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IGNITING THE FIRE WITHIN

THE ULTIMATE GUIDE TO INTERMITTENT FASTING



SEIZE THE DAY

USING FAT FOR FUEL
THE ULTIMATE GUIDE TO BURNING FAT

Lighting the Fire

The Ultimate Guide To Intermittent Fasting



Stop letting the
SCALE own you

INTRODUCTION

Clients come to me for all sorts of reasons.

For some, their job is dependent on their image and being able to move. For others, their reasons are more personal.

- They're trying to get in shape for a big event
- They're trying to keep up with their kids
- A lot of them used to be athletic in the past but have slowly turned into anything but an athlete
- They're feeling discouraged and overwhelmed with the lack of results they are getting and they don't know where to begin but know they need to do something different
- They want a natural food based approach for weight loss but also want to know how to maintain it with ease

But all of my clients have one thing in common, they want or need to lose weight but don't know where to find a solution. A lot of them are “stuck” or have the Infamous “yoyo” problem.

Just imagine being able to tap into your body fat and use it as FUEL for your body.

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Watch the pounds & inches melt away

So, what is the Solution? ...

INTERMITTENT FASTING

MY PERSONAL STORY ABOUT INTERMITTENT FASTING

Many have been inspired by hearing my personal story of my struggles with weight loss which happened after my 40s. My body was stuck, despite being an expert in weight loss. This was when I discovered a specific approach based on intermittent fasting that I followed and it led to my big breakthrough.

I lost 20 lbs in 6 weeks and it targeted my central belly fat where I lost 3.5 inches. I have kept it off since then and that was several years ago. I now enjoy a lifestyle based on healthy eating majority of the time with some intermittent fasting and I can still have some indulgences and not worry about putting that weight back on. As I like to say, I have unleashed Freedom In My Body™ where I know what to eat, when to eat it and when to give myself permission to feel free with my choices.



Intermittent Fasting was definitely the biggest gamechanger for me and since then I have integrated it into all my weight loss programs because of the fast results but also because of the long term sustainability as well as the many other health benefits.

It is the **TICKET** to tapping into your fat reserves and watching those pounds melt away

... **AND HERE'S WHY.....**



HUMAN BODY = HYBRID CAR

The human body is like a hybrid car because they both have 2 sources of fuel. Hybrid cars can use gas or electricity for fuel, and similarly the body can use glucose or fat for fuel.

These 2 different sources of fuel have two completely different “operating systems.” As you know if you are fueling a car with gasoline you have to keep putting fuel into the tank whereas when you are using electricity you have to plug in the car so it is fully charged and once that happens it can run for quite a while and you do not need to add more gas.



KINDLING VERSUS LOGS

Another example is comparing fueling a bonfire with kindling versus Logs.

Imagine it's a cold winter night and you had two choices of fuel to use kindling or big logs. On one hand kindling is a great source of fuel as it is easy to light making it a quick source of heat, but it is very short lived.

Big logs on the other hand take more time to generate heat but once they get going they burn hotter and last much longer than kindling.

It's much the same between Glucose as the energy system (“Burning Kindling”) or Fat as the energy system (“Burning Logs”).



BURNING KINDLING - THE GLUCOSE ENGINE

When we eat regularly in the “normal routine” consuming breakfast, lunch and dinner we are using glucose as the fuel for the cells. Under this approach one needs to keep filling the tank on a frequent basis, so the body has fuel to operate.

Hence why breakfast is a necessity and even snacks may be required to keep blood sugar levels at a high enough level so the body and brain are functioning at their best.



BURNING LOGS – THE FAT ENGINE

The other source of energy comes from fat. The body breaks fat down into ketones and the ketones replace glucose as the source of fuel for the cells in the body.

This fat burning system is a longer lasting source of fuel than glucose but the fat burning system needs to first get stimulated and charged up, just like charging the hybrid car’s electrical fueling system.

For those interested in weight loss, stimulating this fat burning system means ... bye bye belly fat. More on that later.





Why **intermittent fasting** works?

