HOW TO LOSE WEIGHT
AND KEEP IT OFF WITH
INTERMITTENT FASTING

Juliette Morris
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What is Intermittent Fasting?

Fasting is purposely going without food for a chosen period of time.

It can be done in a few different ways. For example some people fast by only having a certain type of drink like fruit juice or a herbal drink for several days to lose weight and to detoxify, and some other types of fasts involve having no food or drink at all (even water) like the religious daylight fasts during the Islamic month of ‘Ramadan’. It depends on the purpose of the fast.

The method of fasting I’ll be talking about in this book, is *abstaining from calories in any form for the duration of the fast*. This means no food or drink that contain any calories at all, but you can drink water, calorie free drinks such as diet soda, and tea or coffee with no milk. It’s essential that there are **no calories** to get the maximum weight loss and health benefits, which will be explained later in this book.

One of the main reasons people fast is to lose weight and more importantly, to be able to maintain that weight once they’ve lost it.
When in the 'fasted state' your body can only burn the energy you’ve already stored which means your body is rapidly burning fat during your fast. When intermittent fasting is done the right way the average person can lose 1-2 pounds or 0.5-1 kilogram per week! That’s why it’s becoming more and more popular as a weight loss method.

Some people also fast for the health benefits because it allows the body to use the fuel that it’s already stored from previous meals, so it can focus on repairing itself instead of digesting more food. It’s also been proven to lower blood insulin and regulate blood sugar levels which significantly reduces the risk of developing diabetes and also reduces inflammation and improves cardiovascular health.

Fasting or the ‘fasted state’ begins the moment you stop eating your last meal until the moment you eat (or drink a beverage with calories) again after that. So technically you already fast every night after dinner during your sleep, until you eat breakfast the next day. You’ve probably even done a 12 or 13 hour fast a few times already without noticing if you’ve slept in in or skipped breakfast on some days.

It’s usually around the 12-14th hour of fasting that your body starts to rapidly burn your body fat as your main source of energy instead of the sugar in your blood or rest
of your body or from your last meal. That’s why most people fast for 16-24 hours (or sometimes longer) in order to get the incredible weight loss benefits.

‘Intermittent fasting’ (hereafter referred to as ‘iFasting’) involves fasting for a short duration, usually between 16 and 24 hours. They’re done intermittently, every few days or once a week so that they’re easy to do and to fit into your lifestyle and most importantly, because they won’t affect your metabolism at all.

Research shows that fasts up to 72 hours in duration have more health and weight loss benefits than longer fasts, because they’re short in duration and are done every other day they don’t slow down your metabolism. [1]

On the other hand most ‘diets’ which involve long term calorie restriction day in and day out will cause your body to adjust to the low energy input, your metabolism to slow down and for you to stop losing weight.

The most common methods of intermittent fasting used are:
24 Hour Fasts

This usually involves one or two 24 hour fasts per week, anywhere in the day. For example starting each fast at 1pm after lunch through to 1pm the following day, or after the evening meal at say 7pm until 7pm the next evening. These are usually done 2-4 days apart, never two days in a row.

Most of the research suggests that 24 hours is the optimal time to fast, as your body’s fat burning potential is at its peak by 24 hours and this duration is the most practical as it allows you to never have a day without a meal. This is the type I find it the easiest to do and do one or two 24 hour fasts every week.

'Eating Window' Fasting (Daily Fasting)

These are usually for 18 hours every day of the week if you don’t like the idea of a 24 hour fast. For example starting each fast after the evening meal at say 6pm until the following day at 1pm (or 11am if you choose 16 hour fasts). This leaves an 'eating window' each day of 6 hours, so less meals and therefore calories are consumed, as well as the fat burning benefits of fasting.
Alternate Day Fasting

This involves fasting for an entire day (from the evening meal the night before until breakfast the following day) on alternate days, so for example on Monday, Wednesday and Friday, and so on. Every alternate day you would abstain from food and calories continuously. This one can be much harder to stick to because the fasts are much longer.

