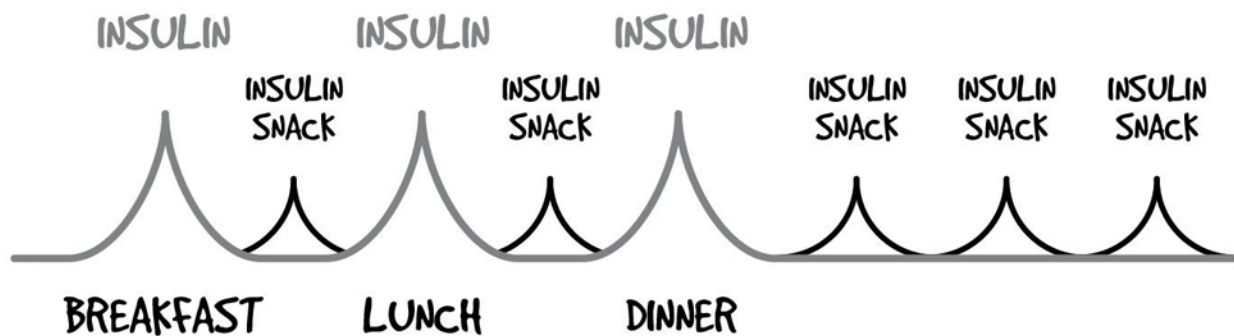


How does intermittent fasting work?

Before talking about what to eat, let's make sure you know how to start intermittent fasting. This will be one of the powerful tools to get to your goal fast. Later in this book, you'll learn more about why you need to do this, but for now I want to just get you started.



Now, the biggest killer to losing weight is this darn snacking thing. Every time you eat, you spike insulin. Constant eating creates a massive flood of constant insulin as well, which drives excess sugar into storage as fat. So the snacking has to go.

PHASE 1:

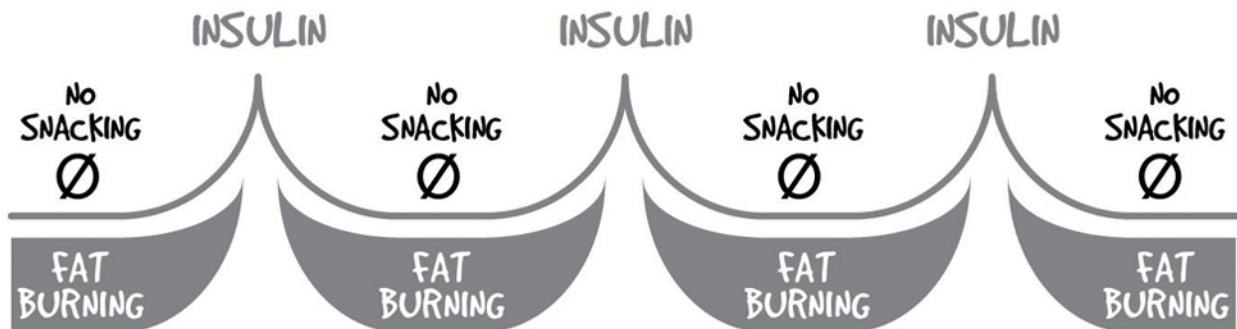
You will start intermittent fasting by going to three meals a day with NO snacks between. The best way to start is to do it gradually, letting your body adapt to fat-burning. Many people have low blood sugar (hypoglycemia) and can't go for a long period of time without the need to eat between meals. To avoid snacking you'll need to add more fat to your meals.

Fat is the most satisfying food AND the food that triggers insulin the least. Adjust your fats up or down depending on your hunger. I feel sorry for the dieters who stick to the low-fat, lean proteins and vegetables, because they literally starve through that process.

The key is adjusting your fat so it's not too much, yet not too little. Too much fat can overwhelm and congest your gallbladder and make you feel uncomfortable — you develop bloating, burping and right shoulder pain.

Too little fat will keep you hungry. Your body is unique, so just tweak the fats for your own body as you go.

Adding lots of greens to your meals will also provide the nutrients to help you go longer between meals. You need the potassium in these greens to stabilize your blood sugar.