When you are fasting, glucose from food is no longer available and all the stored glucose, known as glycogen has been burned so now that there is a drop in blood glucose levels, the hormone insulin levels drop.

Once that happens that is the stimulus for the body to start breaking down fat as a source of fuel because it needs fuel and it will not get it from glucose. This is equivalent to charging a hybrid car.

The body breaks down fat into “ketones”. Ketones now replace glucose as the fuel source for all your cells including muscle and the brain cells.

The result is your body has lots of fuel, you feel good, you’re not hungry and best of all you start burning your body fat losing inches and pounds.



Benefits of Intermittent Fasting



1

I'M MELTING!

Faster weight loss and improved body composition (lower body fat percentage)

2

WAKE UP RECEPTORS

When the body is fasting, insulin levels are reduced to the point it “wakes up” the insulin receptors and stimulates metabolism.

The result is that the body is better able to manage glucose levels (therefore preventing or reversing blood sugar related diseases such as diabetes).

3

FEEL THE KETO HIGH

Intermittent fasting leads to an increase in energy level – the Ketosis high.

4

OUT WITH THE OLD

When the body is fasting, insulin levels are lowered allowing the body to go into “clean up” mode, also called [autophagy](#). When this happens, old damaged cells get broken down and cleared out of the system, these damaged cells are the cause of aging and can sometimes be the source of diseases such as cancer.

5

ANTI-AGING, BRING IT ON

During periods of fasting the body also stimulates stem cells to produce new healthy cells. This results in reversing the aging process especially in combination with autophagy mentioned previously in point #4. A number of my clients have commented on this effect by the compliments they have received like “What are you doing, you look 10 years younger!” This is the definition of natural anti-aging.



6

MIND OVER MATTER

Intermittent fasting improves mental clarity and concentration. When the brain uses ketones for fuel it stimulates production of BRAIN DERIVED NEUROTROPHIC FACTOR (BDNF).

This protein improves memory and concentration and acts in the prevention of some neurologic diseases such as Parkinson's disease, Alzheimer's disease, multiple sclerosis and Huntington's disease, [read more](#). I noticed my brain fog disappeared very quickly after starting fasting and most of my clients notice this as well along with improved mental productivity.



7

THE BIG CHILL

Intermittent fasting decreases inflammation. Chronic inflammation contributes to many health issues such as heart disease, arthritis, digestion, auto-immune disorders and cancer.

Majority of my clients notice, early into their program with me, that their aches and pains dramatically decrease, their breathing issues from asthma improve and irritating skin rashes disappear. This is an indicator that inflammation in the body has decreased.

8

BUILD THOSE MUSCLES

Fasting also contributes to an increase in the production of growth hormones which helps the body maintain muscle mass or increase muscle mass if you are doing resistance training. The result being that body composition improves allowing your body to burn more fat while preserving muscle.

This does not happen in the glucose burning system, because if you lose too much weight too quickly you also tend to lose muscle mass. Maintaining muscle mass is also one of the bigger predictors of healthy aging and prevents your metabolism from slowing down which prevents future weight gain.



9

BYE BYE BELLY FAT

Belly fat (visceral adipose tissue) is the hardest fat to get rid of. I hear this all the time from new clients. This is not true when using Intermittent Fasting for weight loss. Intermittent fasting really supports the body in effectively targeting belly fat because of the low insulin levels. I have had many female clients come to me because they cannot get rid of their belly.

Their goal is to lose inches on the waist even though their actual weight on the scale is not that high. Body fat does not just relate to a number on the scale, it also is determined by the inches around the waist. Reducing belly fat is also critical to a long-term health. Did you know that men with a waist measurement of over 40 inches and women with waist measurement of over 35 inches are at risk for increased inflammation and cardiovascular disease?



How Do You Turn On The Fat Burning System?

The body needs enough time with no food to wake up the fat burning system, so it will “up regulate” (stimulate) the enzymes to break down fat. If you are somebody who has excess fat deploying the Fat Burning System will allow these enzymes to start breaking down your body fat.