There are no set rules with iFasting. It’s meant to be completely flexible and easy to do. That’s why it’s becoming such a popular way to lose weight. The best way is to try different methods of fasting and see what works best for you.
Why Should You Start iFasting?

iFasting is by far one of the best ways to lose weight without restricting food types or portions of food, and most importantly, once the weight is gone it’s easy to keep it off for good with hardly any effort at all. That’s why it’s also been successfully used to get rid of yo-yo dieting and binge eating.

The reason you’ll lose weight so effectively with iFasting is because your body is in ‘fat burning mode’ when fasting and your metabolism will stay at its peak. Because you eat normally again as soon as you finish fasting and your body won’t adjust your metabolism like it does with low calorie diets.

Your overall weekly calories consumed will also be around 20% less than usual because they will be lower on the days that you fast.

I’ve found iFasting the most successful way of losing weight and to keep my weight stable by only fasting once or twice a week, and because it means you can have normal and relaxed eating days with no set rules, it never feels like a diet.
Diets = Failure

Research shows that all diets are doomed to fail. Most diets fail because they’re way too strict and impossible to stick to, long term. Both hunger and our emotions start to take over and we can start to become obsessed with food.

Statistically dieting leads to short-term weight loss of around 5-10% of body weight in most people, but that weight is almost always regained shortly afterward. Most dieters also end up putting on more weight than when they started which can lead to a destructive pattern of pattern of ‘on and off’ dieting and over eating. This is common in females, with men tending to follow a similar pattern but using strict weight training and exercise instead of dieting.

Dieting has been shown to significantly increase the risk of developing an eating disorder, or some form of ‘disordered eating’ like periods of dieting then bingeing, restrictive eating, excessive over-exercising and cutting out entire food groups to lose weight. These are all completely dysfunctional!

A study in the British medical Journal in March 1999 concluded that moderate level dieters were 5 times, and extreme dieters 18 times more likely to develop an eating disorder than people who had never dieted. The
psychological damage from this also can last for years afterwards, and can be very hard to reverse. [2]

**Never Diet Again**

If you are reading this book you’re probably looking for a way to lose weight, and if you have a history of dieting or are contemplating dieting in the future, do yourself a favor and make the decision to **never diet again** and try iFasting.

This goes especially to those of you who think you might be vulnerable to disordered eating patterns.

One of the benefits of the iFasting lifestyle is to be able to *enjoy all foods*, and eliminate any negative feelings towards eating.

IFasting has the added benefit of getting rid of any ‘food anxiety’ or obsessive compulsive behaviors that you might have developed from previous dieting experiences. When done correctly, iFasting can work as a behavioral therapy to remove compulsive behavior towards food. You'll learn to not freak out about the feeling of hunger and abstaining from food for periods of time. It can also help you to figure out what your triggers are for over eating or binge eating so
you have more control over them.

 IFasting is about achieving a healthy and enjoyable eating pattern with the added bonus of weight loss and eliminating disordered eating.
Many cultures around the world have already discovered benefits of fasting and have been using it on a regular basis for the healing and health benefits. The western culture has only just started to catch on and the concept of intermittent fasting is still not very well known. The idea of going without food for any length of time is usually frowned upon by most weight loss 'experts' regardless of the evidence of its health and weight loss benefits.

A recent study showed that people who used short and intermittent fasts had lost more weight over a 10 week period than people that were on a very low calorie diet for the same period of time. On top of this, the intermittent fasters kept the weight off compared to the ‘dieters’ and never felt like they were on a diet.

