



# INTERMITTENT FASTING

WHAT IS IT?

#### INTERMITTENT FASTING

It is a pattern of eating where you restrict the hours that you eat. In my book, we refer to this as "eating windows". You open your eating window when you consume your first meal or snack of the day, and you close your eating window after your last calorie is consumed. There is no magic number of hours each person should remain in their eating window, some people have found that 8 hours work for them, for some it is 6 hours, and others will only eat one meal a day. The basis of this lifestyle is that you are not restricting the types of food you eat, but instead the hours in which you eat. You can eat whatever you want as long as you are eating it in your eating window.

#### **INTERMITTENT FASTING BENEFITS**

- 1. Helps you lose weight and burn belly fat
- 2. Reduces Insulin Resistance
- 3. Minimizes Inflammation
- 4. Increases Mental Clarity
- 5.May Help Prevent Serious Diseases such as Alzheimer's and Cancer
- 6. Promotes Cardiovascular Health
- 7.Heals Your Gut
- 8. Protects Against Autoimmune Disease
- 9. Aids in Erasing Chronic Pain
- 10. Lends to Clear Skin

## Intermittent Fasting

### Want To Learn More?

When Intermittent Fasting, you are restricting the window of time that you eat during each day rather than the calories you are intaking. In your eating window, you're going to make sure you're only eating when you're hungry. When your window is open, you are eating food and drinking caloric beverages. When your window is closed, you are fasting and only drinking water, coffee or unsweetened tea.

Intermittent Fasting does not limit what foods you eat. You can eat what you truly want! There are all kinds of eating windows. One example of a window is eating 8 hours and fasting 16 hours or you can do a 6-hour eating window and an 8-hour fasting window.

Fasting, despite what you may think, is easy to do. Most people report they feel better and have more energy when they are fasting. It will be easier as the time goes on.

How do you know if you should try a 4, 6, or 8 eating window? You have to pick an eating window that is realistic for you. I suggest you start with an 8-hour window and as that becomes easier you can move to a 6 or 4-hour eating window.

## Intermittent Fasting Example Chart

### **Examples of Intermittent Fasting**

<b>Hours Eating</b>	Hours Fasting	Sample Eating Window	Sample Eating Window	Sample Eating Window	Sample Eating Window
8 Hours	16 Hours	11 AM - 7 PM	12 PM - 8 PM	1 PM - 9 PM	2 PM - 10 PM
6 Hours	18 Hours	11 AM - 5 PM	12 PM - 6 PM	1 PM - 7 PM	2 PM - 8 PM
4 Hours	20 Hours	11 AM - 3 PM	12 PM - 4 PM	1 PM - 5 PM	2 PM - 6 PM

# How To Do Intermittent Fasting: The Meal Approach

I refer to skipping one or two meals per day as "The Meal Approach." If you want to melt fat away faster, only eat ONE meal a day. The meal approach is great because you end up picking the meals you want to eat each day. Here is an example of how I fast using the meal approach. Throughout the week I either eat one or two meals a day. If I know I'm going to eat a big lunch then I won't eat breakfast or dinner. However, the next day I may be very hungry so I'll eat a small breakfast and a lunch but skip dinner. During the weekends I may have to meet friends out for a meal so I'll usually eat a small snack to hold me over and then eat dinner with my friends or family. Remember while you are fasting you can't have anything but water, coffee or unsweet tea \*\*see book for more details! It is very important that you stick to a schedule that works for you because your body will become more accustom and melting fat away will become effortless. Below is an example of what one week on the meal approach would look like for me.

## Meal Approach Examples

YOU CHOOSE THE MEALS THAT OPTIMIZES YOUR RESULTS

- 1 Breakfast Lunch Dinner
  - \*\*Day 1, I skipped breakfast because I wasn't hungry so I had lunch and dinner for my two meals.
- 2 Breakfast Lunch Dinner
  - \*\*Day 2, I ended up having a big lunch so I didnt eat breakfast or dinner.
- 3 Breakfast Lunch Dinner
  - \*\*Day 3, I was hungry because I didn't eat two meals yesterday so I had breakfast and lunch.
- 4 Breakfast Lunch Dinner
  - \*\*Day 4, I skipped breakfast again and ate lunch and dinner as my two meals.
- 5 <del>Breakfast Lunch</del> Dinner
  - \*\*Day 5, I knew I was going to meet friends for a nice dinner so I skipped breakfast and lunch.

# How To Do Intermittent Fasting: The Clock Approach

Another approach to Intermittent Fasting is "The Clock Approach." The options for the clock approach that I recommend are sticking to the 4 hour, 6 hour and 8-hour windows. That means if I am doing a 4-hour eating window then I will eat from 2PM-6PM, 3PM-7PM or 4PM-8PM. The rest of the time I will fast. If my eating window is 6 hours then I will eat from 3PM-9PM then the rest of the time I will fast. You will do the same for an 8-hour eating window. The longer your fasting window is the more fat you will end up melting away. My eating window is determined by how much weight I want to melt away and the sizes of my meals. The larger meal I want to eat, the smaller my window will be.

## Clock Approach Examples

You choose the times that work best for you! Below are examples.

During your eating window you can only eat in that time frame.

The rest of the day you will fast and only drink water.

### **EXAMPLES:**

4 HOUR EATING WINDOW

2-6PM, 3-7PM, 4-8PM

TIME 3

**6 HOUR EATING WINDOW** 

3-9PM, 2-8PM, 1-7PM

8 HOUR EATING WINDOW

1-9PM, 2-9PM, 3-11PM



## INTERMITTENT FASTING

**FUEL YOUR BODY** 

Your body has two options for fuel. Either you are feeding off Glucose (Carbohydrates) from the food you recently ate, or you are feeding off the fat in your body. Think of a hybrid car. Some hybrids use only electricity for fuel until there's none left. At that point, it switches over to gas consumption to keep going. That's what it's like in the human body. You want to use up all that sugar and get to the fat because that is what's going to result in weight loss. Your body won't bother going to fat stores for fuel when there's plenty of sugar present. When you start your fast, your body is burning only sugar at first. After 18-24 hours those stores start to run out, so your body is forced to get energy from your fat. That's the key!