

Intermittent **FASTING**

**UNDERSTANDING THE DIET
THAT HAS CHANGED LIVES
SINCE EARLY CIVILIZATION**



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Introduction

The satirist, Jonathan Swift, once said, “*Everybody wants to live forever, but nobody wants to grow old.*”

All levity aside, the quote does make a very salient point. Most of us only want the good things in life WITHOUT making any sacrifices.

Nowhere is this more evident than in the weight loss scene.

Millions of people want to shed the stubborn pounds and achieve a body that turns heads... BUT they want to do it without the sweat and pain of exercise... *and they want to do it while still eating the foods they love!*

They buy and try weight loss pills, fat burners, 6-minute abs programs and every other new weight loss scam and contraption that hits the market, and it ALL fails them over and over.

Which raises the perennial question...

Is it possible to lose weight without diet and exercise?

Surprisingly, it is... if you employ one of the most powerful fat burning protocols on the planet.

This is a protocol that has been adopted by millions of people to help them burn the stubborn fat without altering their diet drastically or engaging in hours of arduous exercise.

This powerful weight loss tool is known as Intermittent Fasting (IF).

What is Intermittent Fasting?



Intermittent fasting (IF) should not be mistaken for a diet. It's more of a routine where you consume your food during an eating window and avoid food intake during the fasting window.

Why are We So Fat These Days?

We live in a society where people use food for therapy instead of fuel. They eat when they're happy. They eat when they're sad. They eat when they're hungry... and they even eat when they're full.

Eating is a round the clock activity and nary a thought is given as to what goes into their mouths.

As a result, their blood sugar levels are spiking constantly throughout the day and the excess insulin that's secreted by the pancreas to cope with the blood sugar levels gets converted to fat.

This is the reason why obesity has reached epidemic proportions and diabetes statistics have skyrocketed.

Intermittent fasting consists of 2 windows: the eating window and the fasting window. During the eating window which can be anywhere from 5 to 8 hours, you'll consume all your calories for the day.

During the fasting window, you'll not eat any food at all. You may drink water though.

That's as simple as it gets... and this is intermittent fasting in a nutshell. You're not starving, because you're still getting all the calories you need. *This is a common misconception.*

It may seem difficult not to eat for 16 hours or so, but what most people don't realize is that you're fasting while you're asleep. All you need to do to fully experience the fast is simply extend it by a few more hours.

A lot of people that have fasted intermittently have simply skipped breakfast and some have skipped dinner. Forget the old adage about breakfast being the most important meal of the day.

Skipping breakfast and fasting for an extra 4 hours is actually highly beneficial and will help you lose excess fat.

You're not allowed to consume any food during your fast. However you can drink water and unsweetened green tea. Ideally, it's best to just stick to water.

Why Do Millions of People Use IF?



Fasting has been around for thousands of years and there's no sign of it slowing down. There were times when people were forced to fast as food was scarce (during times of war and economic recession).

Besides that, fasting is a practice in many different religions.

The Muslims fast during Ramadan which allows the body to cleanse itself. The Hindus fast before holy events such as Thaipusam. If you read the bible, you'd see that Jesus fasted for 40 days and 40 nights too!

Fasting is used as a means to develop discipline and as a way to cleanse the body and achieve some degree of 'purity'.

Your body can withstand long periods of fasting and one of the main benefits of intermittent fasting are the cellular repair processes that your body goes through.

During the fasting process, your blood sugar levels are reduced as well as your insulin levels which makes it a perfect match to go alongside the keto diet.

Your body can shed fat most efficiently when there is very little glucose in the blood. Intermittent fasting helps you achieve this state and it's one of the main reasons your fat loss progress is accelerated.

Different Types of Fasting



Most people are not accustomed to go without food for a period of 16hrs. Let's not even talk about the more serious fasts that last from 24 to 48 hours.