Most diet experts will tell you that fasting will slow down your metabolism, and that the best way to lose weight is to do it slowly over time by burning off more energy and consuming less energy. In fact, all of the research shows that this is the exact opposite and unfortunately for dieters, our bodies adapt to the amount of calories that we eat so after around 3 days of eating a low calorie diet our metabolism will adjust, we’ll stop burning fat and our weight loss efforts will start to plateau.
In a study in the British Journal of Nutrition in 2004 a group of 29 men and women fasted for 12, 36 and 72 hours. Their blood insulin levels and metabolic rate was measured before and after each fast. The results showed that their resting metabolic rate had not changed at all after a 12 hour fast, had actually increased by the 32 hour fast, and it wasn’t until after the 72\textsuperscript{nd} hour of fasting that they started to notice a decline in their metabolism. [1]
Learning from Our Ancestors

Humans are designed to fast. During the Paleolithic times our ancestors fasted and ate sporadically without having a choice and often went one or two days without a meal depending on what food was available at the time.

Our bodies have evolved over thousands of years to be able to use the energy from food long after we’ve eaten it and use it until our next meal. It’s only been in modern times that we’ve been able to farm and cultivate our own food and have been able to eat regularly throughout the day. Since then serious health problems such as diabetes and obesity have been far more prevalent.

Food is everywhere around us today, no matter where we look. The food industry is run by multinational corporations that use commercial scale farming and agriculture to maximize the volume of food available to us. It’s almost impossible to go through a day without having food or advertisements for food staring you in the face.

Most of us have been told all our lives that we should eat regularly, and that skipping a meal is bad for us when that’s not the case at all.
In 1993 a study was done (British Journal of Nutrition) where a group of 10 men were fed 2 meals a day for one week, and then the same amount of food again the following week but over 7 small meals each day. The results showed that there was no change in their resting metabolic rate between the two methods of eating and there was no benefit in eating smaller, more frequent meals. On top of that, eating more frequent meals can lead to consuming more calories overall because it’s more difficult to control portion sizes and we tend to get used to snacking and ‘grazing’. [3]

Despite what many of us have been told, we can also perform both mentally and physically just as well in our day to day tasks whether we are in the ‘fasted state’ or not.

In 1986 a study was done where long distance runners were made to run for 90 minutes once after having eaten and once after 23 hours of fasting. Not only was there no difference in their physical performance, there was also no difference in their blood sugar level or metabolic rate during their fast. [4]

Studies also show that iFasting has no negative effects on memory or concentration, but in fact it improves them!
Subjects in a study in the American Journal of Clinical Nutrition 1989 were asked to complete several intellectual tests just after eating, after skipping a meal and after 24 hours of no food at all and were found to have no reduced concentration, reaction time or attention span whatsoever. [5]

So does fasting affect your blood sugar levels?

It’s a common misconception that fasting can cause low blood sugar or ‘hypoglycemia’. The people who suffer from hypoglycemia have a diagnosed disorder, the rest of us don’t suffer from true ‘hypoglycemia’ but some people use this term when they feel tired and blame it on the fact they haven’t eaten in a few hours.

In healthy people we maintain our normal blood sugar level between 3.9 – 7.8 nmol/L (about 2 teaspoons worth) no matter whether we’re fasting or not. Therefore short fasts won’t affect our blood sugar and the people who report these kinds of symptoms are often just feeling the psychological effects of fasting.

In a 2007 study (European journal of clinical nutrition) 16 people fasted for 24 hours and their blood sugar levels tested throughout. Half the group were made up of people
who reportedly felt symptoms of ‘hypoglycemia’ when they didn’t eat regularly. These subjects reported higher levels of ‘irritation’ and 'shakiness' during the fast, however when tested they had no changes in their blood sugar levels at all. [6]
The Diabetes Killer

Because most of us eat so often we’re constantly storing energy in the form of blood sugar without having a chance to use it, and because our bodies are designed to constantly switch between using energy from food and from our stores, you can see why things might start to go wrong.

When we start to get low on blood sugar, our body releases the glucose into our blood stream again. After we eat our body stores the excess sugar away using a hormone called insulin. After a while, if we eat meals too regularly and have constant high blood glucose, our bodies become less efficient at doing this. This can gradually lead to 'insulin resistance' and type 2 diabetes which is one of the biggest killers in western society today.

