

Extended Fasting Masterclass

How to prep for a 5 day fast

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the Fasting Method

Lesson 1 Outline

1. Fasting before an extended fast
2. What to eat 2-3 days before an extended fast
3. How to eat before an extended fast
4. Prioritizing sleep and reducing stress
5. Exercising strategies



Fasting before an extended fast

What are the rules?

There are no hard or fast rules here

It truly depends on how you feel

We recommend you have two eating days before an extended fast as general practice



What to eat before an extended fast

Nutritional strategies if you have >30 lbs to lose or have DMII

Do NOT carb up!

- If you've had a carb-y week/weekend, differ the fast for 5

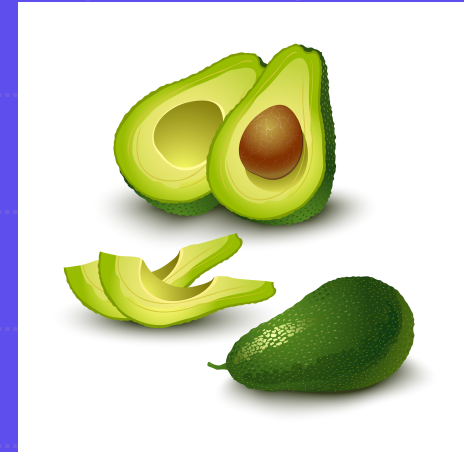
Low-carb dietary approach or fat fasting

Cook foods at home if you can



What is fat fasting?

- Following a diet that prioritizes natural dietary fats and proteins for a short period of time (usually <14 days)
- Only eat a few foods in repetition because the goal is monotony
- Plant-based diets will have more carbs and that is OK!
- In its essence, it's a monotonous ketogenic diet



Fat fasting 101: Two approaches

Scenario 1: You're struggling to fast at all and have a lot of cravings

Scenario 2: You're appetite is OK but you'd like to give yourself an edge going into a longer fast

Scenario 1: The struggle bus is real

1. Eat anytime you feel hungry or experience cravings
2. Do not need to worry about the number of times a day you do eat - the goal is to suppress appetite and naturally begin fasting
3. Squash any hunger or cravings with foods from the fat fasting list (provided in the Fat Fasting Quick Guide associated with this lesson)

Scenario 2: Take the edge off

1. Stick to your regular TRE but only eat fat fasting foods/meals when you do have a meal
2. No fat fasting foods in between meals or caloric beverages unless necessary - maintain the integrity of the mini fast between meals!

Fat fasting do's and don'ts

Do...

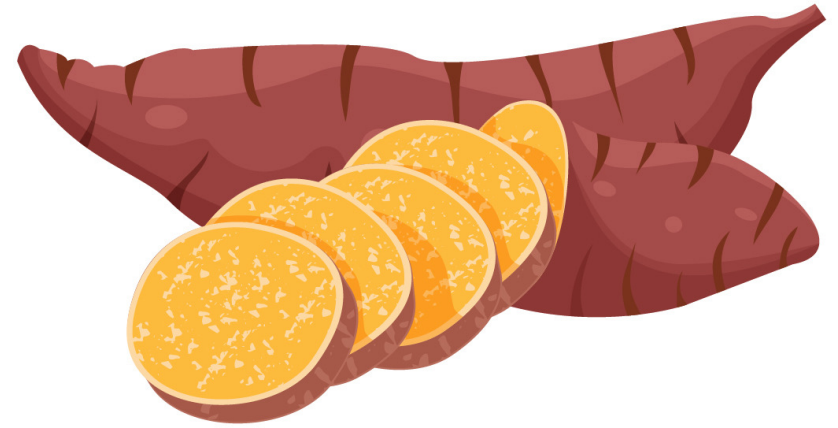
- Not be worried about having a repetitive diet for a few days
- Eat until satiation when you do eat
- Adjust your fat vs. protein intake to meet your GI system

Don'ts...