To remedy this small obstacle there are many different types of 'simpler' fasting protocols that they can adopt to see which suits them best.

As they develop the 'fasting muscle' they'll be able to progress to the more advanced styles of fasting.

In this short report, we'll look at 6 popular fasting methods that are effective for weight loss:

- **16/8 fast**

This is the most popular option for those who have never experienced fasting before and want to take it slowly.

You'll be fasting for 16 hours, and then eat within your allocated 8 hours (eating window). All you'll be doing here is skipping one meal.

Most people prefer to skip breakfast, but this rule is not set in stone. If you **MUST** have breakfast to start your day, you may eat it. Just know that if you have breakfast at 8 am, your last meal of the day will have to be consumed by 4pm.

This will ensure that you're fasting for 16 hours (from 4pm till 8am the following day).

For a person who works a 9 to 5 job, he/she will usually skip breakfast, eat lunch at 12 noon and finish his/her last meal just before 8pm.

- **Fasting Within a Daily Window**

There are many people who don't work from 9 to 5, and the fixed 16/8 example above is not a good fit for their schedule. If you are one of them, don't panic. Intermittent fasting can be flexible.

The timings are **NOT** set in stone. As long as your fasting duration is maintained, the times can vary.

Let's assume you have breakfast at 10am and your last meal is just before 7pm – that means if you have breakfast at 10 am the following day, you'd only have fasted for 15hrs.

But what you're aiming for is a 16-hour fast, to comply with the 16/8 fast.

In this case, all you'll need to do is extend the fast by another hour and just have your first meal at 11am. Now you'd have fasted for 16 hours. Your last meal can be at 7pm.

Keep doing this until you get to an 18-hour fasting window and this will give you the building blocks to try other fasting options.

- **Alternate Fasting**

This is an extremely simple protocol, that's not necessarily easy. All you'll be doing is eating on one day and fasting the next day. It will look something like this: -

Monday: Eat

Tuesday: Fast

Wednesday: Eat

Thursday: Fast

Friday: Eat

Saturday: Fast

Sunday: Eat

Fasting for a full 24 hours can be a Herculean task for some people and is best approached gradually. Aim for a few 18-hour fasts. Work your way up to 20-hour fasts.

When you're used to fasting, you may try to go a full 24 hours. With this protocol you have two options:

1. Don't eat anything and only drink water. Not flavored water or water from the store but good old fashioned tap water.
(RECOMMENDED)
2. If you are still new then this may be more suited for you. Maintain a caloric intake of around 500 – 600 calories on your fast days (avoid sugar and starchy foods). You can check your calorie numbers here: <https://www.freedieting.com/calorie-calculator>

If this is your first time doing this a 24-hour fast, aim for just two days per week in the first month. As you get better at it, you can go for more days or longer stretches.

- **Fat Fasting**

If you're either looking to get started in the keto diet or have fallen out of ketosis then this is the perfect option for you. Even if you haven't seen any weight loss since you started your keto diet, this method can certainly help to get you on track.

To get started, you'll need to follow this protocol:

Consume only 1200 calories a day (for 3 days). Around 80-90% of calories in your diet should be comprised of fat. Split your meals up into smaller meals and eat them throughout the day (in your eating window).

Some people stick to bacon only for those three days whilst others eat avocado and other foods that have good fat. After these 3 days, you'll need to follow the rest of the keto diet principles while maintaining the intermittent fasting regimen.

- **The Warrior Diet**

This was created by an ex-military professional called Ori Hofmekler, who eats as if he's an ancient warrior...surviving on one meal a day, which back then was the hunt of the day.

There is no set dieting process to follow here apart from just going with your gut instinct and staying away from processed foods.

Your fasting window is all day until evening time where you can eat one large meal. That basically means that you'll be on an empty stomach the whole day (drinking water is allowed) and only have one meal a day.

- **24-Hour Fast**

The name says it all. You fast for 24 hours and all you're allowed to consume is plain water. That's it.