IFasting has been proven to help regulate healthy blood sugar levels as it stops our cells being bombarded by insulin so they don’t become resistant to it.

With iFasting our bodies become used to managing our blood glucose regularly so you’ll find you can last an entire fast without feeling tired or moody. Once you get used to fasting regularly this will become easier. This is when you know that the health benefits of fasting are working and your body is becoming efficient at this process.
NOTE: If you already suffer from Diabetes, fasting is NOT recommended for you.

Bodybuilders also use iFasting to stay lean while building muscle as it doesn’t affect their metabolism in a negative way like crash dieting or prolonged calorie restriction would do.

The focus of my fasting plans at www.ifasters.com is weight loss, weight maintenance and eliminating disordered eating for women. But men can do it too!
How to Get Started

While simply abstaining from food is strictly considered fasting, with intermittent fasting there are a number of things to consider and it’s not just as simple that.

First of all you need to determine what length of fasting you can achieve without any negative emotional or physical effects and what kind of fasting plan would be the best for you based on your personality type and previous history with dieting.

You’ll get some great results from 16 or 18 hour fasts, however most of the research shows that 24 hours is the optimal fast duration because your body’s fat burning potential is at its peak by 24 hours. I wouldn’t recommend going for more than 36 hours.

I’ve developed an example of three different types of ‘eating personalities’ so that if you like, you can select the one that best describes you and then follow the plan for that type. You can also create your own version of that plan to suit you better. You can find more information on this at www.ifasters.com to help create your plan.

Secondly, you have to always stick to the plan and don't
get carried away and fast for longer or more often than recommended. Otherwise you're likely to burn out, get tired of fasting and give up completely.

At this stage I need to point out that although I am a health practitioner I am NOT a physician and can NOT give you qualified advice in regards to your own medical conditions. If you do suffer from the following medical conditions, I would recommend you consult your physician before even considering intermittent fasting.

- Diabetes

- Eating disorder – e.g. Bulimia Nervosa, Anorexia Nervosa, Binge Eating Disorder.

- A history of strict dieting and binge eating or if you think you may be at risk for disordered eating.

- Any other condition that you think might be negatively affected by iFasting. Check with your doctor first.
What Is My 'Eating Personality'?

Read through the following descriptions to determine what type of person you are. Then, if you think intermittent fasting is something you'd like to try you can visit our website at www.ifasters.com for examples of intermittent fasting plans to follow.

*Type A*

- You can often go long periods of time without food unintentionally, if you’re busy or forget to eat, and you barely even notice.

- You’ve probably never really been on a ‘diet’ before.

- You don’t have any anxious feelings towards the idea of fasting and going without food for a set period of time.

This personality type tends to be mainly men but can also be women who have had no history of strict dieting.

If this sounds like you, you can get started straight away.
with any of the intermittent fasting plans you think will fit in with your lifestyle. You won’t have to build up into a plan slowly. **So go ahead and get started!**

I recommend starting with one 18 hour fast then a 24 hour fast in your first week (if you choose 24 hour fasts) and increase to two 24 hour fasts the week after, or if you’re aiming for daily 16 or 18 hour fasts, start on alternate days on week one and then every day the next week. After 2 or 3 weeks, if you found either of these easy to do, you could switch to try alternate day fasting. Keep experimenting and see what suits you best.

**Type B**

- You notice if you skip breakfast and prefer to have it even if you’re not really hungry ‘just in case’ you get hungry later on and you might not have access to food right away.

- You feel uncomfortable knowing that you might have to skip a meal and ‘wait until later’.

- You’ve probably been on a diet before and didn’t enjoy it at all. The thought of going on another diet makes you feel anxious or uneasy.
This personality type can be both men and women who have dieted before.

If this sounds like you, you should be careful with fasting and take it slowly. Be careful not to overdo it and don’t try too many fasts in a short space of time.

