



The **SECRETS** of Intermittent Fasting

BEYOND THE FAST

Discover
The *Secret Sauce* to
Weight Loss

Plus!

MAKE CLEAN
CHOICES USING
80/20
PRINCIPLE

FAQ

Everything
you need
to **KNOW**



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 gist of this lifestyle is that you are not restricting the types of food you eat, but instead the hours in which you eat.

INTERMITTENT FASTING BENEFITS

1. Helps you lose weight and burn belly fat
2. Reduces Insulin Resistance
3. Reduces 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. Helps Erase Chronic Pain
10. Leads to Clear Skin



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!



FAQ

INTERMITTENT FASTING

Q: I'M NOT SEEING MY WEIGHT CHANGE ON THE SCALE. WHAT'S WRONG?

A: I learned about something recently called the “whoosh effect” that explains why you don’t always see a consistent change in your weight everyday while you’re burning fat. Because of the law of thermodynamics, burning more calories than you consume results in weight loss as your body gets the energy it needs from your fat reserves. This isn’t a theory; it’s actual physics. If you don’t give your body food, it has to use the fat in your body. So, you may wonder why you can go a whole week and not lose weight when you know you were burning fat. That’s where the “whoosh effect” comes in. It has to do with water retention. The idea is that your fat cells become filled with water as you’re burning fat. Because of this, the scale doesn’t change even though you did in fact burn fat. But once your body finally drops that water (maybe a week or two later or more depending on the person) you lose a bunch of weight at once. That’s called the “whoosh effect.” Get it? It’s like the sound of your pounds being flushed down the toilet. It’s not that you actually lost that many pounds overnight. It’s that your weight loss finally “caught up” with your fat loss.

I lost no weight at all during my first two weeks of doing this plan. My third week I lost 6lbs and my fourth week I lost four. WHOOSH! I lost all this weight! That’s why I don’t like getting on the scale every day. You’re getting yourself worked up for no reason. Here’s what I suggest as a better way to

measure your weight loss: get a pair of pants that you don’t ever wash or dry and try them on regularly to see how you’re progressing. I prefer this method even to measuring your inches with measuring tape because even then you have to be sure to measure the same exact spot and pull the tape just right every time to be accurate.

Q: HOW DOES THE FASTING WINDOW BEGIN?

A: If you’re having trouble figuring out the beginning of your fasting window, remember that you determine when you start and stop eating. The second you start eating, you’re in your eating window and you are considered to be in the fed state. The minute you stop eating is when you have ended your eating window and the fasting window begins.

Q: CAN I DO THIS VEGAN?

A: You absolutely can keep a vegan diet with this plan. You can do whatever you want as long as you are following the principles of fasting, never overeating and only eating when you’re hungry. If you’re trying to do 80% paleo like me, then you’re going to have to eat a lot more veggies and avocados and fats and stuff like that.

I believe God calls different people to different things. If you want to be vegan, I’m 100% on board with that. I believe the Bible is saying eat whatever you want. If you feel like God is calling you to not eat meat, who am I to say to eat meat? You have to decide what is best for you. I believe that eating meat and avoiding a whole lot of dairy and gluten is the best thing for my body.

Q: I’VE READ BEFORE THAT YOU SHOULD EAT BEFORE YOU GET HUNGRY DO AVOID BINGING. IS THAT TRUE?

A: If your car doesn’t need gas, you don’t put gas in it. If your bill isn’t due, you don’t pay money on it. I believe the same principle should apply to our bodies. I get the premise of trying to avoid binging, and, honestly, the first couple of weeks of intermittent fasting you probably will overeat some. However, you will adjust.

Q: CAN I DRINK ALCOHOL ON THIS PLAN?

Yes! Just make sure you are in your eating window. Everything that you consume, whether it is eating or drinking, that has calories needs to be consumed in this window. If your goals are weight loss, you will want to focus on wines that have lower sugar content and are organic. The best low calorie go to is liquor mixed with soda water, or other zero calorie beverages.

Q: HOW STRICT DO I HAVE TO BE ON THE 80/20?

A: The 80/20 is important. It's 100% clean eating that I don't recommend. Yesterday, I had nothing but grilled veggies, grilled shrimp, and salad. However, I ate large volume of food and I ate so clean because I was surrounded by people who were eating that way too. I really wanted a potato and pasta and I should have gotten that. I could have done that and only eaten a few bites. Instead I tried to do 100% and ended up feeling deprived. So, when I got home I went a half hour over my eating window and ate a bite of pudding and ten mini peanut butter Ritz crackers. That was a mini-binge for me. When I try to be perfect with my eating I get in a bad place and lose a control a little bit. When I eat what I want in the 80/20 system, it doesn't affect my body negatively. You want to make clean choices, but you don't want to overdo it. Remember that not overeating is the #1 thing.

Q: ARE YOU GETTING ENOUGH CALORIES WHEN YOU EAT ONE MEAL A DAY

A: I'm sorry, but my aunt is 89lbs and she is never worried if she's getting enough calories! You're not going to ruin your metabolism by eating one meal a day; that's a myth. You need to get this sort of thinking out of your mind. You are NOT overweight because you didn't eat enough calories. Let's be real honest with ourselves. That excuse is ludicrous and it came from the diet industry.

You are eating when you're hungry and eating until you're satisfied even when you're doing one meal a day. You can't think in a way that you need to get stuffed. You're eating until you're full, not until you're stuffed. That is very, very important.

