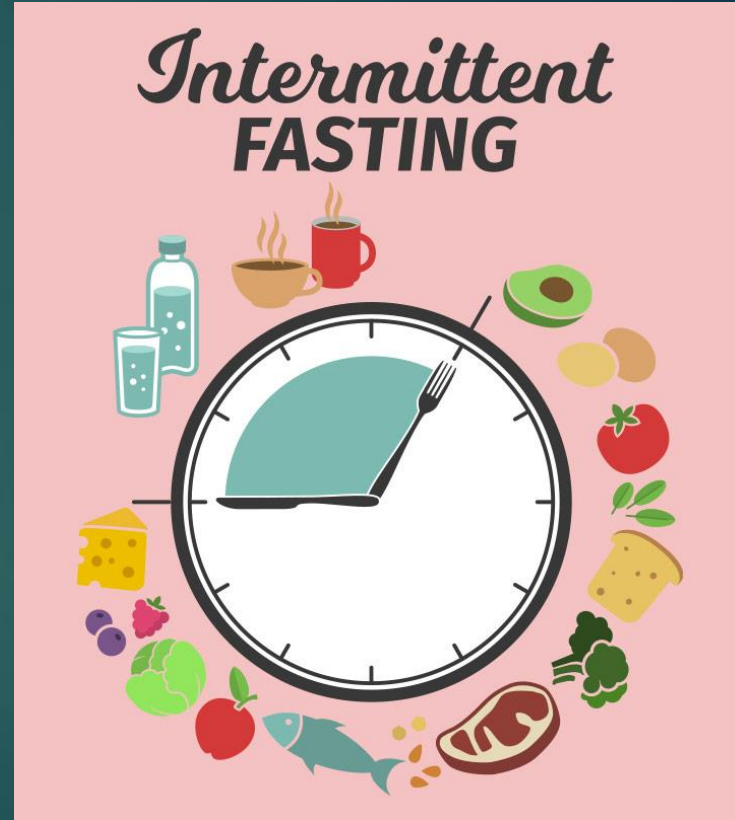




Welcome to the
14 Day Fast It Out
Challenge!

Mission and Expectations

- ▶ IF is a lifestyle tool!
- ▶ Adopting a new way to think about weight
- ▶ Exemplifying the health benefits of IF rather than just a weight loss tool
- ▶ Understanding the WHY and HOW of IF
- ▶ No matter where you are on the IF spectrum, my hope is that you leave here with more reputable information and an advanced understanding of IF as a tool for optimized health



Disclaimers

- ▶ I am not a physician
- ▶ Fasting is not for everyone:
 - Those who are pregnant or breastfeeding
 - Those who struggle with or have struggled in the past with disordered eating
 - Children
 - Those who are underweight or malnourished
- ▶ This challenge will only encompass Time Restricted Eating (TRE) of approximately 12-18 hours depending on your personal goals and comfort level. We will not engage in extended fasting, dry fasting, or anything “extreme.”

The Plan!

- ▶ If you choose to accept this challenge, we will formally begin after this meeting. Whenever you finish eating tonight, aim to fast between 12-14 hours.
- ▶ We will have 3 scheduled support groups during the next 2 weeks:
 - ▶ This Friday at 12p
 - ▶ Tuesday, 3/8 at 6p
 - ▶ Monday, 3/14 at 6p- our final wrap up and “graduation” meeting
- ▶ Please sign up via Calendly for the Zoom links
- ▶ Zoom recording, any supplemental resources, and handouts emailed after each session

Our Motto

- ▶ SLOW AND STEADY approach!
 - ▶ Not a “quick fix”
 - ▶ Reducing the risk of rapid weight loss and rapid regain
 - ▶ Improving overall health, weight loss a possible by-product