I’d try one 16 hour fast in your first week after dinner until lunch the next day and if you find that easy enough, try an 18 hour fast 2 or 3 days later or even the following week. Then if you’re aiming for 24 hour fasts try one or two 24 hour fasts the following week. Or if you're aiming for daily fasts, start with 16 hour fasts the following week on alternate days and then to daily 18 hour fasts the week after. Keep experimenting to find your perfect balance.

**Type C**

- You may have tried many strict, fad diets, crash diets before, and have tried banning certain foods or entire food groups from your diet altogether.

- You may have ended up giving up your diet and overeating or binge eating.
You may go through phases of dieting and overeating.

You have anxious feelings about going without food for any length of time.

You tend to never skip a meal and you eat when you’re not hungry or due to your emotions (emotional eating).

You like to know when and what your next meal will be.

This type of personality tends to be more women than men, and very focused individuals who put a lot of time and effort into researching their weight management. These tend to be more analytical types who meticulously chart progress and are very hard on themselves if they don’t achieve the often unattainable goals they set for themselves.

If this sounds like you, you should be very careful with iFasting. I would recommend starting off very slowly and be careful not to overdo it.

For example, one short 16 hour fast only in your first week from your evening meal until mid-morning the next day. Then leave it until the next week, and aim for two short
16 hour fasts 3 or 4 days apart and build up slowly from there. Seek advice from your doctor if you feel any negative emotional effects from fasting.
Tips For iFasting

It's Not a Big Deal

Like with most lifestyle changes, 'mind-over-matter' plays a HUGE role in it. You need to tell yourself that it's not a big deal, our bodies are designed to go through periods of fasting. Hunger is just a signal to remind us to eat but it doesn't mean that we are starving.

Whenever you feel like giving up, think of all the health benefits. Think of the weight loss benefits!

If you find yourself watching the clock, move the clocks!

If you find it hard to watch others eat, grab a book and find a quiet place to read or go for a walk.

If you're at work on a lunch break and everyone else is eating at the 'usual spot', go and run some errands! Clear the mailbox, check your email, catch up with friends on Facebook.

You'll find that once you realize it’s not a big deal, you
won't even notice it. You'll also find that you're getting more done with the time you would normally spend finding a place to eat, choosing your food, unwrapping or preparing your food and eating!

Keep yourself busy on fasting days if you find you keep thinking about food. Otherwise just plan to fast on days that you know you’ll be busy so you won’t have time to think about the fact that you’re fasting.

Fasting gets easier and easier and most iFasters say they feel great during a fast and are often more clear headed and alert. This is because of the body’s natural response to fasting by releasing adrenaline, which would’ve normally been to help with hunting for the next meal in our ancestors. A lot of iFasters find they actually start looking forward to their fasts!
Choose Your Moments Wisely

Don't make it harder than it needs to be. If you've got a function coming up where you know they're going to be serving your favorite snacks, don't deny yourself the simple pleasures! Plan you fast for another day, or even do a shorter fast that day.

Avoid fasting during family events that revolve around food like weddings or baby showers. These events can also trigger questions about your fasting and you might not be comfortable talking about that just yet.

You can find helpful tips and tricks about what to tell people about your fasts on the website www.ifasters.com

If you start experiencing any unusual pain or dizzy spells, don't ignore it and think you're being tough on yourself in the name of your fast. Don’t worry about stopping a fast early if you don’t feel well. You can always give it a go later in the week if this happens.

Some people find it takes a few weeks to adjust. Some people find that fasting just isn't for them.
What Is Hunger?

Hunger is a signal to our bodies to remind us to eat. Most of us have enough energy and fat stores in their bodies to go for several days without food (assuming you have access to water) so eating when you’re hungry is not always essential. It’s just a primal instinct to prompt our ancestors to go in search for their next meal.

Hunger usually comes and goes. True hunger ‘pangs’ (the name given to a series of stomach contractions when hungry) usually don’t start until 12 to 24 hours after you last ate.