The way to give the body the time it requires with no food in order to activate the fat burning system is to do **INTERMITTENT FASTING**. The fat burning system can only be ignited once the levels of insulin have been drastically reduced in the body for long enough period of time. Intermittent Fasting is the best and simplest way to achieve this.

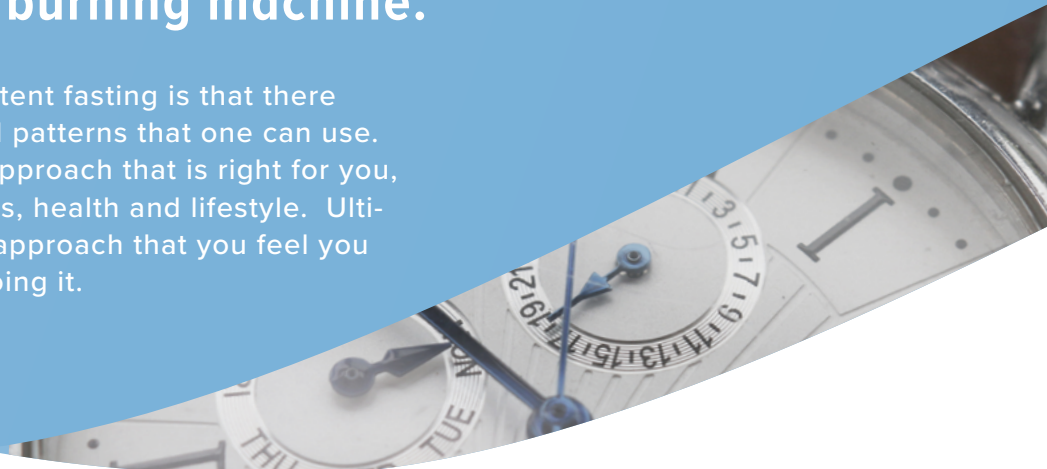
I have been helping people with weight loss for over 14 years but in the last several years I have integrated intermittent fasting as part of ALL MY weight loss programs to varying degrees depending on the individual's goals and health issues.

I use it ALWAYS because it WORKS.



Intermittent fasting is the key to turning your body into a fat burning machine.

The wonderful thing about intermittent fasting is that there are many different approaches and patterns that one can use. It is just a matter of choosing the approach that is right for you, taking into consideration your goals, health and lifestyle. Ultimately you should select the best approach that you feel you can stick to and feel great while doing it.



Intermittent Fasting Methods:

1

THE 16 / 8 HOUR TIMED FAST

This is a good starting point for the new “fasters”. This means fasting for 16 hours then eating all your food within an 8 hour period. The most common pattern is to skip breakfast (yes you read that correctly). You eat all your food between 12 pm and 8 pm consuming no food until lunch the next day. Black coffee or tea is allowed in the morning. Thank goodness! (This from someone who loves their morning cup of java.)

2

20 / 4 HOUR TIMED FAST

Under this approach you would fast for 20 hours, consuming all your food within a 4-hour period. The most common pattern is to skip breakfast and lunch, then eat between 4 pm to 8 pm.

3

24 HOUR TIMED FAST

Using this form of intermittent fasting you would eat a meal one day and then wait for your next meal 24 hours later. The most common pattern is to have dinner (example 7 pm) and not eat again until dinner the next night at the same time.

4

5 / 2 CALORIC FAST

Finally under the 5/2 fasting program you would eat a normal amount of food with a traditional pattern (breakfast, lunch, dinner) for 5 days. Two days are your fasting days when you dramatically reduce the calories to 500 calories per day for women and 600 calories a day for men. This is referred to as a caloric fast as opposed to a timed fast like all the previous methods. Generally, on these days you would eat two meals of your choosing (example lunch / dinner or breakfast and dinner).



I have summarized the most common questions I get from my patients below



CAN I EAT ANYTHING?

What you eat and how much you eat still matters with fasting as with any diet regime. Fasting does not mean that you need to gorge or binge for that lost time. In other words, you would eat a normal size lunch or dinner after your fast, not consume more food that you normally would.