- Don't have too much variety (goal is monotony)
- Don't add fat for the sake of adding fat
- If omnivore, avoid nuts and dairy (includes HWC)
- If carnivore, avoid dairy (includes HWC)
- Dairy exception is butter/ghee

Nutritional strategies if you have <30 lbs to lose and don't have DMII

- Eat your regular real food diet
- If you're very low carb or ketogenic, we recommend carb cycling
- Have 30-40 grams of carbs from root vegetables once a day for two days before you start your fast
- Would not recommend fat fasting unless struggling with cravings



How to eat before an extended fast

Cephalic phase of digestion

There is an art to eating that can activate your “rest and digest” nervous system or your “flight or fight nervous system”

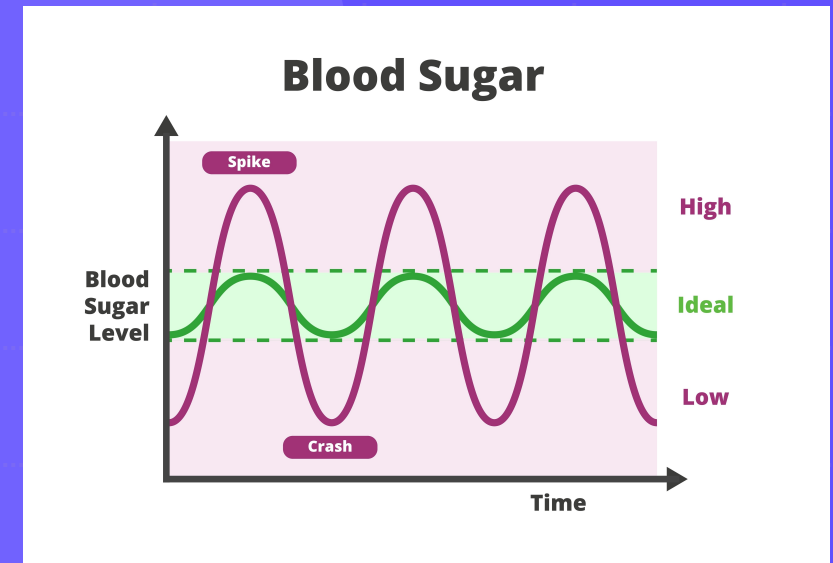
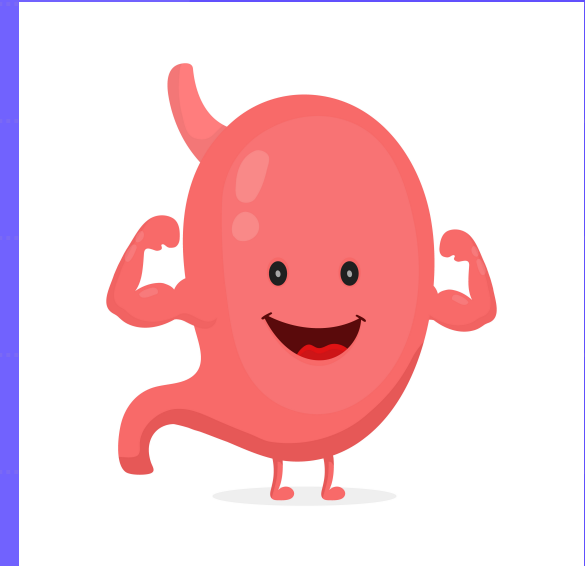
The Rules:

1. No cellphones, tablets, computers TV, or multitasking of any kind
2. Eat in your kitchen, balcony or back patio (a designated eating area)
3. If in the car, pull over and park to eat
4. Think about the food you’re eating: the taste, textures, temperatures, and the various combinations of what you consume



Benefits

- Lower cortisol
- Lower glucose
- Lower insulin
- Limit fat trapping potential
- Absorb more nutrients
- Send stronger satiation signaling
- Less digestive distress
- Easier to fast





Prioritizing sleep and reducing stress

Prioritize Sleep

- Good sleep is the foundation that all the other pillars of good health stand on
- We need to do the best we can within our current capabilities

Recommendations:

1. Solid bedtime routine - reduces stress!
2. No screens for at least 60 minutes before bed
3. Dim lights in the evening (blue light blockers)
4. Take magnesium bisglycinate 3-4 hours **BEFORE** bed
5. Epsom salt baths/foot soaks, or magnesium lotion/gel/oil