Each single hunger contraction lasts for about 30 seconds, and the series of pangs last for around 30–45 minutes.

The feeling of hunger usually subsides for about 30 minutes to 2 ½ hours after that before repeating the cycle again.

After a while most iFasters say that their hunger almost disappears by the end of their fast and doesn’t usually
bother them. It’s the early stages of the fast that are usually the hardest. That's why it's sometimes easier to start the first part of your fast after dinner, because you'll be asleep for most of it!

If you can manage the initial hunger pains they'll start to dissipate after a while. Everyone is different though, so if you find your hunger pangs unbearable start off with a short fast and build up slowly from there.
Let's Begin!

**Step One: Choose Your Fasting Method**

Choose the length and frequency of the fasts you want to try from the types described above.

**Step Two: Choose Your ‘Eating Personality’**

Choose your ‘eating personality’ type from types listed above. You might not fit into one of the categories A, B and C exactly, as they’re just examples to give you an idea of what type of plan to follow. Just pick the type that you can relate to the most and follow the fasting plan for that type.

If you find they’re not working out for you just change between plans as you like until you find something that works you.

**Step Three: Planning Your First Fast**

Decide on the day to start and stick to it. Make sure it won’t clash with anything else you’ve planned.

Try to plan your first fast when you know you’ll be busy and less likely to think about food and the fact that you’re fasting.
Have all of your calorie free beverages on hand and ready to go. This can be coffee, water and tea or non-caloric drinks such as diet drinks.

Either tell the people around you that you’re fasting or if you don’t want to tell others yet, just pick a time where others are least likely to notice so you won’t get bombarded with questions about why you’re fasting.

Set yourself a timer to count down the hours until the end of your fast.

Have all of the information, evidence and research on hand to refer to throughout your fast to remind yourself why you're doing it and for extra encouragement.

Eat normally just before your first fast and don't overeat in anticipation of the fast.

*Now you’re ready to begin!*

**Step Four: Start Intermittent Fasting**

**For people with a Type A 'eating personality'**

I would recommend starting with one 18 hour fast then a 24 hour fast in your first week (if you choose 24 hour fasts) and increase to two 24 hour fasts the week after.

If you decide to use daily 16 or 18 hour fasts, try this on alternate days during your first week.
After 2 or 3 weeks, if you found either of these easy to do, you could switch to try alternate day fasting.

Keep experimenting and see what suits you best, and that you can stick to and keep a routine going for your chosen method of fasting.

For Type B's:

I would try one 16 hour fast in your first week after dinner until lunch the next day and if you find that easy enough, try an 18 hour fast 2 or 3 days later or even the following week. Then if you’re aiming for 24 hour fasts try one or two 24 hour fasts the following week.

If you're aiming for daily fasts, start with 16 hour fasts the following week on alternate days and then to daily 18 hour fasts the week after. Keep experimenting until you find your perfect balance.

For Type C:

I would try one short 16 hour fast only in your first week from your evening meal until mid-morning at around 10am, the next day.
Then leave it until the next week, and aim for two short 16 hour fasts 3 or 4 days apart and build up slowly from there. Seek advice from your doctor if you feel any negative psychological effects from fasting.

**During Your Fast**

Take notes about how you felt during the fast and what cues there were (hunger, boredom, stress) that may have made you want to give up so you can be ready for them next time and know that the urges will pass!

Then after the fast is finished just eat as you normally would and don't over eat for your next meal to compensate.

**Sample Plan:**

**24 hr Fasting Method for Type A ‘Eating Personality’**

<table>
<thead>
<tr>
<th>Day</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting</td>
<td>Start 7pm after dinner</td>
<td>Fasting until 1pm</td>
<td>Normal</td>
<td>Normal</td>
<td>Start fasting at 1pm</td>
<td>Fast until 1pm</td>
<td>Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>
**Week One**

**Day One – Monday to Tuesday**

Start your first fast on Monday evening after your evening meal at 7 p.m.

