



the Fasting Method

Extended Fasting Masterclass

Overcoming the mid-week hump

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Lesson 3 Outline

1. Using fasting training wheels
2. What about more “solid” assistance?
3. Is there really an impact on autophagy?
4. Activity recommendations



Using fasting training wheels

Should you use fasting training wheels?

- You should use them if you need them and try to avoid or minimize them if you do not need assistance
- They're not intended to be used for comfort
- Want to move away from finding comfort in food



Training wheels that do not interfere with the integrity of your fast

You can consume these to your tolerance level:

- Black coffee (carinated or decaffeinated; hot or cold)
- Black, white, green, oolong, herbal, matcha, etc., teas. (hot or cold)
- Sugar-free pickle juice
- Olive brine
- Salt and magnesium
- Raw unfiltered apple cider vinegar
- Sparkling water, plain
- Any herbs or spices





Very minimal interference

Up to 3 TBSP of fresh lemon or lime juice

Take when
needed...

- Bone broth
- Homemade stock
- Low carb vegetable broth

Broth



Exercise caution around...

- Use of heavy whipping cream (WHC): 3 tsp MAX
- Butter or ghee: these are better
- Coconut fats: these are preferred





More “solid” assistance



WARNING!
Mentioning a few foods...

No trigger foods will be discussed

”Can I have a piece of....”

- A dill pickle
- Sliver of avocado
- Slice of bacon
- One or two olives

Answer:

- You can if you can control it
- You are technically breaking your fast but there are pros and cons here



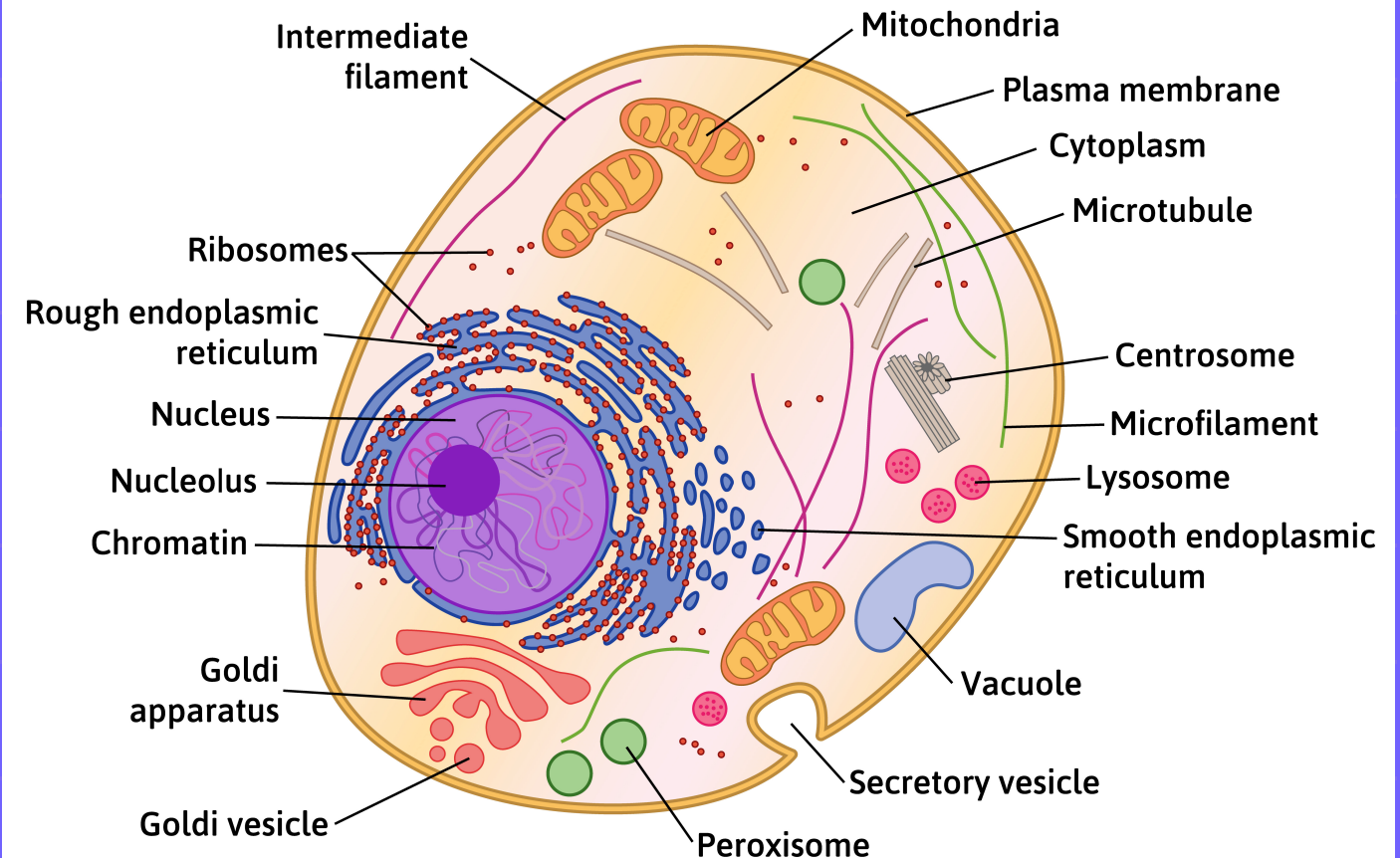
**Is there an impact
on autophagy?**

What is Autophagy?

- Physiological phenomenon that is a form of cellular recycling.
- When “turned on” your body will breakdown old and damaged cells and reuse the old cell parts to help other cells function more optimally.
- Natural “clearing out” process.
- Occurs when your cells are stressed or deprived of nutrients.
- Induced by ketogenic diets, intense exercise and fasting.
- Fasting is the most powerful tool we have to date for inducing autophagy.

Why is it important?

- It is an essential process for a cell to survive and function properly.
- It recycles old and damaged cells.
- Eliminates nonfunctional components of cells that negatively impact function.
- Can destroy harmful pathogens.

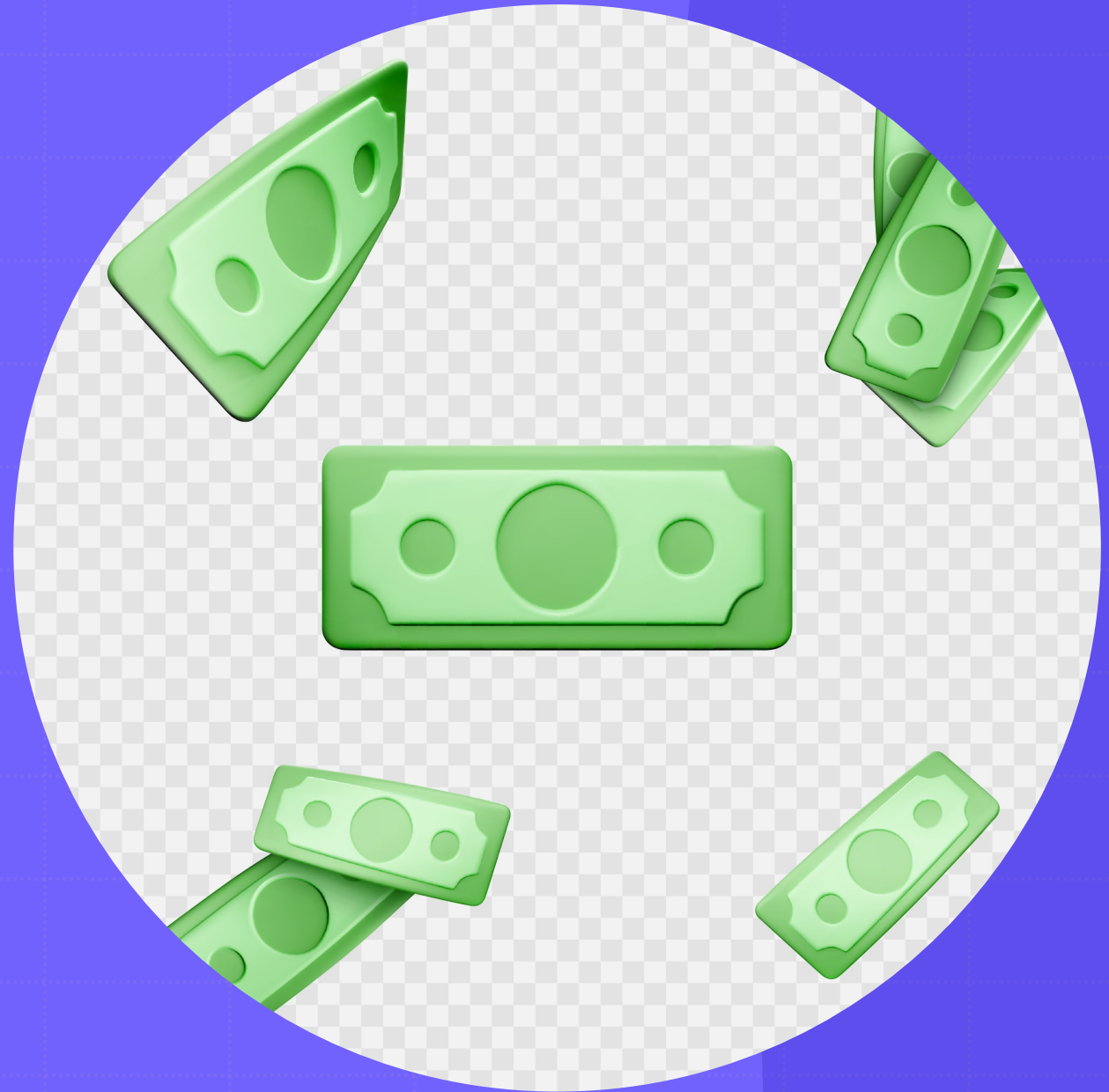


Other Potential Benefits of Autophagy

- Increase longevity: disease prevention and anti-aging.
- Prevent the accumulation of excess skin while losing significant body fat.
- Neurodegenerative disorders (i.e. Parkinson's, Alzheimer's).
- Certain cancers.
- Metabolic diseases (i.e. type 2 diabetes).

What about autophagy?

- Will using these things kick you out of autophagy? Yes.
- Are you kicked out of autophagy for a significant period? No.
- You get more bang for your buck using some assistance and carrying on with your fast to hit your goal.





Activity recommendations

Activity can help boost you!

- Only engage in activity if you feel well enough
- Do not do anything intensive unless you feel optimal

Recommendations:

- Keep busy with household chores
- Gardening
- Going for a brisk walk
- Doing some body weight exercises