THE WHY'S

- ▶ FREE
- ▶ ACCESSIBLE
- ▶ SIMPLE
- ▶ FLEXIBLE



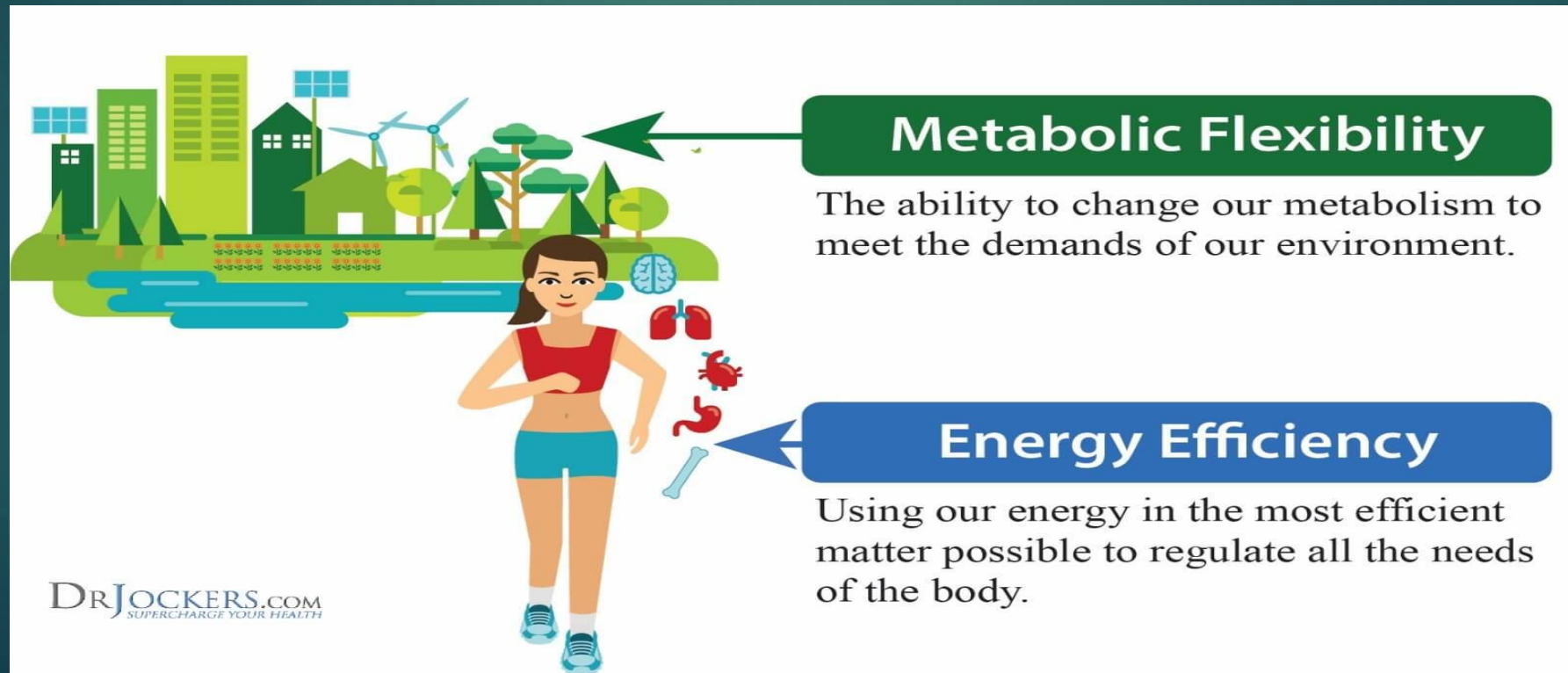
Much More than a Weight Loss Tool

- ▶ IF helps recalibrate hormonal balances
 - ▶ Insulin sensitivity
 - ▶ Appetite hormones
 - ▶ Leptin
 - ▶ Ghrelin
- ▶ Non-scale related victories (NSV's)
 - ▶ Reduced inflammation
 - ▶ Increased energy
 - ▶ Improved focus



Metabolic Flexibility

- ▶ The process by which the body alters how efficient it is at turning the food you eat into energy.