**Tuesday**

For your first fast keep it nice and easy and only fast until 1pm the next day on Tuesday. This will be an 18 hour fast.

If you finish this fast with no difficulties at all then you're ready to start a full 24 hour fast later in the week!

**Remember: Never fast on 2 consecutive days. Try to leave a gap of 2-3 days between them.**

For this example we'll do this next fast on Thursday and will try a different start time.

If you had some difficulty with the fast then try an 18 hour fast instead.

**Wednesday – Rest Day**
No fasting today.

Thursday

Start your fast after lunch time at 1pm until 1pm the following day (or if you are doing another 18 hour fast from 2pm until 8am the next day). Drink nothing but zero calorie beverages until 1pm the next day.

Make sure you don't over eat for your first meal after the fast.

After this first week you will probably have an idea of what time of day is best for you to fast. You might like to continue repeating alternate fasting times on your chosen days of the week.

If you managed with the 24 hour fast without any problems then you are ready to start fasting for 24 hours twice weekly every week from next week.

Week Two

Before you start, decide what fasting time is best for you depending on what you found easiest last week and what you think will be the easiest to fit into your lifestyle from now on.
Remember you can choose whichever days of the week you prefer but remember to leave 2-3 days in between them to avoid ‘fasting overload’.

For this example plan try two full 24 hour fasts from Sunday night to Monday night and Thursday lunchtime to Friday lunchtime. Or if you already know that is one of these fasting types was not suitable for your lifestyle then change the times e.g. Monday lunchtime to Tuesday lunchtime and Thursday lunchtime to Friday lunchtime.

<table>
<thead>
<tr>
<th>Day</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tr>
<td>Fasting</td>
<td>Start at 8pm after dinner</td>
<td>Fasting until 8pm</td>
<td>Normal</td>
<td>Normal</td>
<td>Start fasting at 1pm</td>
<td>Fast until 1pm</td>
<td>Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>

**Day One - Monday to Tuesday**

Start on Monday evening after your evening meal at 7 p.m.

**Tuesday**

On waking, keep fasting until your evening meal at 7pm.
Wednesday – Rest Day

No fasting today.

Thursday

Start your fast after lunch time at 1pm until 1pm the following day. Drink nothing but zero calorie beverages until 1pm the next day.

Make sure you don't overeat for your first meal after the fast.

Friday

On waking, keep fasting until 1pm. Then eat normally. Don’t overeat after your fast.

Saturday and Sunday

Rest days. Eat as you normally would over the weekend. Make sure you don’t ‘reward eat; and eat junk food because you fasted during the week!
How to Keep the Weight Off

The best way to maintain your weight is by continuing to avoid all diets no matter what. If you feel like your weight is creeping up a little bit then just adjust your fasting plan slightly but never do anything extreme.

You also need to make sure that you allow yourself to have your favorite foods so you don’t trigger any binge eating responses further down the track.

Always eat the foods you love, otherwise it can lead to an obsession with that type of food. Remember the more you try to suppress a thought, the more you actually think about it. Some clients of mine who have banned carbohydrate rich foods like bagels or bananas have described a strange obsession with them and had the urge to binge on things like bananas!

It’s essential that you start off at the right pace for your ‘eating personality’ type and make sure your intermittent fasting plan is realistic and won’t be a struggle to maintain. This may take a bit of ‘trial and error’ at first until you find the perfect duration and frequency to fast.

Make sure you eat until you're satisfied both physically
and emotionally. If after a meal, you don't feel satisfied then it’s a sign that you haven't eaten enough or the food you ‘felt like’ eating and therefore you’re likely to over eat in the near future. Make sure you’re not still obsessing about food all the time like dieters do.