The time frame at which you start is completely up to you. You can eat lunch on Wednesday and then not anything until lunch on Thursday.

Always remember: zero calories consumed during fasting. No coffee. No sugar-free drinks. No energy drinks. **ONLY WATER is allowed.**

This type of fast will get you into ketosis quickly and is highly effective for weight loss. It does require discipline and battling the hunger pangs which come and go. However, if you can do it, you'll be amazed at how much weight you can lose quickly.

Start off with the easier fasting protocols and work your way up to the 24-hour fasts.

Benefits of Intermittent Fasting



The biggest benefit of intermittent fasting that everyone raves about is the fast weight loss. However, that is not the only benefit.

In fact, intermittent fasting does wonders for the body and there are many other benefits that can be derived from it. Let's look at what they are.

- **Ketosis**

A very quick way to get your body to burn fat is to get it into a metabolic state known as ketosis. When you're intermittent fasting, the body starts flushing out the glucose, and this will cause your insulin levels to fall.

Once your insulin levels are low enough, your body will then start to create ketones which will be your primary source of energy. It will be easier to burn fat and you'll feel more energetic too.

- **Autophagy**

The cells in your body deteriorate over time. This is part of the aging process. The act of fasting actually puts your body in a state that's known as autophagy.

When this happens, the body cleanses itself of bad cells. The only thing that stops autophagy is eating. When you eat, your body breaks the foods down into glucose which increases insulin levels and halts the autophagy process.

- **Rejuvenates Skin**

The best way to treat issues such as acne is by going on a clean diet and fasting intermittently for a few weeks.

Eating only healthy foods during your window will leave you with radiant skin and you'll look amazing. Not only that, intermittent fasting makes your hair and nails strong too.

- **Brain Health**

As you age, the brain receives less blood which results in shrinking neurons and the volume of your brain declines.

Intermittent fasting gives your brain a big health boost and lowers your risk of Alzheimer's and Parkinson's disease. Alzheimer's is also caused by obesity and intermittent fasting helps you to reduce your weight and mitigate this potential cause.

- **Boosts Your Metabolism**

Intermittent fasting will increase your metabolism and help you burn more calories. So, not only will you be consuming fewer calories, but you'll also be burning more fat.

Definitely a win situation!

- **Longevity**

Intermittent fasting helps you live longer by protecting you from cancer and heart disease. It helps lower bad cholesterol levels, reduces insulin resistance and stabilizes your blood pressure.

If you currently have cancer and you're going through chemotherapy, intermittent fasting can help build up your immune system.

How to Intermittent Fast?



You've made a wise decision to look after your health, now it is time to get started.

1. Schedule your fast

Pick a day of the week to fast. Consider your current commitments like children, work and other must have activities before you decide.

2. Prepare your first fast

It is recommended that you speak to your doctor first to make sure that you don't have any complications that may affect your health once you begin your fast.

Make sure you understand why you are fasting. Is it for weight loss, a detox or a short term thing?

3. Ease into fasting

There are numerous fasts that you can start however if this is your first time fasting, it's recommended that you get started with the 16/8 fast.

The other fasts mentioned in the previous chapters can be adopted when you have a little more experience.

If you work a 2pm – 10pm shift, start your eating window during that time as you are on the move. Fast between 10pm and 2pm the next day. Work with your schedule and routine.

What Can You Eat While Fasting?



This will depend completely on your preferences. While there aren't any specific foods that you can't eat, there are some foods that can help you achieve your goals faster.

- **Water**

Water has no calories and you can drink as much of it as you want. The amount of water you drink will differ between each person and you want to drink enough of it that your urine is clear or pale yellow. If it gets dark yellow it can lead to headaches, dizziness and dehydration.

- **Avocado**

What...avocado? Isn't that fatty? Yes... and it's a 'good fat' that your body craves. Eating at least half an avocado per day is beneficial during intermittent fasting.

