



Fasting for Weight Loss & Metabolic Health

YOUR COMPLETE GUIDE TO FASTING



Weight Loss 4U Your Way©

One of the most important piece missed when you start to fast, is to first practice consuming 3 meals per day that contain the three macronutrients - Carbohydrates (from nature- fruit & vegetables), Protein (which has naturally occurring fats), and Good Fats - like nuts, seeds, avocado, olive oil.

Eating in this way, will do a few things:

- This introduces you to fasting. Firstly, you are fasting from dinner to breakfast - while you sleep - so about 12-14 hours. Secondly, you are fasting between meals - 5-6 hours.
- Leaving space between meals and not grazing all day it better for your digestive system and gives you time to digest your food.
- It gives your blood glucose & insulin levels a chance to stabilise and return to normal.
- Helps you truly get in touch with your hunger and fullness signals.
- Gives your body a chance to release stored fat because your insulin levels are low.
- Helps restore you to a healthy relationship with food.
- It helps reduce overeating, binge eating, and cravings.
- Help nourish your body with essential vitamins and minerals found in macronutrients.

For years from around the 1960's we as consumers have been encouraged to eat snacks - which we just don't need. Mostly, this encouragement comes from advertising by Big Food companies who wish to make a profit.

If you think about it when you go to the supermarket there are a few different categories of foods.

1. Real foods like fruit, vegetables, meats, poultry, and dairy (though some dairy products are questionable). Also canned vegetables and legumes like beans and lentils. Alternate milks are considered in this category.
2. Products derived from food contain additives, chemicals, too much salt, sugar, and trans fats. Think biscuits, ice cream, lollies, soda (including diet), chicken nuggets, frozen crumbed fish - anything man-made. These products usually have a long shelf life and come in package and boxes with barcodes.

Both types of foods have very different effects on the body. With category 2 making us sicker including type 2 diabetes, high cholesterol & blood pressure, stroke, heart disease, cancer, and obesity. Also, these foods are addictive and that is why fasting can be affective to curb craving these foods, and that is why it is so important to removing these foods from your diet and as above eating 3 meals per day - eating to satisfied - not full.

There are a few strategies you can put in place to clean up your diet before fasting. Don't miss this step it's important.

- If you can afford it, do a systematic freezer, fridge, and pantry purge. Yes, that's right toss out or donate the foods that don't align with your health journey.
- If you can't afford to do this, bag these products into single servings sizes and only have them every second day straight after either breakfast, lunch, or dinner (so once that day). Consuming this smaller single serve after your meal will help reduce insulin spikes and cravings.
- Drink water before and between meals. Coffee & tea with a dash of milk is okay (no sugar), or sparkling water with no syrup. With water, you should aim for 8 x 250 ml per day depending on you activity level and weather.
- Practice eating 3 meals per day for 3-6 weeks or more, so you are comfortable with the gaps between meals.

NEXT - Push you breakfast back by 1-2 hours each day. So, if you usually have dinner at 7 pm and breakfast at 7 am your fast is 12 hours. Now let's move it to 8 or 9 am giving you a 13-14 hour fast. Simply doing this gives you a longer fast from dinner to breakfast and the majority of the time you will be asleep. Again, practice this until you are comfortable and continue to consume health promoting foods. During this morning fast drink water, coffee with a dash of milk (no sugar), and MTC Oil to help move you into the fat burning state.

NEXT - Push the needle further opting for 15-17 hours fast.

13-15 HOUR FAST PROMOTES:

- Human growth hormone (HGH)
- Reduces inflammation in the body
- Fat burning begins
- Increased ketones
- Improves energy & focus

17 HOUR FAST PROMOTES:

- AS ABOVE
- AUTOPHAPHY (A process by which a cell breaks down and destroys old, damaged, or abnormal proteins and other substances in the fluid inside a cell).
- CELLULAR REPAIR
- IMPROVED IMMUNE FUNCTION
- CANCER PREVENTION

If you are opting for a 13-17 hour fast, most people find it easier to extend the time between dinner and breakfast. For example, if you finished dinner at 7 pm and wish to incorporate a 17 hour fast into the next day your first meal would be at 12 pm.