HOW MUCH SHOULD I EAT?

You do not need to count every calorie but at the end of the day if you are still eating more calories than your body requires you will **not lose weight**, if that is your goal. So be mindful of how much you are eating when you do “break your fast”.

WHAT FOODS SHOULD I EAT?

Ultimately for health and weight loss reasons you still want to focus on healthy unprocessed foods. The wonderful thing about using intermittent fasting is that you can use this with any healthy food plan: Paleo, Mediterranean, Ketogenic, LCHF, Vegetarian or Vegan. Most importantly you want to avoid foods that will spike your insulin levels especially for the first meal after fasting. Those include refined carbohydrates, sugars, high sugar fruits (and yes that includes beer and wine), etc. Focus on eating lots of veg, healthy fats, healthy proteins and some fruit.





WHAT CAN I DRINK?

Keeping your body very well hydrated is extremely important during periods of intermittent fasting. When the body is in nutritional ketosis (meaning burning fat) you will find that you will need to more urinate frequently and for this reason the body needs even more water. This is a natural reaction to fasting as water is a byproduct of burning fat. Also drinking water helps take one's mind off of food if you "think you are hungry." Often when we think we are hungry, what the body really needs is water.

- Water – make it interesting by adding lemon, cucumber, basil, mint or a few berries. Drink it cold or hot.
- Herbal teas
- Stay away from diet and artificially flavoured drinks
- Bone broth – excellent source of minerals, collagen and a good pick me up
- Coffee is allowed but does not count towards your water quota as it dehydrates the body

HOW MUCH WATER SHOULD I DRINK?

You should be drinking $\frac{1}{2}$ of your body weight (in lbs.) in ounces of water. A 200 lb. person should be drinking 100 ounces of water per day. If exercising, then drink more than that amount.



WILL I FEEL HUNGRY AND WHAT SHOULD I DO ABOUT IT?

The first few fasts you do, you may feel hungry. But once your body becomes more “fat adaptive” meaning the fat burning system is running more efficiently, the episodes of hunger will disappear.

One of the biggest myths about fasting, and one I often hear from my clients, is the fear that they will be starving the whole time and therefore not be able to sustain this approach.

This is why you should start small by just missing breakfast and then those first few mornings when you are feeling hungry know that you just have to “survive” until lunch.

It WILL get easier. I have even had clients that sometimes miss lunch by accident after their body is “fat adapted” because that were not hungry at all at.

When you do feel hungry first turn to water, tea or broth. Secondly ask yourself, are you really physically hungry or are you thinking about food for another reason (boredom, stress, upset, reward/celebrate, habit, etc.).

Listen to your body if you are feeling weak, dizzy or out of sorts then drink water or broth. If that does not work, then have some healthy food (e.g. a small piece of fruit or a little protein or cut up vegetable) because your body may not have been ready for the level of fasting you are doing (your body may really need some “fuel”).

Just because you are feeling hungry does not mean you need to satisfy that need. But if you are experiencing those other things (weak, dizzy, etc.) then your body needs hydration or fuel.



CAN I EXERCISE DURING INTERMITTENT FASTING?

Yes, you absolutely can exercise during intermittent fasting, but you may need to modify your approach slightly. Don't go out and run a marathon on your first day of fasting! If you are someone who regularly exercises you may find that when you do your usual exercise routine during the early days of fasting you may not have as much energy.

This is because your body is not as efficient at burning fat yet and cannot keep up with the more immediate demands for fuel that exercise requires. So first of all, give your body time to adapt and don't try to "kill it" in the gym at first. You will see it will improve and adapt over time.

Even after your body has become more fat adaptive and you really want to challenge yourself in your workouts you may need to give your body some pre-workout fuel especially if the timing of your exercise is during your fast.

In that case you can have a little bit of fat such as a coconut oil in a coffee this way you are still maintaining your fast while providing your body with fat which will provide ketones for fuel. The type of exercise that compliments intermittent fasting really well is HIIT (high intensity interval training). Intermittent fasting increases growth hormones so resistance training is very effective at maintaining and increasing muscle mass during periods of fasting.





Is this right for you:

FOR WEIGHT LOSS?

Intermittent fasting is safe and effective for the majority of people. Particularly if your goal is to lose weight but you have found that the usual approaches for weight loss (using glucose as fuel) is not working for you. It is also very good for people who have insulin and blood sugar issues. In this case supervision by a health practitioner is strongly recommended.

HIGH PERFORMANCE ATHLETES?

Intermittent fasting in conjunction with a ketogenic diet is very effective for high performing athletes who wish to fuel their bodies with ketones from fat which are a much longer lasting source of fuel than glucose from carbohydrates. For these clients I often recommend a Keto supplement to support the body and drive faster results.

ON MEDICATIONS?

People who are on medications should consult with their medical practitioner to make sure intermittent fasting is safe for them, especially if medications are to be taken with food. People who are on medication for blood pressure and blood sugar issues also need to be in communication with their medical practitioner because their dosages may need to be reduced or they might need to get off the medication as their body naturally normalizes their blood pressure or blood sugar levels.

NOT RECOMMENDED

Anybody who is pregnant, or breastfeeding should not do intermittent fasting.

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Conclusion



In this document you have learned how intermittent fasting accelerates the loss of fat along with all the other fantastic health benefits, which are particularly beneficial for people over 40. You have also been given a few ideas on how intermittent fasting can be done.

Hopefully this has opened up your eyes to a completely different approach for healthy natural weight loss and lifestyle. If you are interested in doing intermittent fasting for the purposes of weight loss then read the next section on **[How to Accelerate the Process](#)**.



How to Accelerate the Process?



There are 5 key principles necessary to lose weight, especially after 40, and to ensure that the loss is sustainable while enjoying a healthy flexible lifestyle that leaves some room for indulgences if desired. I refer to this final outcome as **Unleashing Freedom In Your Body™**.

What is Freedom In Your Body™

This is when you know what to eat, when to eat and when to give yourself permission to feel completely free. You feel fantastic in your body, you have developed simple healthy habits that you can rely upon no matter what life throws at you and you have developed the mindset around food that gives you the flexibility you desire in your lifestyle while feeling that you have the certainty and predictability that puts your mind at rest.

I have incorporated these 5 key principles along with the power of intermittent fasting into my signature method called, **Body Freedom Method™**.

The Body Freedom Method™ accelerates the journey from being overweight and stuck to reaching the final outcome of unleashing Freedom In Your Body™. Intermittent Fasting is an integral element to all of the 5 principles and is what makes the process simple to follow yet so powerful.



The 5 Principles of the Body Freedom Method™



GAME PLAN

Have an effective Game Plan that gives clarity and structure which bio-hacks the over 40 female body for accelerated fat burn.

POWERFUL WHY ?

Develop a “Powerful WHY” behind losing weight so motivation is intrinsically value driven resulting in a reliable successful mindset for losing and maintaining weight.

SUSTAINABLE ROUTINES

Develop the daily Routines so they become hardwired habits making it easier to follow through on the plan and transition into long term maintenance of results.

COURSE CORRECTION

Have clear simple strategies to make Course Corrections for both mind and body because Setbacks are part of life. Simple Course Corrections are the route to permanent transformation and a sustainable healthy lifestyle.

FLEXIBILITY

Understand how and when to Integrate Flexibility into lifestyle routines, choices and mindset allowing room for indulgences and changes without negatively impacting weight and health.

“ Yesterday is gone, Tomorrow has not yet come. We only have today. Let us begin. ”

- Mother Teresa



Next Steps

If you wish to learn more about the **Body Freedom Method™** then [book a Complimentary Strategy Call](#) so I can learn more about you and assess what you need in order to reach your weight loss and lifestyle goals. We can then decide if you are a good fit for one of my programs.

You can also keep in touch and continue to learn by asking to join my Free Private Facebook Group, [Fastlane Mind Body Reset](#), where you can learn even more about lifestyle, healthy weight loss, and be given notifications about other webinars and giveaways that happen throughout the year.

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