

Beginners Guide to Daily Intermittent Fasting

How would you like to be able to lose weight, heal your gut, build muscle, balance your hormones, and enjoy many other benefits? As research is now showing, this can be achieved by changing the window of time that you eat your foods, which is called “intermittent fasting”. This is not a new concept. The Greek and Roman warriors would do this, and they were strong, ripped and ready for battle. They would train all day, scavenge for berries here and there, and eat one massive meal at the end of the day.

Intermittent Fasting is when you consume the same amount of calories that you would in a typical day, but just in a shorter window of time. This means you are consuming your normal 2000 calories in a 6-8 hour window and during the other 16-18 hours you are fasting. This is basically you are skipping breakfast and then eating lunch and dinner. Intermittent fasting is *not* about binge eating followed by starvation or any other extreme form of dieting. Rather, it involves *timing your meals* to allow for regular periods of fasting. Long-term fasting/caloric restriction has always been criticized for muscle loss and nutrient depletion. This is why it is not recommended for weight management and why unhealthy individuals struggle to fast long enough to receive the healing benefits.

Intermittent fasting removes this problem.

It spares your muscle, maintains nutrient levels, positively affects hormones involved in weight loss (leptin, insulin, and ghrelin) and renews brain cells.

Benefits of Intermittent Fasting

- Helps to heal your gut
- Down regulates inflammation
- Helps hormone sensitivity (leptin and ghrelin)
- Increases growth hormone
- You become a fat burner

One of the big benefits of intermittent fasting is that it helps to increase hormone sensitivity. This means your hormones are actually able to function the way they were designed. The important hormones that intermittent fasting helps your cells to hear are leptin, ghrelin, and insulin. Leptin is the hormone that tells your brain if you are hungry, if you are full, and to burn fat when not eating. Ghrelin is the hormone that tells your brain that you are hungry. Insulin pulls sugar from the blood stream into your cells. The standard American diet is high in processed foods, grains, sugars, and bad fats which create cellular inflammation and **hormone insensitivity**. Inflammation blocks the hormone receptors on the cells. Even though the hormones are there, the body can't use them because they are not able to get their message to the cells.

It is extremely important to follow the Advanced Plan to get the full benefit out of intermittent fasting.

You will not get the desired results if you binge on junk food or gorge on a pizza. By following the Advanced Plan, it will help to decrease inflammation as well as help increase hormone sensitivity. For more information on the Advanced Plan, please refer to the green Maximized Living Nutrition Plan Book.

You may be asking yourself if you can still workout while doing daily intermittent fasting, and the answer is YES. Intermittent fasting will naturally increase your growth hormone (GH) levels, and

when you add a burst or surge workout, this will also increase GH levels. American College of Cardiology in New Orleans showed that fasting triggered a 1,300 percent rise of human growth hormone (HGH) in women, and an astounding 2,000 percent in men.¹

GH is known as the fitness hormone because it plays an important role in building muscle and burning fat. If you workout in the morning, you can consume SueroGold with Perfect Protein (a grass fed whey protein) right after the workout. The SueroGold (cultured whey drink with good bacteria to recolonize the gut) will actually help bring the protein into the cell so you recover faster, but will not pull you out of the fasting.

Why should you intermittent fast? First, you allow your gut to heal because you are not constantly snacking or eating. **Our gut heals when it doesn't have to digest food. When you are only consuming your food during 6-8 hours window of time, you have 16-18 hours of time for the gut to heal.** Because you're going for 16-18 hours without eating solid food, your body does amazing things. It changes what it burns for energy by becoming a fat burner instead of a sugar burner. This goes against a lot of diet books out there that talk about eating 6 small meals a day. When you eat the way most diet plans say, you are training your body to be a sugar burner instead of a fat burner. It takes the average person 8-12 hours to burn through sugars stored in body, so if you eat every 2-3 hours you never burn fat.

The best time to eat is later in the day. So if you are eating in a 6 hour window, you want to start eating at 12:00pm or later and be done at 6:00pm-8:00 pm. There are a few reasons for this. First, your digestive tract and liver are in absorbing and building mode at night. In the morning your liver and digestive system are in excreting mode, which is the most common time to have a bowel movement. Second, after you eat a big meal you naturally will become tired thus getting you ready to fall asleep for the night. Last, a big portion of the fasting is done while you sleep.

How often should you daily intermittent fast? You can choose one or two days a week or you can work up to doing it every day. I have been doing it for the last couple months and love it because I never have to worry about what I am eating for breakfast and can sleep in a few extra minutes.

Here is an easy way to transition into intermittent fasting:

- Phase 1- Stop eating after dinner
- Phase 2- Consume 1 or 2 SueroGold for breakfast
- Phase 3- Skip breakfast and have light to medium portion lunch and a bigger dinner

Eat food within a 6-8 hour window

Foods okay to consume during the fasting period -Amasai, Water with Dynamic Greens with Perfect Protein, SueroGold, Water, and Green Tea.

SueroGold and Amasai can only be purchased from Beyond Organic. Go to www.MaxHealthFood.com to order and they will ship it directly to your doorstep via Fedex.

In Health & Happiness,

Dr. Nick

Source:

1) Eurekaalert, Study finds routine periodic fasting is good for your health, and your heart, April 3, 2011