If you stick to a realistic plan you’re more likely to keep the weight off. In a study in the International Journal of Obesity in 2003 [7] they looked at whether it was more effective to maintain the same diet regime over a week and a year, or by going through periods of dieting and not dieting, for long term weight loss maintenance. The participants who followed a consistent and realistic regime were **1.5 times** more likely to maintain their weight within 5 pounds over the subsequent year than the participants who dieted more strictly, on and off.
What Exercise will Boost Your Weight Loss

Have you ever noticed that some people go to the gym religiously but never seem to get to their goal weight?

A study in 2012 in ‘Current Opinion in Clinical Nutrition and Metabolic Care) found that for some people, long term exercise can cause an increase in energy intake and hinder their weight loss.

Studies show that too much exercise cause joint and muscle damage. It can also, increase your appetite and the urge to overeat and ‘reward eat' in women which leads to weight gain. [8]

Chronic exercise, such as spin classes, aerobics classes and long distance running can also trigger a stress response in our bodies, and releases a stress hormone ‘cortisol’, which can tell our body to hold on to our fat stores.

The good news is that the amount of exercise we need to do to lose and maintain weight is a lot less than a lot of people believe.
The evidence actually shows that short bursts of high intensity exercise, even as little once a week, is all we need to lose weight and that chronic exercise can actually inhibit weight loss!

In a study in Journal of the International Association for the Study of Obesity (2002) a group of women were put into three groups and assessed over a week. One group did no exercise over the week, one group who were asked to do moderate level exercise over the week, and the third were asked to do intense exercise. The results showed that there was no change in appetite in the first 2 groups, but the third group had an increase in appetite and urge to over eat.

These results show that there are similarities and differences between males and females in the appetite response to foods varying in macronutrient composition following vigorous exercise. The differences may help to explain why exercise so often produces a disappointing effect on weight control in women.

In another study in 1997 Medicine and Science in Sports and Exercise shows evidence that physical activity is associated with an increase in carbohydrate intake.
A study in the Journal of Obesity in 2011 [9] showed that high intensity intermittent exercise (done for only 20 minutes at certain different intervals) causes significant skeletal muscle adaptations that burn fat and is far more effective than any other form of exercise in a fraction of the time!

Exercise is meant to be fun and enjoyable so that it doesn’t feel like exercise. As soon as we get our training gear on and go to the gym it already feels like a chore.

So for maximum weight loss the best thing to do is to just do the types of exercise that you enjoy and that doesn't feel like a ‘work out’ and incorporate some short high intensity intermittent exercise into your week (as little as once per week!) Otherwise, especially if you’re a female, it can lead to overeating afterwards, and can slow down your weight loss progress.

Don’t worry about not fitting any exercise in on some days either. It's not about the exercise that you do in a day it's the exercise over a week that counts. If you miss exercise today you can always do it tomorrow.
Summary

Intermittent Fasting or iFasting is simply abstaining from food or any drinks that have calories for the chosen durations and frequencies and will help you to lose weight, maintain that weight while never having to diet again or to restrict any of your favorite foods.

It can be easily implemented into your lifestyle if you go about it the right way and can produce outstanding results in a short period of time.

When you successfully integrate it into your lifestyle, you soon won't even notice you're fasting, your friends and family will be supportive (or more than likely, completely unaware anyway) and you'll start to notice REAL results that will make you feel better about yourself.
Your Invitation

I would like to invite you to join the iFasting community by 'Liking' our Facebook Page (http://www.facebook.com/ifasters) so you can discuss your own iFasting experiences and those from other iFasters.

You can find more information and stay updated about all things related to fasting through the iFasting website (http://www.ifasters.com)

I would love to hear your story too!

I wish you every success,

Juliette Morris (founder of iFasters)

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About The Author

Juliette Morris is a physiotherapist living in New Zealand with a special interest in weight loss and fitness. She discovered the benefits of intermittent fasting through her weight loss research and helping her clients to lose weight after being inactive due to their injuries. She has been using intermittent fasting as part of her own healthy lifestyle routine ever since.
References:


