



# the Fasting Method

Extended Fasting Masterclass

Lesson 4: Optimizing your EF

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# Lesson 4 Outline

1. Prioritize your goals
2. Counter-regulatory hormone magic
3. Peak autophagy
4. Frequency of EFs



**Prioritize your goals**

# What is your immediate priority?

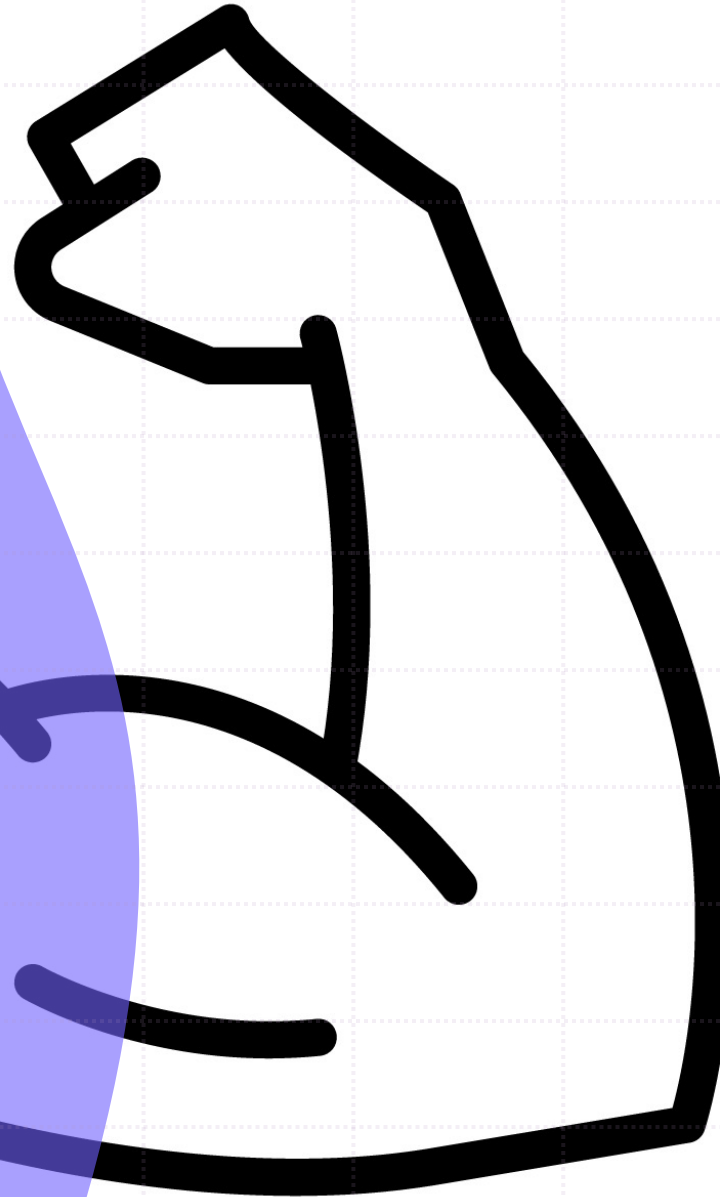
Case study: DMII, 54 year old woman, who would like to lose 80 lbs. Doesn't want loose skin (autophagy) and wants to really optimize autophagy for disease prevention.

List of priorities:

- DMII reversal (insulin resistance)
- Fat-loss with some cycles of fasting specifically to target the loose skin (all therapeutic fasting strategies will tackle this)
- Disease prevention

# Don't try to do too much at once!

**Start where you are/need to be. Your  
fasting muscle will grow and the more  
intensive fasting with less support will  
feel easy once you get there.**