NEXT - Vary your fasting and feasting days. This is one of the biggest mistakes made with fasting. If you don't vary fasting what happens is your efforts may stall. Once you get used to fasting for up to 17 hours comfortably start to vary your fasting and eating windows. Your body needs to go through adaptation meaning mixing up your feasting and fasting windows.

Here is an example.

Monday - 12 hours fast

Tuesday - 17 hours fast

Wednesday - Feast Day (eat your normal 3 meals) enjoy

Thursday - 17 hours fast

Friday - 15 hours fast

Saturday - 12 hours fast

Sunday - Feast Day (eat your normal 3 meals) enjoy

What is your reason to Fast? Having a reason helps you move towards your goal of fasting. Is it for metabolic health? Is it to reduce your response to glucose? Is it to lose weight? Is it to reverse type 2 diabetes? Is it to improve cholesterol? Identify your goal/s and write them down. An example might be to improve energy. How would you measure that.

- Have more energy to get the housework done
- Have more energy to study and focus
- Have more energy so you could do a longer workout at the gym

Work out a way to measure your success.

EXTENDING A FAST

You can extend a fast by consuming good fats. Good fats don't have an effect on your insulin levels and simply added MCT oil or butter to your coffee or tea or eating a teaspoon of nut butter or half an avocado can help push through to the end of your planned fasting window. Good fats help kill hunger. Another tool to use is electrolytes. Personally, I use [LMNT](#)

Why LMNT is different?

- More Good Stuff

Many popular electrolyte drinks on the market have low amounts of electrolytes and don't provide the "optimal ratio". LMNT which gives you more electrolytes in the ideal ratio for exercise, fasting, keto and much more.

- No Bad Stuff

- No Sugar
- No Gluten
- No Fillers
- No Artificial Ingredients

Ingredients:

Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavours, Stevia Leaf Extract.

BREAKING A FAST

Any of the below are good to break a fast. Just remember to eat until satisfied, not full. And eating health promoting foods will help support your health goals. Another point is, be prepared. Have health food available so you don't reach for something that reverses all the good a fast can achieve.

- BONE BROTH - Helps to repair the gut lining
- PROBIOTIC FOOD - Replenishes the gut with good bacteria (sauerkraut, kombucha, Greek yoghurt, kimchi)
- STEAMED VEGETABLES - Provides fibre for the good gut bacteria
- PROTEIN - Chicken, beef, lamb, fish
- GOOD FATS - Avocado, olives, olive oil.

BENEFITS OF LONGER FASTS

24 HOURS

- Intestinal stem cell regeneration
- GABA production
- Brain healing
- Autoimmune healing

36 HOURS

- Reduced glucose stores
- Reduced insulin stores
- Increased fat burning
- Detoxification
- Anti-aging

48 HOURS

- Reset dopamine receptors
- Reduces anxiety and depression
- Anti-aging antioxidant production
- HGH increases by 500%

72 HOURS

- Peak autophagy
- Immune stem cells
- Musculoskeletal stem cells
- Chronic conditions
- Accelerated healing

DEEPER WEIGHT LOSS - LOW-CARB/KETOGENIC

This is where you purposely manipulated macronutrient to experience faster weight loss. Many people are carbohydrate intolerant, meaning these foods have an effect on blood sugar and insulin levels causing spikes which in turn stall weight loss.

What you need to understand, is carbohydrates like bread, cereal, pasta, rice, and starchy vegetables like potatoes affect your insulin and the release of stored fat.

Insulin is known as the fat storage hormone - that's its job. And, when we consume too many carbohydrates there is more glucose in the body, it raises insulin and if the glucose can't be used it is stored as fat for us to use later. And if insulin is always high, we simply can't lose that stored body fat.

Here, to help the effort of weight loss reducing carbohydrate to about 20-50 gram per day can help. So, the message is this: prioritise protein, reduce carbohydrate, don't fear health fats, and use fasting as a tool.

SUPPLEMENTS - If you have been eating an unhealthy diet for some time or yo-yo dieting your body could be depleted of essential vitamins and minerals. I recommend whether you are fasting or not to fill in nutritional gaps with good quality supplements. Here is a link to what I offer.

<https://weightloss4yourway.au/supplements/>

Disclaimer: Please check with your medical practitioner before you start fasting or changing your diet. If on medication, it may need to be altered as your metabolism changes. This is not medical advice only a guide.