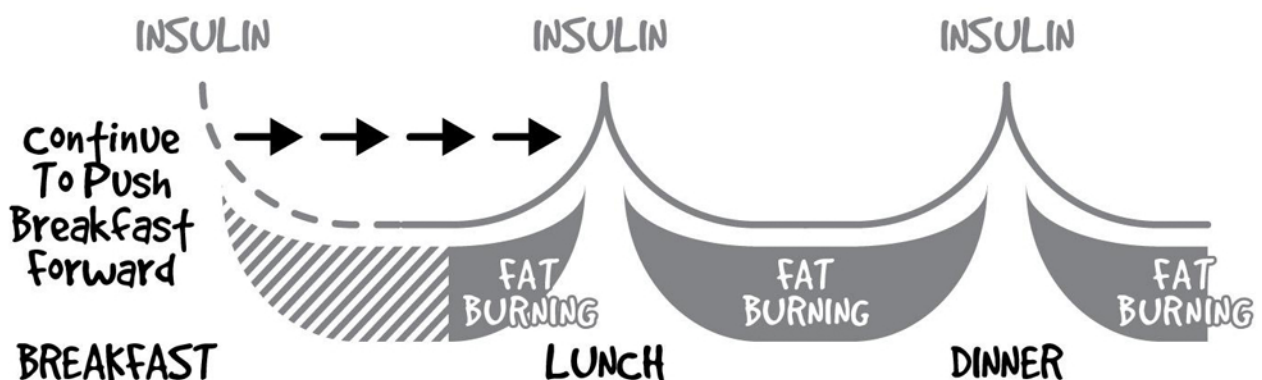


PHASE 2:

In the next phase, as your body gets used to three meals with no snacks, you will be pushing your breakfast further and further toward lunch.

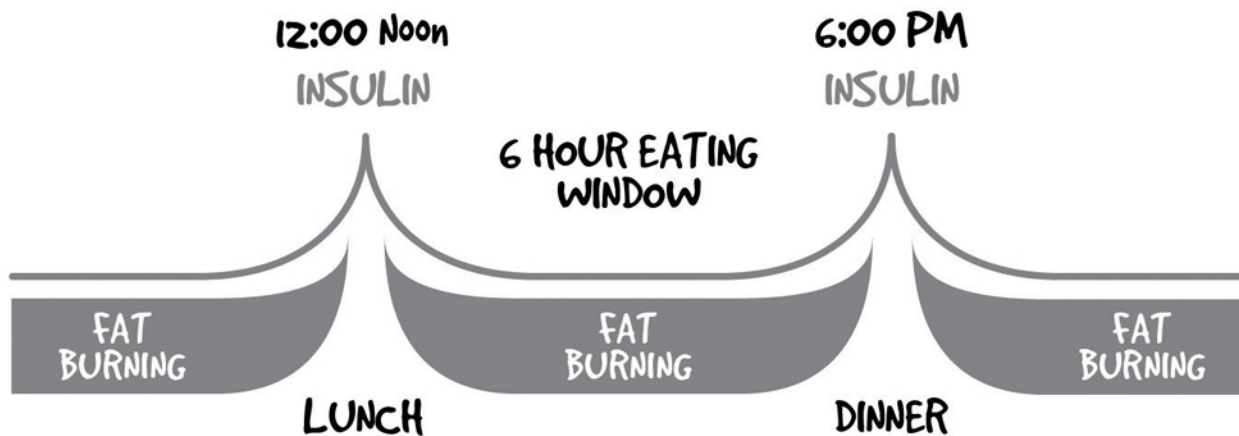
One rule that will help: **Don't eat if you're not hungry.**

All night long you're fasting (burning your fat), and then you break the fast with breakfast. This spikes insulin, which then drops your blood sugar, forcing you to be hungry in an hour or two. But after you've stopped the snacking and have moved to just three meals a day, you'll notice you can go longer and longer in the morning before breakfast without being hungry.



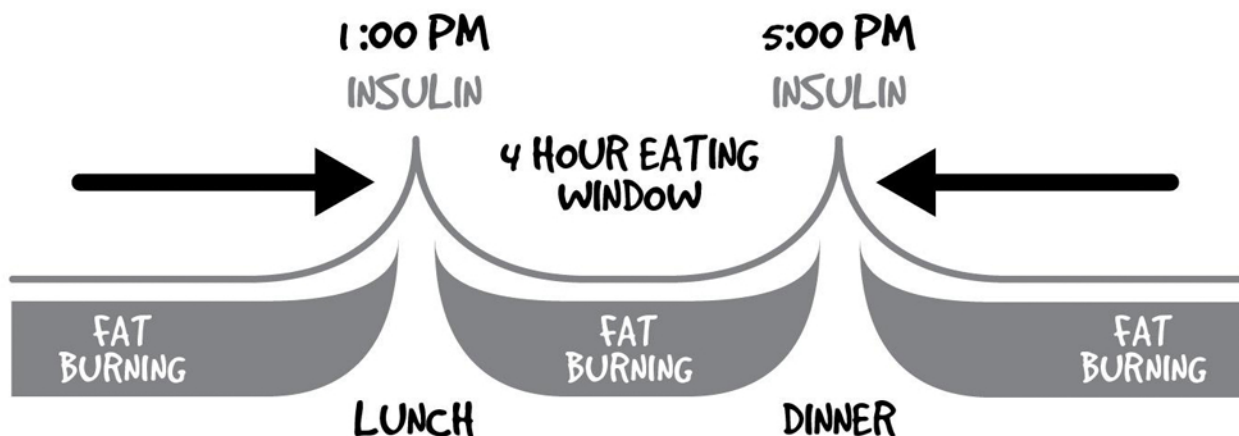
You will continue to work toward eliminating your breakfast so you need only two meals a day. Once this happens, congratulations!

Now your first meal may be lunch at noon. Many people then eat again at around six o'clock. You can just continue this schedule until you get used to it. If you're getting great results, losing weight, just continue. Most people I know stick with this schedule



PHASE 3:

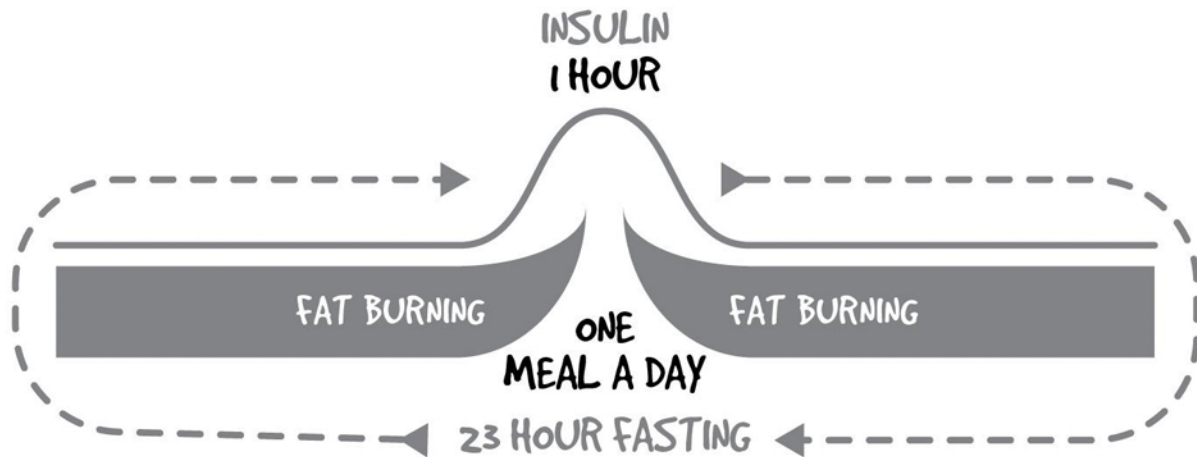
Now, some people want to speed things up and/or lose more weight. To do so we want to shorten the eating window. The "eating window" is just the part of the day during which you do your eating—the time between your first meal of the day and your last. If you want to lose more weight, we need to increase your fasting time by shortening your eating window as seen below.



So far, so good?

PHASE 4:

Some people will want to go to one meal per day to speed up weight loss. And definitely you may want to do a one-meal day during or after menopause, if you have a thyroid problem, or if your metabolism has been damaged and moves at a snail's pace. This is called OMAD (One-Meal-A-Day).



Besides weight loss, there are other reasons to do this:

- 1 If you want to seriously drop inflammation because of arthritis or some autoimmune condition
- 2 If you want to reverse a cognitive problem, like dementia
- 3 If you have diabetes 1 or 2 and you need to really heal your pancreas
- 4 If you feel better on one meal a day

So one meal a day is not just for people who want to lose weight. There are body builders who eat at this frequency and do fine.

Just realize that you don't need to decide all that now. Just start with three meals a day, no snacks, and see where it leads you.

For the Complete Know-How Get

THE NEW BODY TYPE GUIDE