# Counter-regulatory hormone magic

# Counter-regulatory hormones

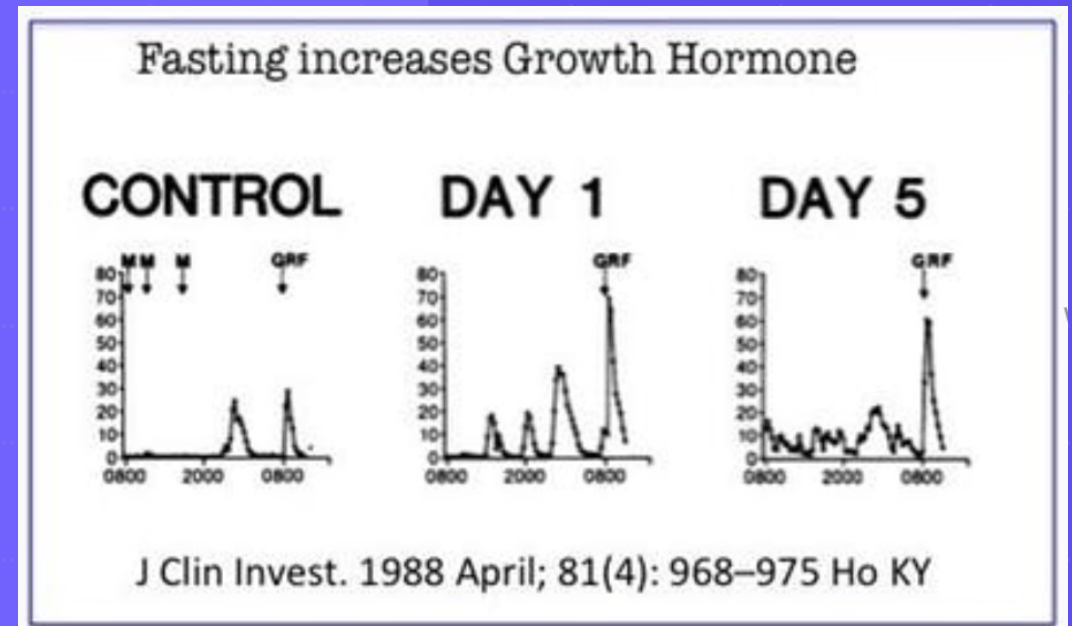
- Our bodies activate our sympathetic nervous system when we deplete our energy from our last meal
- We produce counter-regulatory hormones that perform the magic!
- These hormones are glucagon, noradrenaline, human growth hormone (HGH) and cortisol

# What do they do?

1. Glucagon helps convert glycogen to glucose (we burn through our glycogen stores from our “wallet”)
2. Noradrenaline helps us begin to (and continue to) burn body fat, which maintains our RMR (“going to the bank”)
3. Human Growth Hormone helps us burn body fat and maintain our lean mass (some leverage for lean mass growth post-fast)
4. Cortisol helps us make necessary glucose via gluconeogenesis from amino acids and glycerol backbones from free fatty acids (hormesis)



# Optimizing HGH



# Maintaining lean mass

1. Don't grow during the fast
2. Have the perfect cocktail when re-entering the feeding cycle
3. HGH, amino acids (protein) and insulin growth factor 1 (IGF1)





**Peak autophagy**



# Optimizing autophagy

- Disclaimer: there is a thing such as too much autophagy!
- Too much of a good thing is usually a bad thing
- Autophagy peaks at 36 to 72 hours into a fast
- Fasting for 72 hours helps to fully engage in the process of cellular recycling/renewal

# So, what are the benefits of fasting longer than 72 hours?

1. Lowering insulin levels
2. Decreasing inflammation
3. Burning body fat



# Frequency of EFs

# Can too much extended fasting be a bad thing?

Answer is: Yes

Potential problems with too frequent EFs:

- Too much autophagy
- Not enough nutrients
- Fasting fatigue and rebellion



# Recommended frequency

- Every 4-8 weeks while you're recovering from insulin resistance
- Cycling women in the follicular phase of the menstrual cycle
- Every 4-12 months when in maintenance
- Sometimes a 72 monthly in maintenance for autophagy
- Occasionally we do some EFs back-to-back (with a lot of medical supervision), and recommend 2x24 in between Efs as best practice