- **Berries**

Strawberries contain a lot of vitamin C and all you need is a cupful to get your recommended amount.

- **Fish**

Fish has a high amount of Vitamin D and contains a lot of healthy fats and protein. Make sure you eat at least 8 ounces of fish per day. Mackerel is the best option.

- **Vegetables**

Underground grown or cruciferous vegetables are full of fiber and you can find all the fiber you need in broccoli, Brussels sprouts, and cauliflower.

Fiber expands in your stomach. During your eating window have some fiber as it will suppress your hunger while allowing you to consume fewer calories.

What to Expect when Fasting?

During the first two days of fasting, you'll start to feel very hungry. Most first-timers to fasting, will find that they have less energy and are prone to feeling moody and irritable.

Just warn everyone around you to expect a grouchy you for the first two days!

For the remainder of the week, you'll begin to notice a lot of changes in yourself and even physical changes in your body.

Depending on what your diet is, you may begin to enter ketosis during which your body becomes a fat burning machine.

By the second week and going into the third week, you'll see noticeable changes such as having a clearer mind, a better mood and having more energy.

Your body is going through a healing process and your immune system is being strengthened. You're being cleansed from the inside out.

By the fourth week, you'll look and feel like a brand new you. Mental clarity, weight loss, heightened senses and a better mood are all benefits of fasting. You'll be amazed by how you look and feel.

If you have taken the right steps, you should have achieved your goals and are now on the path to living a healthy lifestyle.

How to End a Fast Correctly?

If you've been on a fast for a prolonged period, you need to take care of how you introduce more food into your system. For every week you have been fasting you want to allow a period of two days to end your fast.

This does take time as your digestive system has gone through two things during a prolonged fast.

1. Your stomach has shrunk so much that eating even a small amount of food can make you feel full.
2. Your body has taken a break from breaking down all the foods you used to eat during your fast and it needs to be slowly woken up kind of like a grizzly bear. You don't want to wake them during winter. Yikes!

So, when you do end your fast make sure you do it gradually and ease into it gently.

If you've been fasting anywhere from 72 hours to 7 days, you'll need to drink diluted foods and increase the quantities slowly over the first few days.

Introduce fruit and milk in small quantities so as not to upset your stomach.

As you progress to solid foods make sure you chew food slowly and to the point that it can't be chewed anymore.

Rest and don't become active too soon. If you're exercising, just stick to walking. Do not engage in hard training. Give yourself time to recover.

When to Avoid Intermittent Fasting?

Intermittent fasting is a great way to lose weight. However, nothing is perfect for everybody and intermittent fasting should be avoided by four groups of people.

1. **If you're underweight** – If your BMI is below 18 then you don't have any extra body fat to burn off. There are many tutorials on how to calculate your BMI on Google.
2. **If you're pregnant** – Your child is growing inside of you. So, don't restrict yourself. Your child and you need the nutrients. Eat healthy though... and stay hydrated.
3. **If you're breastfeeding** – This would be the same reason as above except you would have given birth by now. Your body needs nutrients to produce milk to allow your baby to grow. Eat clean, eat well, and stay hydrated.
4. **If you're under 18** – Think again...you are still growing. You'll need all the right nutrients to reach your full potential. Eat well, be active and only fast if it's required by your religion.

Conclusion: Intermittent Fasting and Keto



Without a shadow of a doubt, the keto diet and intermittent fasting are the perfect combination when you want to lose weight.

You may read about people who have experienced some of the amazing benefits that were covered. However, when you couple intermittent fasting with the keto diet and your results will explode.

You'll truly be taking things to the next level.

Give intermittent fasting a try. Once you've mastered it, you may adopt the keto diet and combine the two to incinerate the remaining stubborn fat on your body.

You can go from overweight to having the body of a Greek God, if you'll make fasting and keto a part of your life.

Get started today!