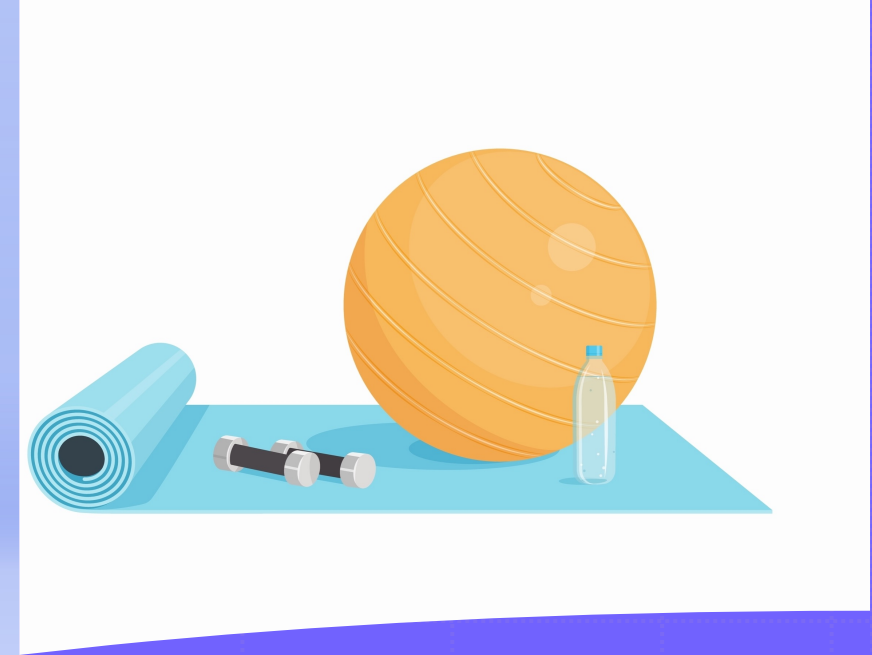
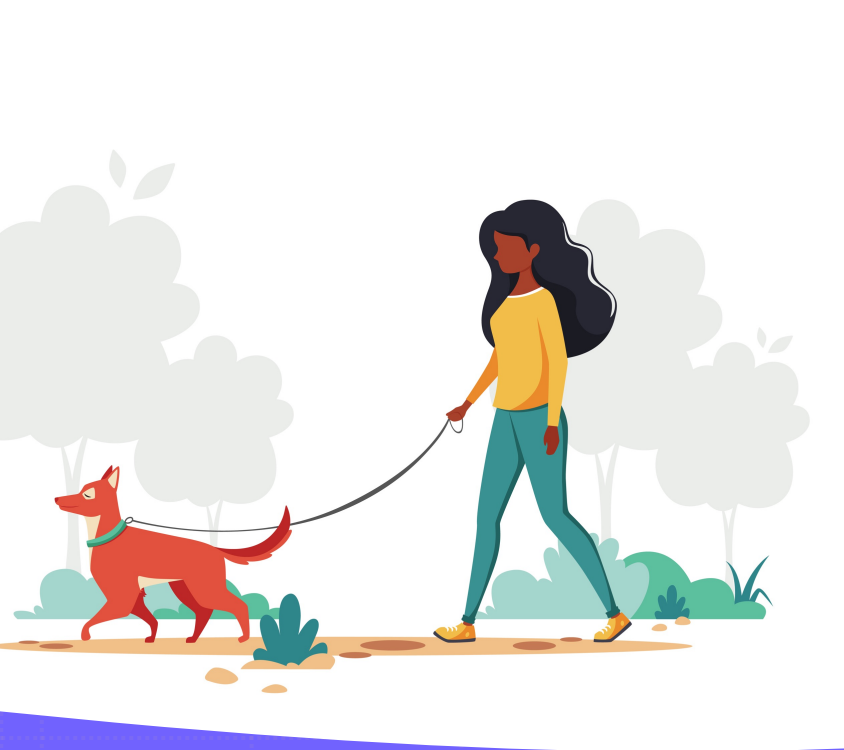
Reduce stress

- Easier said than done
- Prioritize some self-care (if you can)
- Spend time outdoors
- Meditation and mantras
- Breathing (4-4-4-4 or 4-7-8)





Exercising strategies



Planning workouts during EFs

- If you're new to fasting, we recommend walking, pilates or yoga
- If you've done a lot of therapeutic fasts and are fat adapted, then you can maintain your workouts if you feel well