spicy foods, must be avoided during the breaking process.

Because of these biological changes, overeating immediately following a fast is much worse than overeating at any other time. Your system needs time to readjust back to normal digestion and assimilation. Not taking the proper measures can result in stomach cramping, nausea, and even vomiting.

The adjustment period necessary is based on the length of the fast. Four days is considered adequate for any of the longer fasts, 1-3 days for shorter fasts, and just a day or so for one-day fasts.

Foods to use for breaking a fast

The most nutritious and easy-to-digest foods are used to break a fast initially, gradually adding more diversity and complexity over time. The type of fast employed will determine the type of foods you use to break it. While juice or fruit are good for breaking a water fast, obviously, they aren't very helpful in breaking juice or fruit fasts.

To help you determine when to introduce the different food groups, use the following list. It begins with those that are

easiest on the system and can be introduced early on, and progresses to those that should be added later.

Depending on the length of your fast, you may go through the list in one day or in 4 days. And you certainly don't need to eat everything on the list, it's just a general guideline.

- fruit and vegetable juices
- raw fruits
- vegetable or bone broths
- yogurt (or other living, cultured milk products), unsweetened
- lettuces and spinach (can use plain yogurt as a dressing and top with fresh fruit)
- cooked vegetables and vegetable soups
- raw vegetables
- well cooked grains and beans
- nuts and eggs
- milk products (non-cultured)

- meats and anything else

Any of the first three items are good for that initial "breaking" of a fast, that first thing you eat; raw fruit being the easiest and most popular.

Even if you did a brown rice fast, eating at #8 on the list, you'll want to start adding new foods from toward the top of the list. This will support re-establishment of more diverse enzyme production beginning with the simplest.

More pointers for breaking a fast

Pay close attention to your body's reactions to these "new" foods. Watch for any adverse reactions, perhaps signalling a mild allergy or that you have gone too far, too quickly. Feel for the sensation of fullness and stop eating at that point. Begin to train yourself to watch for that signal, so you'll always know when your body is fully nourished.

When breaking a fast, begin with frequent small meals, every 2 hours or so, progressing gradually toward larger meals with more time in between them until you reach a

"normal" eating routine, such as 3 meals and 2 snacks in a day's time.

Chew foods well. This will help immensely with proper digestion and is a good habit to foster.

Strive to add live enzymes and good bacteria to your system. Fresh, raw foods are full of living enzymes good for your body and digestion. Probiotics, or "good" bacteria, can be found not only in pill form, but also in naturally cultured and fermented food products, such as yogurt, sauerkraut, and miso.

Overall, the following four factors represent what we are trying to accomplish when breaking a fast:

- Frequent meals toward less frequent meals
- Small meals toward larger meals
- Easy to digest toward harder, requiring more enzymes, to digest
- Less variety toward more variety

While it may take a little thought and attention, breaking a fast properly is so important to our overall health and to reaping the full benefits fasting can create.

After a fast, don't be tempted to go all out and eat everything you've been craving when fasting. This is dangerous as your stomach had shrunk considerably during fasting.

You will have to take more precaution if you had done an extended fast, to prevent a shock to your system. It is very important to reintroduce food to your body in small amounts and very gradually. Gorging on food after a fast can be fatal.

Remember, the longer you fast, the more days you will have to take to break your fast. As a general rule, for every four days you fast, you'll take one day to break fast. For example, if you had juice fasted for 40 days, you will need about 10 days to gradually break your fast. But ... always listen to how your body responds with the food and the amount of food you consume.

Coconut oil, flaxseed oil, fish oil etc. are fine to be taken as supplements while you're juice fasting/feasting. However,

avoid oily deep-fried foods when breaking fast. Rich foods with fats, starch, processed sugar and salt can cause nausea and headaches.

Wait till you are hungry before you take your next meal. Resist the temptation to eat just because it's "lunch time". Continue to take fresh fruits and vegetables, including the juices, slowly increasing the amount over the duration of your breaking fast period.

CHAPTER 5

AVOID BINGING AFTER BREAKING FAST

Super quick, we are talking about all fasting here, and the differing intermittent fasting protocols throw up their own unique issues regarding binge eating whilst fasting. If you do 5:2 fasting, then, for many, the super low-calorie days are a weak point. For 16:8 dieters, following some format of 16:8 like Lean Gains etc, the lower calorie days can be tricky

Tip 1 – Change your meal timing. Sound intuitive, but even if you know this makes a difference, we seem to have an innate ability to forget and revert. I believe we become so entrenched in our habits and norms that we totally forget that we don't have to eat at a set time. If you pig out at a certain time (usually evenings for many), move your meal time forward and eat when you should be binging. If it

seems like too long to wait until dinner, try the following tip.

Tip 2 – Split Your Meals – split 1500+ calorie evening meal into a 1000 calorie one at 6pm, and then a 500 calorie one at 8 pm (the time myself and most of the population appear to become voracious scavengers of all things sweet and sickly), it can totally fix the issue. Or, you could do the smaller meal at 6 and the big ‘un at 8pm. Whatever suits.

Tip 3 – Change The Way You Fast – if you try the above two tips, and things don’t improve, then it might be that a different style of intermittent fasting might suit you better. Some people find the whole skipping breakfast and eating a moderate sized, and an ogre-sized meal is a piece of cake and they have no difficulty complying with that plan.

Others prefer to eat a normal (bodyweight maintenance amount of calories) for 5 days of the week, and then just go super low on 2 days. It takes some experimenting to find what suits your lifestyle, just chill and expect that getting it right doesn’t happen over night.

Tip 4 – Keep A Diary – If you don't count calories or macros, that's cool, but keep a list of what you eat, how you felt, and if you were compliant or binged. You may well find that there is a correlation between certain types of carbohydrate and binge eating after fasting. A lot of people like to think they can get a great body composition following an 'If It Fits Your Macros' (IIFYM) approach, where pretty much no food is off-limits, as long as it fits within your protein, carb, and fat targets.

And they are right of course, you can get lean on a wide range of foods, treat, processed foods. BUT, if eating those foods sends you on a 3 day binge that leaves you in a carb coma for a week, then perhaps you need to consider your food choices. Some people do a lot better avoiding processed foods, however much we like them. It's your call, but just because you want to eat ice cream every night doesn't necessarily make it suitable for your goals. Be honest with yourself!

Tip 5 – Keep Prepared Food In The Fridge – Of course, when one wants to pig out on all the wrong stuff, we tend to

get signals, that it's going to happen. Often more than one. You spot the cereal box in the cupboard, or the cookie barrel on the side. You tell yourself NO, and it works for a moment. But it keeps coming back into your thoughts. It then becomes the overriding thought, and you think of nothing else. By this time, binging after a fast is all but inevitable.

The good thing is that the time between first consideration of a binge, and you finding your head mysteriously stuck in a box of Rice Crispies is not an instant thing. It can be 5 minutes, 15 minutes? You KNOW it's going to happen, you reason with yourself, you convince yourself it's a bad idea, but part of you keeps it alive. This is the time that you can change the inevitable outcome.

Tip 6 – Get A Coach –paying for a service such as coaching, in any aspect of your life, is a very worthwhile investment to get you to your goals. The small investment has a profound psychological effect, you just try harder when you've paid for something.

CHAPTER 6

IMPORTANCE OF CLEAN EATING

You may be wondering what is all the hype lately about eating clean and what exactly does that even really mean?

In simple terms, it means eating foods as close to their natural state as possible. Now that people are aware of how added preservative and chemicals in large quantities negatively affect their body over an extended period of time, they are seeking ways to remove those chemicals from their diets and their body thus bringing their body to a more balanced and healthy state. This is why the concept of eating clean is so popular right now.

Eating clean means eating high quality food. The less ingredients in a food, the closer it is to its natural state and the higher in quality it is. The more ingredients in a food, the more processed the food is and the more added preservatives and chemicals it contains.

Eating clean is the practice of eating whole, natural foods such as fruits, vegetables, lean proteins, and complex carbohydrates. It also means staying away from junk food. Junk food is basically foods that include man-made sugar, bad fats (hydrogenated, trans-fat), preservatives, and white bread. Junk food is filled with empty calories and zero nutritional value.

The focus of the eating clean program is not just about losing weight but instead about being as healthy as possible. That is why eating clean is not just another fad, it is a lifestyle. It is about viewing food as fuel for your body and instead of just using food to satisfy physiological cravings.

Eating clean is not an eating program based on deprivation but one of empowerment. It is about building a foundation from which you can build a healthy mind and body. Unlike a diet you do not have the fear of rebounding since it is a shift in your overall eating habits.

Dieting defeats the purpose of losing weight since it only lowers your metabolism instead of speeding it up. If you diet and deprive the body of the food it needs, then your

blood sugar will be unstable which intensifies your food cravings for unhealthy foods. Another negative side effect of dieting is that you end up losing muscle since stored fat cannot be converted to glucose so your body attacks the muscle to provide glucose for energy.

There are three different ways that health experts today follow this program of eating clean. The method you choose should be based on which you find fits your own body type and lifestyle. For example, some people just want to eat the same three standard meals per day but just want to remove processed foods.

Other people may want to follow a program that will increase their metabolism and balance their blood sugar so they follow number two which is currently the most widely used. Other people concerned about the threat of developing diabetes due to family history usually follow the third method. When your body is in balance then cell reproduction, focus, energy level, stress management, muscle growth are all optimized. So, whichever program

you follow, you will reap the benefits of eating clean for years to come.

The Eating Clean Programs DOs:

- Eliminate refined sugar.
- Read labels and eat foods with fewer ingredients (try to avoid foods with more than 3-6 ingredients).
- Cook and prepare healthy meals to avoid making impulsive unhealthy choices.
- Stay hydrated by drinking 8 glasses of water a day.
- Eliminate alcoholic beverages (or significantly limit it).
- Always eat breakfast.
- Incorporate plenty of fruits and vegetables into your diet.
- Switch out white carbohydrates for brown (whole grains-brown rice) for ex. whole wheat pasta or whole wheat bread.
- Sleep, Exercise, Stress Management: Try to maintain a 7 to 8 sleep schedule. Other components like sleep, exercise, water, vitamins/minerals and stress management should all be working together to gain internal balance.

- Protein is important to incorporate into your diet because it causes positive release of the hormone glucagon (raises blood sugar) which in turns counteracts the hormone insulin (the one that lowers your blood sugar) resulting in stable blood sugar as the two hormones balance each other out. Protein is the main factor in the growth, repair and maintenance of your body's tissue. Complete Protein can be found in such foods as Chicken, fish, beef and turkey.
- Eat foods with fiber: Fiber is important to incorporate into your diet because since it cannot be digested, it slows down the rate of digestion which assists with maximum blood sugar stabilization. The goal is the consume 25-35 grams of fiber per day.
- Eat the Good Fat (Unsaturated) and not the bad (Saturated): Fat is not the enemy, it is eating saturated fat that cause health complications in large consumption. The benefits of eating unsaturated fat are that it slows down digestion; it causes you to release stored fat, is needed for fat soluble vitamins and it provides essential fatty acids.

Foods to Avoid-or Cut down as much as possible:

- Sugar
- Sweets (candies, cookies, cakes)
- Cheese
- Ice Cream
- Mayonnaise
- Potato Chips
- Soda
- Bread
- No pre-packed meals, box based (pop tarts, cereals, frozen entrees, cookies, pastas)
- Avoid Saturated Fats that raise your cholesterol and increase heart disease (fatty meat, whole milk, bacon, butter, cheese, ice cream)
- Incorporate small amounts of unsaturated fats-avocados, olives, canola oil.
- Trans fat (ingredient which is added to foods in order to increase the foods shelf life)

- Check for the amount of sodium in food. The amount of sodium (salt) in the food-every gram (1000mg) of sodium holds on to water molecules causing your body to become bloated and swollen and has a negative effect on how your digestive system processes food. The goal is the limit your sodium intake to 1,500 to 2000

High Quality Foods:

- Chicken
- Eggs
- Dairy
- Soy products
- Beef, game
- Nuts, seeds,
- Fish
- Turkey Breast
- Greek Yogurt

Fats Allowed-Unsaturated fats

- Coconuts, Seed oils, Olive oil, Flaxseed oil, Organic butter

THREE METHODS FOR EATING CLEAN

METHOD 1

Avoid processed foods of all kinds, yet eat only the standard three meals a day (Breakfast, Lunch and Dinner).

METHOD 2

Most fitness experts agree that to lose weight you must eat more. This program is based on a diet of unprocessed foods eaten in several meals throughout the day. This way of eating stabilizes your blood sugar and keeps your body in balance. Another benefit to eating clean besides riding your body of added chemicals and preservatives is weight loss.

Foods that are processed more gets digested faster and may spike blood sugar. Food that is closer to its natural state, takes a lower time to digest and slower digestion yields better blood sugar stability. Blood sugar stability equates to a higher metabolism in which to burn fat and a more balanced body overall.

The reason why it is important to stabilize the body's blood sugar levels is because once blood sugar levels are low the body will start to experience intense glucose cravings which leads to carbohydrate cravings since glucose is derived from carbohydrates.

If you eat only three meals a day your metabolism and blood sugar levels dive and then you will be more likely to eat unhealthy meals. The way to keep your physiological food cravings under control is to keep your blood sugar stabilized throughout the day. When you follow this method you should:

- Follow the program's formula which is based on the consumption of the correct amount of calories per meal and nutrient ratios (protein (40%, fats (25%), carbs (35%)) used to stabilize blood sugar levels based on overall body composition and the amount of lean body mass (LBM). The amount of calories you consume will depend on if you want to maintain, lose or gain weight.

For example if a woman wants to lose weight she would take in approximately 250 calories and a man would consume

400 calories for every meal every 3 to 4 hours. If the goal is to instead increase weight and muscle tone then a woman would consume approximately 300 calories and a man 500 calories every 3 to 4 hours until their ideal weight is achieved. Maintaining weight falls right in the middle of the two.

- Eat a balanced meal every 3 to 4 hours (five to six smaller portion meals per day).

METHOD 3

The third method is one which Jillian Michaels, fitness expert of "The Biggest Loser" endorses. This method involves the same style of "clean eating" but eating only 4 meals in the course of a day. In this method you are suggested to eat every 4 hours instead of every 2-3. The theory behind this method is that if you eat every 4 hours instead of every 2-3 hours you will avoid continually keeping your insulin levels spiked thus helping to avoid a potential risk of developing diabetes.

CHAPTER 7

MYTHS ABOUT INTERMITTENT FASTING

There is a lot of misinformation and myths surrounding fasting, which can stop people using it even before they have tried it. To try and help clear peoples minds and get them to look more closely at intermittent fasting as a healthy and

effective diet strategy we're going to look at seven of the more long-standing myths are connected with fasting.

1. Fasting is purely a religious activity. Not really. Yes many religions do have fasting periods but you find a lot of holistic health practitioners promoting or using fasting as part of an overall wellness regimen, whether it is for cleansing or for weight loss.

2. There are many ways to fast. Partly true, but the fasting I recommend is not for people to just eliminate certain foods for periods of time or to rid themselves of a problem. Fasting and intermittent fasting can be part of a well-organised lifestyle plan that emphasizes a total health solution.

3. Juice fasting is OK to do. Now some people would say this is a fad and not really fasting. Also the spikes of insulin brought about by natural sugars found in the fruit can cause unwanted side effects when there is no other food present. I believe that juice fasting is OK when done in moderation and can be used as a stepping-stone to start proper fasting which is far more effective.

4. By Fasting for long periods we can reduce toxins in the body. This not correct as medical research will tell you long term fasting can strip the body of many vital nutrients creating an array of associated problems due to the body's powerlessness to deal with infections. To keep your body healthy I believe fasts are best done over short periods.

5. Fasting is only really suitable for medical reasons. This one again is not true. Yes we have all done fasts before having a blood test or operation but when done correctly fasting has many other benefits.

6. Fasting is too hard. This is probably the main reason people don't try fasting because they are just not sure they can handle being hungry. However this is not true because with a positive mindset a one-day fast twice a week can be accomplished by most people and does actually get easier the more you do it.

I have found Intermittent fasting as promoted in the Eat Stop Eat plan a very useful tool to lose fat and gain control over my eating habits. When done right there are practically none of the accepted "side effects" such as light-headedness

or weakness. In fact my fast days have become my most productive days of the week.

If you try not to get scared off by the fears and myths and take a more open view you'll find that fasting is a great way to help lose fat and manage your weight.

Metabolism Myths, Weight Loss, Fat Burning and Muscle Building

Many of you have probably heard of certain religious practices requiring a person to 'fast' for so many days, meaning the person refrains from eating any solid food for a certain period of time. Many people view this as 'starving' yourself and frown upon the idea, especially because we have been told over and over again that we need to eat many small meals throughout the day to keep our metabolism running smoothly. I'm about to shatter this myth and show you why what you think you know is far from the truth.

System Overload

Most of us have been told that our bodies need constant fueling in order to produce the energy we need to get us

through the day. Although eating many times throughout the day may be fine for some, for most it is a problem because they are simply consuming too much, too often! When you eat a small meal, your stomach may take one to two hours to break it down and fully digest it.

you eat a larger meal however, the stomach may take up to 8 hours to digest what you've eaten! The problem is many people constantly feed their bodies more and more food to the point where the body can't possibly digest it all without sacrificing some things, such as your energy and brain functioning. Ever notice how after you eat a large meal you feel tired and sluggish?

This is because all the blood flow in your body is rushed to the stomach to assist in breaking down the food you just ate. This leaves less blood, which supplies your energy and oxygen, for other parts of your body, including your brain. So, if you choose to stick with your 6-meal-per-day philosophy, at least cut down on your portion size so that you don't overload your system and sacrifice your much-needed energy.

Metabolism Myth (One meal or Six meals?)

Our body is a machine, an intelligent one at that. Let's compare it to a car in terms of fueling. Normally, you fill up your car with gas once, and then the gas is slowly (or quickly) depleted until you have to fill it up again.

We need to begin looking at our bodies as if they were a car that needs fueling. Just as you wouldn't fill your car with gas if it had a full tank, you shouldn't fuel your body with food when you've already eaten enough to last for days, not to mention the body fat you've stored that could last for months.

I realize that eating has become a compulsive habit, so it is difficult for someone to go long periods of time without food, but the point I'm trying to make here is that you don't need 3 to 6 meals a day to lose weight or be healthy. One common misconception is that we need to eat often in order to fuel our metabolism, and that not eating will send our body into starvation mode and we will in turn store fat.

The truth is that when you eat a meal, your body's metabolism is then increased so that the food can be

digested. Once the food is digested however, the metabolism returns to the level it was previously at. The metabolic increase is directly proportional to the energy required to digest the food. Therefore, you will burn no fat by eating more often. In fact, you are more likely to store fat because you are more likely to exceed the needs of your body.

You should not attempt to increase your metabolism by eating. It doesn't work. One thing that does work is exercise. Exercise is great for burning fat because you are expending energy, not taking it in. Fasting is also great for burning fat because it forces your body into a catabolic state. Let me delve into this further..

CHAPTER 8

COMBINING REGULAR DIETS WITH INTERMITTENT FASTING

The idea of fasting in a diet plan tends to get very negative remarks within the fitness culture. Many companies and

trainers have us believing that if you aren't eating every few hours than your metabolism will slow down or cause our bodies to go into "starvation mode."

Before we go any further, we must establish that "slowing of the metabolism" may be one of the biggest myths in the entire fitness industry. Metabolism is decreased under chronic, low-calorie consumptions that last weeks on end. This does not happen when fasting is done a couple times a week.

Here is a simple outline of how intermittent fasting is implemented into someone's schedule.

1. Eat normal until dinner (2-4 meals, not 6-8)
2. Eat your dinner but stop eating after that.
3. Fast until dinner the following day. (No calorie consumption)
4. For that meal just eat a regular size dinner.

In this approach you are still fasting for a 24 hour period, but are still having a meal every day. This is done typically 1-2 times a week. If you need to drop a lot of weight before

a vacation or reunion, then you can fast 3 times a week. I would only recommend this for a few weeks.

When fasting, you will want to take note of any changes in the way you eat. Once you have completed a 24 hour fast a few times, the reasons of what, when, and why you eat may be revealed to you. A lot of the reasons why we eat is because of emotional connections or pure habit and not with actual hunger itself. Sometimes we are so conditioned to eat at certain times that we consume a meal when we aren't hungry.

Intermittent Fasting Is A Lifestyle And Not A Diet

The reason why it is not considered a "diet" is because it doesn't restrict you to certain foods, recipes, combinations, instructions, or charts to follow in order to lose weight. It rids you of obsessive compulsive eating habits and allows you variety.

Instead of completely avoiding a particular food because someone told you to, adding a variety of foods will actually prevent you from over-eating any type of "bad" food. Now

that we have established this area of fat loss, let's turn to a deeper issue in regards to diet and health.

The exclusion of certain foods is done momentarily to starve and kill the fungus as well as exposing the root of food cravings. Food cravings that are not under control can be detrimental to your health as well as the added pounds on the belly, thighs, hips, you name it. Fungus overgrowth may in fact be the root failure in losing the weight.

As long as you are addicted to certain foods you will continue to eat and eat mindlessly. Many people find that their health elevates to a level where they can't believe how great they feel. A large reason for this is because of the specific food choice that starves and prevents overgrowth of fungus. Many people are living better because of this break through approach to eating. Here is a quick outline of food choices that are acceptable on the Phase 1 Diet.

Food choices are only allowed during the very beginning of the diet. After awhile you are allowed to introduce more and more varieties of food, but only once the fungus overgrowth is taken care of. There a couple of phases that he has

constructed so you aren't left clueless what to do next. Remember, restriction of certain foods is only for a short period of time.

I truly believe that if you begin this diet in conjunction with intermittent fasting, it will remove all the guesswork out of fat loss. Losing weight is nothing more than burning more calories than what you are consuming

CHAPTER 9

EXERCISE PROGRAMS TO ADD TO INTERMITTENT FASTING

What does exercise look like during a fast? That depends on a variety of factors, from the fast you choose—some people fast for 16 hours and eat for eight daily, while others eat between 500 and 600 calories on two nonconsecutive days of the week—to how your body responds to it. "It's important to listen to your body. "If you feel too weak to

work out from fasting, then you should take care of your nutrition and work out later."

While safety should always come first, a variety of workouts are excellent complements to IF. Here's what you need to know.

Plan your meals around your workouts.

"Knowing you're going to exercise, you should be thinking about what to eat the day before, depending on the intensity of the workout. For example, you may want to build your glycogen stores with complex carbs for dinner the night before so that you have readily available energy for a cardio workout," he says.

"You never want to do cardio on a full stomach, as the sudden demand for blood flow from the muscles will steal vital blood flow needed by the digestive system for digestion and assimilation of nutrients. The key is to plan ahead so your nutrition can meet the demands required by the intensity of your workout, even when it's the next morning."

Which workouts should you choose?

Unless you find yourself getting lightheaded during a fast, exercise to your heart's content—cardio, weightlifting, the works. "

"If you have a carb-centered diet for fuel, then you have to be careful about intense exercise (like CrossFit), especially toward the end of a fasting period, because you may run out of fuel and feel pretty horrible (dizzy, lightheaded, nauseous, and weak. "This happens when glycogen stores are depleted, which is more likely the longer you have fasted. The good news is, with less intense exercise during an intermittent fast, the body will turn to burning fat for fuel. This is great for anyone looking to trim a few inches around the waist."

When to back off

As we noted above, when it comes to fasting and exercise, there is nothing more important than listening to your body. "One risk is really low blood sugar,

"The most important thing to consider for people who do intermittent fasting, whether it is 14 hours or 16 hours from dinner until the first meal the next day, is what the first

meal of the day is and how that fits into your exercise schedule," he says, adding that It is important to eat protein, complex carbs, healthy fats, and plant-rich fibers during the eating window to maintain a healthy fast. "More complex carbs are needed for workout days. More protein, plant fibers, and fats are needed on rest days."

Exercising while in a fasted state

Fasting (all approaches) can be detrimental to athletic gains for several reasons. First, meals in close proximity to your workout are essential for optimal performance, recovery, and muscle gain.

Second, increased hunger sensations may hinder compliance as well as increase the potential to over-consume food when it becomes available . Despite the common belief that you will burn more fat if you exercise while fasted, doing aerobic exercise in the fasted state is not recommended. In fact,

Performing aerobic exercise after consuming carbohydrates does not hinder fat oxidation. Performing aerobic exercise

fasted will also encourage loss of lean muscle mass, since muscle will be burned for fuel

Exercising in a fasted state often does not lead to an optimal workout. In contrast, having readily available energy will allow optimal performance which will burn more calories overall and lead to the highest gains. Exercising in the fasted state vs. fed state decreases static and dynamic balance and can increase the risk of injury.

There are fewer studies investing the effects of performing resistance training in the fasted vs. fed state, but it is expected that the same points hold true.

Intermittent fasting advocates recommend consuming at least 5 g BCAAs before a workout if exercising during your fasting period.

This bolus of BCAAs in your blood stream theoretically could help preserve muscle protein during the workout, but there is no scientific evidence substantiating this claim. Schedule your workout/fasting schedule so that you can enjoy a complete post-workout meal, but they tend to disregard the importance for pre-workout nutrition.

CHAPTER 10

SCIENCE BEHIND INTERMITTENT FASTING

Intermittent fasting is not a diet, but a diet schedule that is purported to accelerate fat loss and muscle growth compared to traditional eating schedules. It is promoted primarily in the scientific community, however, there are currently zero scientific studies that have supported intermittent fasting for gaining muscle while losing fat. With caloric restriction, intermittent fasting can lead to weight loss.

There have been several proposed protocols for intermittent fasting, from skipping one meal per day to eating only every other day. Most of these diets are promoted through webpages, blogs, and books published by exercise and diet enthusiasts. The procedures and philosophies are briefly summarized here; see the “More information” for links to advocates’ websites.

To date, despite the focused marketing of intermittent fasting to the athletic community, there are few well-controlled, scientific studies investigating the effects of

intermittent fasting on the body composition and performance in athletes.

Currently, the bulk of the scientific evidence for the health benefits of intermittent fasting has come from animal studies and the negative effects of intermittent fasting have stemmed from Muslim athletes during Ramadan both with limited ability to be translated to the general athletic community.

Although more and more human studies are being conducted to validate claims found in animals, many studies are with patients with a certain illness or condition (ex. rheumatoid arthritis, hypertension, obesity) and not in healthy, active individuals.

Similarities among approaches

The various intermittent fasting approaches tend to emphasize their differences (and therefore purported superiority) however, there are also many similarities. One of the key advantages of this extreme form of caloric control is that it allows people to re-conceptualize hunger. Instead of linking “hunger” with “panic” or even “desire”. “hunger”

can theoretically be newly associated with “success” or “pride”, or simply ignored.

Indeed, with any method, there is a critical transition period of about 3-6 weeks during which the body and brain adapt to the new eating schedule. This period can be very uncomfortable, as restricted eating has been anecdotally associated with extreme hunger, irritability, loss of strength, loss of libido, and other negative side effects.

Once the body is accustomed, however, the hunger levels may decrease and mood could become more positive compared to before the fasting program started. Elevated mood and decreased hunger on caloric restrictive diets have been noted in some but not all.

Intermittent fasting is not a weight loss program per se; only if calories are restricted will a person lose weight. Although intermittent fasting is one way to restrict intake of total calories to achieve weight loss, there have not been any studies to date on athletes who prioritize maintenance of muscle size and strength. In fact, there are conflicting

views on whether intermittent caloric restriction vs. daily caloric restriction best preserve lean muscle mass.

All of these approaches emphasize the importance of the nutritional quality of the meals that are consumed. Nutrients such as protein, fat, fiber, vitamins, and minerals are essential for good health and, since nutrients are not consumed while fasting, they are especially important when breaking the fast. In addition, drinking a lot of water is encouraged both to stay hydrated and to alleviate hunger.

CHAPTER 11

INTERMITTENT FASTING IS NOT FOR EVERYONE

Intermittent fasting is not for everyone. While intermittent fasting worked for me, it is not a good fit for everybody. First of all, intermittent fasting is not just another way of saying “free ride.” Randomly skipping meals while continuing to eat a diet high in processed foods won’t help you lose fat or improve your health.

So while there’s no one “right” way to practice fasting, any decent protocol will involve a certain amount of attention to nutritional specifics. You have to be prepared to do that work.

Some will find IF too inconvenient or troublesome to practice. And for others, its risks far outweigh any potential benefits. In fact, for some people IF could be downright dangerous. Before you skip your next meal, you probably want to know whether you fall into that category.

Here's the lowdown, based on numerous case studies and a small amount of published research.

Intermittent Fasting: Green Light

- You're most likely to be successful with intermittent fasting if:
- you have a history of monitoring calorie and food intake (e.g., you've "dieted" before)
- you're already an experienced exerciser
- you're single or you don't have children
- your partner (if you have one) is extremely supportive
- your job allows you to have periods of low performance while you adapt to a new plan
- you're male

The first five factors will allow you to build the protocols into your lifestyle more easily, while the final condition (being male) seems to affect results.

Intermittent fasting: Yellow Light

Meanwhile, if you meet the following criteria, you may want to proceed with caution:

- You're married or have children
- You have performance oriented or client-facing jobs
- You compete in sport/athletics
- You're female

Again, the first three conditions make it much harder to follow IF protocols and may make it impractical for you. What's more, trying to fast may conflict with performance goals for your sport.

As for the last condition, some experimenters suggest that for women, fasting causes sleeplessness, anxiety, irregular periods, and other indications of hormone dysregulation. In particular, women seem to fare worse on the stricter forms of intermittent fasting than men do. So if you're female and you want to try fasting, I recommend beginning with a very relaxed approach.

Intermittent Fasting: Red Light

Finally, there are some people who really shouldn't bother with intermittent fasting at all. Don't try it if:

- You're pregnant
- You have a history of disordered eating
- You are chronically stressed
- You don't sleep well
- You're new to diet and exercise

If you're new to diet and exercise, intermittent fasting might look like a magic bullet for weight loss. But you'd be a lot smarter to address any nutritional deficiencies before you start experimenting with fasts. Ensure you're starting from a solid nutritional platform first.

Pregnant women have extra energy needs, so if you're starting a family, this is not the time to fast.

Ditto if you are under chronic stress and/ or not sleeping. Your body needs nurturing, not additional stress. And if you've struggled with disordered eating in the past, you probably recognize that a fasting protocol could lead you

down a path that might create further problems for you. Why mess with your health? You can achieve similar benefits in other ways.

CHAPTER 12

INTERMITTENT FASTING FOR WOMEN

For women who are interested in weight loss, intermittent fasting may seem like a great choice, but many people want to know, should women fast? Is intermittent fasting effective for women? There have been a few key studies about intermittent fasting which can help to shed some light on this interesting new dietary trend. Intermittent fasting is also known as alternate-day fasting, although there are certainly some variations on this diet.

Intermittent fasting for women has some beneficial effects. What makes it especially important for women who are trying to lose weight is that women have a much higher fat proportion in their bodies. When trying to lose weight, the body primarily burns through carbohydrate stores with the first 6 hours and then starts to burn fat. Women who are following a healthy diet and exercise plan may be struggling with stubborn fat, but fasting is a realistic solution to this.

Intermittent Fasting For Women Over 50

Obviously our bodies and our metabolism changes when we hit menopause. One of the biggest changes that women over 50 experience is that they have a slower metabolism and they start to put on weight. Fasting may be a good way to reverse and prevent this weight gain though.

Studies have shown that this fasting pattern helps to regulate appetite and people who follow it regularly do not experience the same cravings that others do. If you're over 50 and trying to adjust to your slower metabolism, intermittent fasting can help you to avoid eating too much on a daily basis.

When you reach 50, your body also starts to develop some chronic diseases like high cholesterol and high blood pressure. Intermittent fasting has been shown to decrease both cholesterol and blood pressure, even without a great deal of weight loss. If you've started to notice your numbers rising at the doctor's office each year, you may be able to bring them back down with fasting, even without losing much weight.

Intermittent fasting may not be a great idea for every woman. Anyone with a specific health condition or who tends to be hypoglycemic should consult with a doctor. However, this new dietary trend has specific benefits for women who naturally store more fat in their bodies and may have trouble getting rid of these fat stores.

CHAPTER 13

IMPORTANCE OF CHEAT MEALS

More and more people are starting to understand the importance of cheat meals or entire cheat days when on a fat loss plan. This is a very good thing because those who neglect to ever sway from their diet and maintain that same very low calorie intake, actually make it much harder to lose weight in the future than those who don't.

Here's why.

What happens when we go on a very restrictive diet is that as time goes on, our metabolism begins to slow, adapting to the current calorie intake we are taking in.

So, for example, if you used to require 1800 calories to maintain your weight, but have been dieting at a level closer to around 1300, you now may only require 1600 calories to just maintain because of the fact the metabolism has slowed.

The degree of slow-down that you experience will vary depending on how severe your diet is and how lean you are to start with, but one thing is for certain, long periods of dieting almost always spell trouble for our metabolic rates.

When we incorporate in a cheat meal - or full cheat day however, we essentially are helping trick our metabolisms into thinking that it's okay to speed up once again. Basically, that famine they thought was occurring, is not.

Psychological Mindset

In addition to this, cheat days will also really help to relieve our psychological mindset, making it that much easier to

stick with a diet program. As you've probably experienced at some point or another, when you are on a diet for a longer period of time, your cravings will begin to intensify.

In some cases, they may be too strong to handle and send you right off the diet altogether. Therefore, by allowing yourself a meal where you can eat whatever you are craving, you remove this problem altogether.

So, regardless of what diet you're currently on, give some serious consideration to adding in a cheat meal or cheat day. The benefits you get as a result of this really cannot be stated enough.

CHAPTER 14

EXERCISE AND EATING

Each time you exercise, you do it to maintain good health. You also know that you have to eat well so that your body gets the energy it needs to exercise. Eating healthy is also good to maintain and to be able to do the everyday tasks of

life. To get the most out of your workout, what you eat before and after you exercise is very important.

Eating after exercise is just as important as your pre workout meal. Each time you exercise, if you do cardio or resistance, it depletes the energy in the form of glycogen. The brain and central nervous system rely on glycogen as their primary fuel source, so if you do not replace it after exercise, your body will break down muscle tissue into amino acids, and then convert them into usable fuel for the brain and central nervous system.

Remember that most of the time during resistance exercise, you break down muscle tissue by creating micro tears. What this means is that after a workout, your muscles immediately go into recovery mode. Protein is essential here to repair the muscle, as you do not want muscle breaking even further to create fuel to replace lost glycogen.

When you have finished a cardio session, you need to consume mainly carbohydrates, preferably those with high fiber. Rice, oatmeal, whole wheat pasta, and fruits are excellent sources of fiber. Also try to consume 30 to 50

grams of carbs after training. After your cardio workout, it's good to eat within 5 to 10 minutes.

You need protein as it is to build and repair these tears so the muscle can increase in size and strength. Carbohydrates will not only replace the lost muscle glycogen, but also help the protein get into muscle cells so it can synthesize into structural protein, or the muscle itself.

The ideal time for you to eat your pre-workout meal is an hour before starting. If you are working at low intensity, you should keep your pre workout meal to around 200 calories. If you plan to exercise at a high level of intensity, is likely to have food that between 4,000 and 5,000 calories.

Those of you who do a cardio session will need to consume a mixture of 2 / 3 carbs and 1 / 3 of protein. This will give you more sustained energy from carbohydrates with enough extra protein to keep your muscles from breaking while you exercise.

When you are done with resistance to your workout, you need to consume a combination of carbohydrates and proteins. Unlike cardiovascular exercises, resistance

exercises are for breaking down muscle tissue by creating micro tears.

No matter if you're going to do cardio or resistance training, you should always make a point to eat a balance of proteins and carbohydrates. What makes that determining percentage of carbs and protein you consume depends on the amount of calories that you plan on burning during your workouts.

Chicken or fish with a potato, egg whites with a piece of fruit, or a protein shake with fruit mixed in are good meals after resistance workouts but remember to keep the fiber low here. High fiber slows down digestion, meaning the protein will take longer to reach the muscle cells.

When you are done with your resistance training, wait 30 minutes before eating so that you do not take blood from your muscles too quickly. Blood is delivered to the muscles to help the repair process by removing metabolic wastes.

CHAPTER 15

IMPORTANCE OF THE JOURNAL

Keeping a fasting journal will provide you with immense wisdom and introspection of who you are, what limits you, and what thinking and behavior patterns you can eradicate to improve the quality of your life.

When we say "Fasting Journal," we are referring to a notebook or bound journal-type book specifically purchased for the purpose of writing your fasting experiences.

In this notebook, you will be writing what you are feeling physically and emotionally as you progress through the fast. Follow a very specific format that you believe may also be beneficial. Take note of these points:

- Force yourself to write in them.

- Go through these fasting journals finding pearls of introspection and wisdom about what makes you tick.
- Read them many times to identify negative belief systems that attempt to curtail your life quality and lead you back to destructive behaviors and eating patterns.

I highly recommend journaling to everyone, whether or not you are fasting. A life worth living is a life worth recording. When your body and mind are pressured with fasting, what comes out while journaling tends to be very hard-hitting and intense.

You definitely will want to read what you wrote later. I guarantee that in retrospect you will be amazed at some of the things you will put on paper. Sometimes it is necessary to squeeze the soul to cleanse ourselves of the emotional baggage and darkness that likes to hide in the innermost depths of our minds.

Fasting can take you there. And keeping a fasting journal will be like the sights and sounds of your trip to the very center of your existence.

Starting the Journal

It is very important that you pick a journal that stands out. This is going to be a life-transforming book. It should tell you that when you look at it. Do not just buy any plain old bland journal. Take the time to pick out something that, to you, makes a personal statement and beckons you to open it and make an entry.

It does not necessarily have to be expensive, just one that makes a statement to you. One you will be drawn to time and time again. There are three things that you should always include before you start writing:

*The Time - The Date and - The Day of the Week . For example, you can start one particular entry as follows:

- Start journaling by first describing where you are and what you are doing.
- Write whether you are by yourself or whether there are others nearby. If there are others, who are they? and why are they there with you?

- Are you fasting while working or carrying out your daily activities? If so, specify that and explain why you were unable to take a break to fast.
- If the problems are financial, by all means write that down.

Once you write where you are and what you are doing, move on to how you are feeling physically and then, how you are feeling emotionally. Somewhere between the physical and emotional other things normally come up and you start putting them down. Sometimes they are intuitive and deep.

Nothing is too petty to write down in your fasting journal. If this is your first fast, a journal will help you go through the different phases of detoxification. It will give you a very intimate view of how your body reacts as you move along. During the first days, when hunger and discomfort are high, write as much as possible. Write, write and write.

CHAPTER 16

HEALTH BENEFITS OF INTERMITTENT FASTING

Numerous studies show that it can have powerful benefits for your body and brain.

Here are 10 evidence-based health benefits of intermittent fasting.

1. Intermittent Fasting Changes The Function of Cells, Genes and Hormones

When you don't eat for a while, several things happen in your body. For example, your body initiates important cellular repair processes and changes hormone levels to make stored body fat more accessible.

Here are some of the changes that occur in your body during fasting:

Insulin levels: Blood levels of insulin drop significantly, which facilitates fat burning.

Human growth hormone: The blood levels of growth hormone may increase as much as 5-fold. Higher levels of this hormone facilitate fat burning and muscle gain, and have numerous other benefits.

Cellular repair: The body induces important cellular repair processes, such as removing waste material from cells.

Gene expression: There are beneficial changes in several genes and molecules related to longevity and protection against disease.

Many of the benefits of intermittent fasting are related to these changes in hormones, gene expression and function of cells

Bottom Line: When you fast, insulin levels drop and human growth hormone increases. Your cells also initiate

important cellular repair processes and change which genes they express.

2. Intermittent Fasting Can Help You Lose Weight and Belly Fat

Many of those who try intermittent fasting are doing it in order to lose weight .Generally speaking, intermittent fasting will make you eat fewer meals.Unless if you compensate by eating much more during the other meals, you will end up taking in fewer calories.

Additionally, intermittent fasting enhances hormone function to facilitate weight loss.Lower insulin levels, higher growth hormone levels and increased amounts of norepinephrine (noradrenaline) all increase the breakdown of body fat and facilitate its use for energy.

For this reason, short-term fasting actually increases your metabolic rate by 3.6-14%, helping you burn even more calories.In other words, intermittent fasting works on both sides of the calorie equation. It boosts your metabolic rate

(increases calories out) and reduces the amount of food you eat (reduces calories in).

Bottom Line: Intermittent fasting helps you eat fewer calories, while boosting metabolism slightly. It is a very effective tool to lose weight and belly fat.

3. Intermittent Fasting Can Reduce Insulin Resistance, Lowering Your Risk of Type 2 Diabetes

Blood Sugar Meter

Type 2 diabetes has become incredibly common in recent decades. Its main feature is high blood sugar levels in the context of insulin resistance. Anything that reduces insulin resistance should help lower blood sugar levels and protect against type 2 diabetes. Interestingly, intermittent fasting has been shown to have major benefits for insulin resistance and lead to an impressive reduction in blood sugar levels.

In human studies on intermittent fasting, fasting blood sugar has been reduced by 3-6%, while fasting insulin has been reduced by 20-31%. What this implies, is that

intermittent fasting may be highly protective for people who are at risk of developing type 2 diabetes.

Bottom Line: Intermittent fasting can reduce insulin resistance and lower blood sugar levels, at least in men.

4. Intermittent Fasting Can Reduce Oxidative Stress and Inflammation in The Body

Oxidative stress is one of the steps towards aging and many chronic diseases. It involves unstable molecules called free radicals, which react with other important molecules (like protein and DNA) and damage them.

Several studies show that intermittent fasting may enhance the body's resistance to oxidative stress. Additionally, studies show that intermittent fasting can help fight inflammation, another key driver of all sorts of common diseases.

Bottom Line: Studies show that intermittent fasting can reduce oxidative damage and inflammation in the body. This should have benefits against aging and development of numerous diseases.

5. Intermittent Fasting May be Beneficial For Heart Health

It is known that various health markers (so-called “risk factors”) are associated with either an increased or decreased risk of heart disease. Intermittent fasting has been shown to improve numerous different risk factors, including blood pressure, total and LDL cholesterol, blood triglycerides, inflammatory markers and blood sugar levels.

However, a lot of this is based on animal studies. The effects on heart health need to be studied a lot further in humans before recommendations can be made.

Bottom Line: Studies show that intermittent fasting can improve numerous risk factors for heart disease such as blood pressure, cholesterol levels, triglycerides and inflammatory markers.

6. Intermittent Fasting Induces Various Cellular Repair Processes

When we fast, the cells in the body initiate a cellular “waste removal” process called autophagy. This involves the cells breaking down and metabolizing broken and dysfunctional

proteins that build up inside cells over time. Increased autophagy may provide protection against several diseases, including cancer and Alzheimer's disease.

Bottom Line: Fasting triggers a metabolic pathway called autophagy, which removes waste material from cells.

7. Intermittent Fasting May Help Prevent Cancer

Cancer is a terrible disease, characterized by uncontrolled growth of cells. Fasting has been shown to have several beneficial effects on metabolism that may lead to reduced risk of cancer. Although human studies are needed, promising evidence from animal studies indicates that intermittent fasting may help prevent cancer. There is also some evidence on human cancer patients, showing that fasting reduced various side effects of chemotherapy.

Bottom Line: Intermittent fasting has been shown to help prevent cancer in animal studies. One paper in humans showed that it can reduce side effects caused by chemotherapy.

8. Intermittent Fasting is Good For Your Brain

What is good for the body is often good for the brain as well.

Intermittent fasting improves various metabolic features known to be important for brain health. This includes reduced oxidative stress, reduced inflammation and a reduction in blood sugar levels and insulin resistance. Several studies in rats have shown that intermittent fasting may increase the growth of new nerve cells, which should have benefits for brain function.

It also increases levels of a brain hormone called brain-derived neurotrophic factor (BDNF), a deficiency of which has been implicated in depression and various other brain problems.

Bottom Line: Intermittent fasting may have important benefits for brain health. It may increase growth of new neurons and protect the brain from damage.

9. Intermittent Fasting May Help Prevent Alzheimer's Disease

Alzheimer's disease is the world's most common neurodegenerative disease.

There is no cure available for Alzheimer's, so preventing it from showing up in the first place is critical. A study in rats shows that intermittent fasting may delay the onset of Alzheimer's disease or reduce its severity. In a series of case reports, a lifestyle intervention that included daily short-term fasts was able to significantly improve Alzheimer's symptoms in 9 out of 10 patients.

Bottom Line: Studies in animals suggest that intermittent fasting may be protective against neurodegenerative diseases like Alzheimer's disease.

10. Intermittent Fasting May Extend Your Lifespan, Helping You Live Longer

One of the most exciting applications of intermittent fasting may be its ability to extend lifespan.

Studies in rats have shown that intermittent fasting extends lifespan in a similar way as continuous calorie restriction. In some of these studies, the effects were quite dramatic. In one of them, rats that fasted every other day lived 83% longer than rats who weren't fasted.

Although this is far from being proven in humans, intermittent fasting has become very popular among the anti-aging crowd. Given the known benefits for metabolism and all sorts of health markers, it makes sense that intermittent fasting could help you live a longer and healthier life.

CONCLUSION

If you're already off to a good start on a healthy fitness plan, and you're looking for ways to take it to the next level, then you might want to consider intermittent fasting. In essence this fitness-enhancing strategy looks at the timing of meals, as opposed to those fad plans where you eat just one or two things for several days in a row.

On intermittent fasting, the longest time you'll ever abstain from food is 36 hours, although 14-18 hours is more common. You can also opt to simply delay eating. For example, skipping breakfast may be just the thing to get you off a plateau in your fitness routine.

So it makes sense that our genes are optimized for to this type of feeding schedule. It takes about six to eight hours for your body to metabolize your glycogen stores and after that you actually start to shift to burning fat. However if you are replenishing your glycogen by eating every few hours, you make it far more difficult for your body to actually use your fat stores as fuel.

A growing body of research suggests that intermittent fasting may in fact be a key weight loss tool. It appears

particularly powerful when combined with exercise—i.e. working out while in a fasted state.

It can also boost general health and longevity, there are tradeoffs—you cannot achieve maximum fitness and maximum longevity at the same time. You have to choose one or the other and tailor your diet and fitness regimen to achieve your intended goal. Gender differences also come into play when fasting, which you need to be aware of.

Boost Fitness Results and Weight Loss with Intermittent Fasting

Exercising on an empty stomach has been shown to have a number of health and fitness benefits. It may even be a key to keep your body biologically young. This is most easily accomplished if you exercise first thing in the morning, before breakfast.

Part of the explanation for why exercising while fasted is beneficial is that this regimen complements your sympathetic nervous system (SNS) along with your capacity to burn fat. Your body's fat burning processes are controlled by your SNS, which is activated by exercise and by lack of

food. Another reason is that fasting can trigger a dramatic rise in human growth hormone (HGH), also known as "the fitness hormone. The combination of fasting and exercising maximizes the impact of cellular factors and catalysts (cyclic AMP and AMP Kinases), which force the breakdown of fat and glycogen for energy.

This is why training on an empty stomach will effectively force your body to burn fat. Exercise and fasting also yield acute oxidative stress, which keeps your muscles' mitochondria, neuro-motors and fibers intact. (You may have heard of oxidative stress before in a negative light, and indeed, when it is chronic it can indeed lead to disease. But acute oxidative stress, such as occurs due to short intense exercise or periodic fasting, actually benefits your muscle.)

Regardless of when you choose to exercise, remember that you need to eat 30 minutes after your workout, which will effectively break your fast. If you exercise in the late morning or early afternoon, you could break your fast by including 20 grams net protein from a fast-assimilating source like a high-quality whey protein concentrate 30

minutes before you start your exercise, and then have another recovery meal 30 minutes after.

Intermittent Fasting for General Health and Longevity

There's plenty of research showing that fasting has a beneficial impact on longevity in animals. There are a number of mechanisms contributing to this effect. Normalizing insulin sensitivity is a major one as insulin sensitivity is critical for the activation of the mTOR pathway, which along with IGF-1 plays an important part in repairing and regenerating your tissues including your muscles and thereby counteracting the aging process. The fact that it improves a number of potent disease markers also contributes to fasting's overall beneficial effects on general health. For example, modern science has confirmed fasting can help you:

- Normalize your insulin sensitivity, which is key for optimal health as insulin resistance (which is what you get when your insulin sensitivity plummets) is a primary contributing factor to nearly all chronic disease, from diabetes to heart disease and even cancer

- Normalize ghrelin levels, also known as "the hunger hormone"
- Promote human growth hormone (HGH) production, which plays an important part in health, fitness and slowing the aging process
- Lower triglyceride levels
- Reduce inflammation and lessening free radical damage