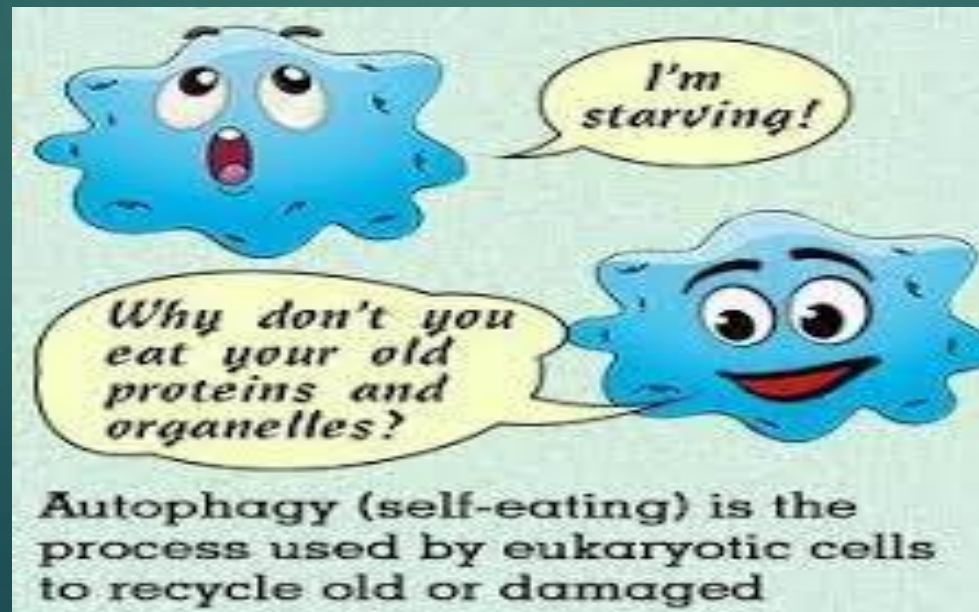
Stimulated Processes

▶ Autophagy

- ▶ the body's way of cleaning out damaged cells, in order to regenerate newer, healthier cells
- ▶ Dr. Yoshinori Ohsumi

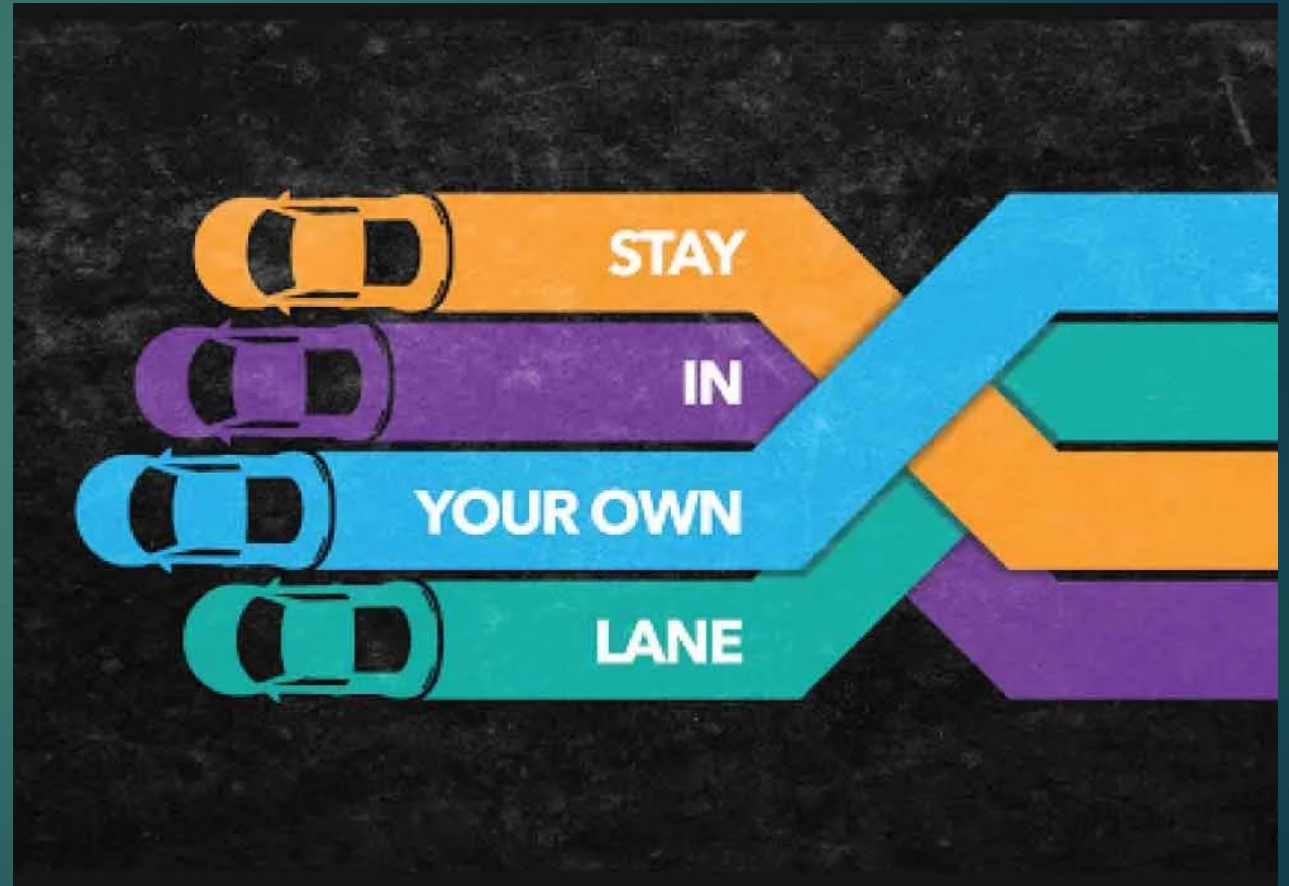
▶ Ketosis

- ▶ A metabolic state in which the body - lacking dietary fuel (primarily from carbohydrates) - begins running primarily on fats, as well as a supplemental substrate known as ketones.



THE HOW'S

- ▶ Time Restricted Eating plan
- ▶ The Three F's:
 - ▶ Flexibility
 - ▶ Focus on yourself
 - ▶ Fast Responsibly



Rule # 1

- ▶ Clean Fasting Only
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What is a "Clean Fast"?

Yes!

- * Water
(unflavored)
- * Black coffee
(unflavored)
- * Any plain tea brewed from actual dried tea leaves only
(black tea, green tea, etc., unflavored varieties only)
- * Mineral water, club soda, sparkling water, or seltzer water
(unflavored)
- * Minerals/electrolytes/salt
(with no additives/flavors)
- * Medications,
as prescribed by your health care provider

Maybe...

- We call this the "grey area"
- * Peppermint essential oil for breath freshening only, NOT for water-enhancing
(select food-grade and use sparingly)
 - * Herbal tea with a bitter flavor profile
 - * Vitamins and supplements
(There is no easy answer for all vitamins and supplements. Any that are clearly food-like or listed in the "No" column should be taken within your eating window.)

No!

- * Food
- * Flavored water
- * Flavored coffee
- * Fruity, sweet, or matcha teas
- * Diet sodas
- * Natural or artificial flavors
- * Natural or artificial sweeteners
- * Gum or mints
- * Food-like flavors of any type
(fruit juices, fruit flavors, etc.)
- * Bone broth, broth, or bouillon
- * Added fats, including coconut oil, MCT oil, butter, etc.
- * Cream, creamers, milk
(of any amount or type)
- * Supplements such as collagen, pre-workouts, BCAAs, exogenous ketones, etc.

When living an intermittent fasting lifestyle, the real magic happens during the clean fast!

For a full explanation and the science behind these recommendations, visit:
<http://www.ginstephens.com/all-blog-posts/does-a-clean-fast-really-matter>

WHY?

- ▶ CPIR- Cephalic Phase Insulin Response
 - ▶ The initial release of insulin in response to food stimuli acting on receptors in the head and oropharynx
 - ▶ Prepares the gastrointestinal tract to move, digest and absorb food and monitors the process of food intake, providing feedback to the brain.

Phases of Fasting

- ▶ Phase one- Feeding: 0-4 hours
- ▶ Phase two- Post-absorptive – 4-16 hours: Insulin falls; Release of salt and water retention from the liver; Bloating and blood pressure can decrease. Counter-regulatory hormones rise- your SNS and growth hormone- tells the body to seek fuel from storage sites in the liver and stored fat. Your metabolic rates increases.
- ▶ Phase three- 14-16 + hours: Gluconeogenesis- Autophagy is stimulated; clearing out wonky cells and rebuilding into workable units. The process of making glucose (sugar) from its own breakdown products or from the breakdown products of lipids (fats) or proteins. Gluconeogenesis occurs mainly in cells of the liver or kidney.

Considerations

- ▶ Preparing to eat
- ▶ Mindfulness when opening your window
- ▶ Menstrual cycles
- ▶ Scheduled events
- ▶ Maintaining flexibility and compassion

Have Fun!

- ▶ Be easy
- ▶ Explore what works
- ▶ Be open and receptive