Q: SHOULD I SHIFT THE TIME OF DAY I HAVE MY EATING WINDOW SO MY BODY DOESN'T GET USED TO IT?

A: Having your eating window at the same time everyday won't really affect your metabolism. The length of the window has a greater effect. You can mix up the length of your eating windows each week to keep your metabolism from getting used to a pattern. For example, one week you might alternate each day between six and eight hour eating windows. The next week you might throw in three Big Power Fasts. Your body does adapt to changes quickly, so mixing up the length of your eating windows is a good idea.

Q: I WANT TO TRY INTERMITTENT FASTING, BUT I HAVE LOW BLOOD SUGAR. CAN I GO THAT LONG WITHOUT EATING?

A: The crazy thing is intermittent fasting will actually help regulate your blood sugar. If you hang in there, you'll notice it gets better. So, if you come into this having blood sugar issues you'll need to do a good job of gradually weaning yourself off of a long eating window. You may have to start with a 12 hour eating window, then step it down to 11, then 10, and so on. I had low blood sugar as well, so I absolutely understand what it's like. Intermittent fasting's effect on blood sugar is really fascinating. One of the biggest benefits of intermittent fasting is the positive effects it has on blood sugar. Keeping insulin from being introduced to your system for 18-24 hours helps you burn fat and keep your weight down. Always check with your doctor before you start a new diet, but I've learned that much of the time people don't experience low blood sugar as often as they think. Sometimes people are just fatigued and it's because of something other than low blood sugar. My blood sugar is more stable now than it was when I was eating foods with a low glycemic index.

Q: I'M REALLY CONFUSED. I'VE OFTEN HEARD THAT EATING 5-6 SMALL MEALS A DAY WILL KEEP MY METABOLISM ELEVATED. IS INTERMITTENT FASTING BAD FOR MY METABOLISM?

A: That claim about 5-6 meals a day is a myth. Your metabolic rate is not based on how many meals you eat. It's based on what type of foods you eat, your digestive health, how much you exercise, and what body type you have. For example, if I eat 6 meals of pancakes and fast food burgers, I'm not going to have a six pack. Intermittent fasting is not bad for your metabolism. Intermittent fasting has gotten me results while eating 5-6 meals a day in the past hasn't.





BEYOND THE FAST.

A crucial part of the Chantel Ray Way is intermittent fasting. When I stumbled across the Intermittent Fasting lifestyle I truly believed I discovered the secret sauce to weight loss I had always been looking for! But there is much more to the Chantel Ray Way.

My book is based on several Biblical principles that I call the...

CHANTEL RAY WAY RULES...

Rule 1

I will only eat when I am physically hungry

Rule 2

I will never overeat

Rule 3

I will participate in regular fasting

Rule 4

I will eat REAL food...
NO more trips to
Chemical City

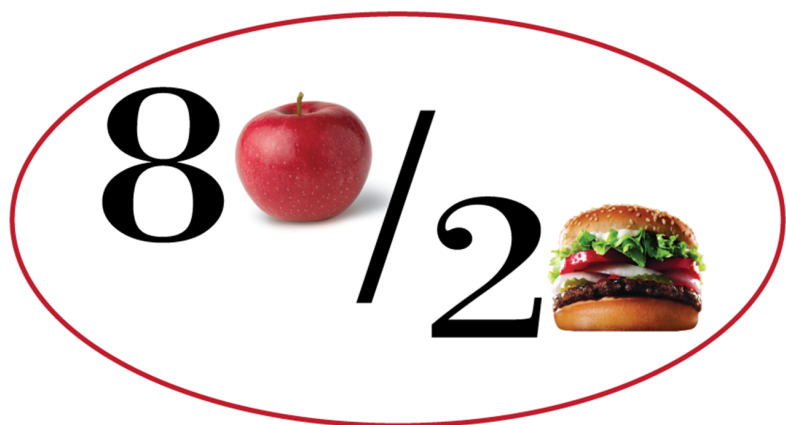
Rule 5

I will turn to
God instead of
food to fill my
heart hunger

THE 80/20 PRINCIPLE

WHAT EATING 80% HEALTHY
AND EATING 20% JUNK

LOOKS LIKE....



When I am in my eating window, I recommend abiding by the 80/20 Principle. Simply put, this means that 80% of the foods you are consuming will be clean, healthy foods, and the other 20% will be those splurge items that you are craving.

I feel my absolute best when I'm eating clean – for me, that's a diet of meats, fruits, non-starchy vegetables, nuts and seeds, and natural oils (olive oil, palm oil, etc.). For meats, I eat poultry, beef, and seafood. I don't eat a lot of grains, beans, refined sugar, or processed oils like canola oil, vegetable oil, and soybean oil. I also don't have a lot of dairy. This is the 80% of my diet.

"I know that if I want to feel just absolutely FANTASTIC I could eat 100% clean all the time but I know that it's not good for me to try to commit to that because it makes me crazy and obsessed with food."

I know that if I want to feel just absolutely FANTASTIC I could eat 100% clean all the time. But I know that it's not good for me to try to commit to that because it makes me crazy and obsessed with food. That's something we need to avoid.

I eat enough of that 20% category of "non-clean" foods that I don't feel deprived, but as little as I can for my body to feel optimal.



WANT TO LEARN MORE?

I HOPE THAT YOU HAVE FOUND THIS BROCHURE TO BE HELPFUL. TO LEARN MORE,
PLEASE VISIT MY SITE WWW.CHANTELRAYWAY.COM. TO PRE-ORDER MY BOOK.....