



the Fasting Method

Extended Fasting Masterclass

Expected Results

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Lesson 1 Outline

1. Fat loss during an extended fast
2. What if you didn't lose weight?
3. Understanding glucose trends
4. Should you measure ketones?



Fat loss during EFs

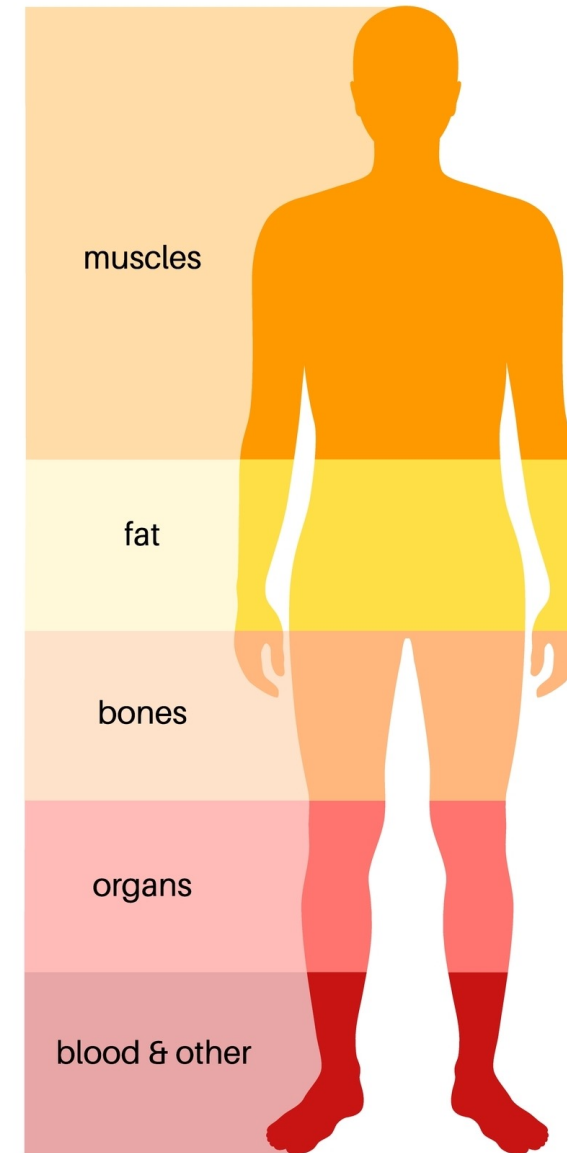
Expected fat loss

If you're at the start or middle of your journey, you should expect:

- To lose ~0.5 lbs per day (2.5 lbs total during a 5 day fast)
- Anything more is likely water weight

If you're at the end of your journey, you should expect it to be more variable and fat loss to be on the lower end.

COMPOSITION OF THE HUMAN BODY



Expected regain

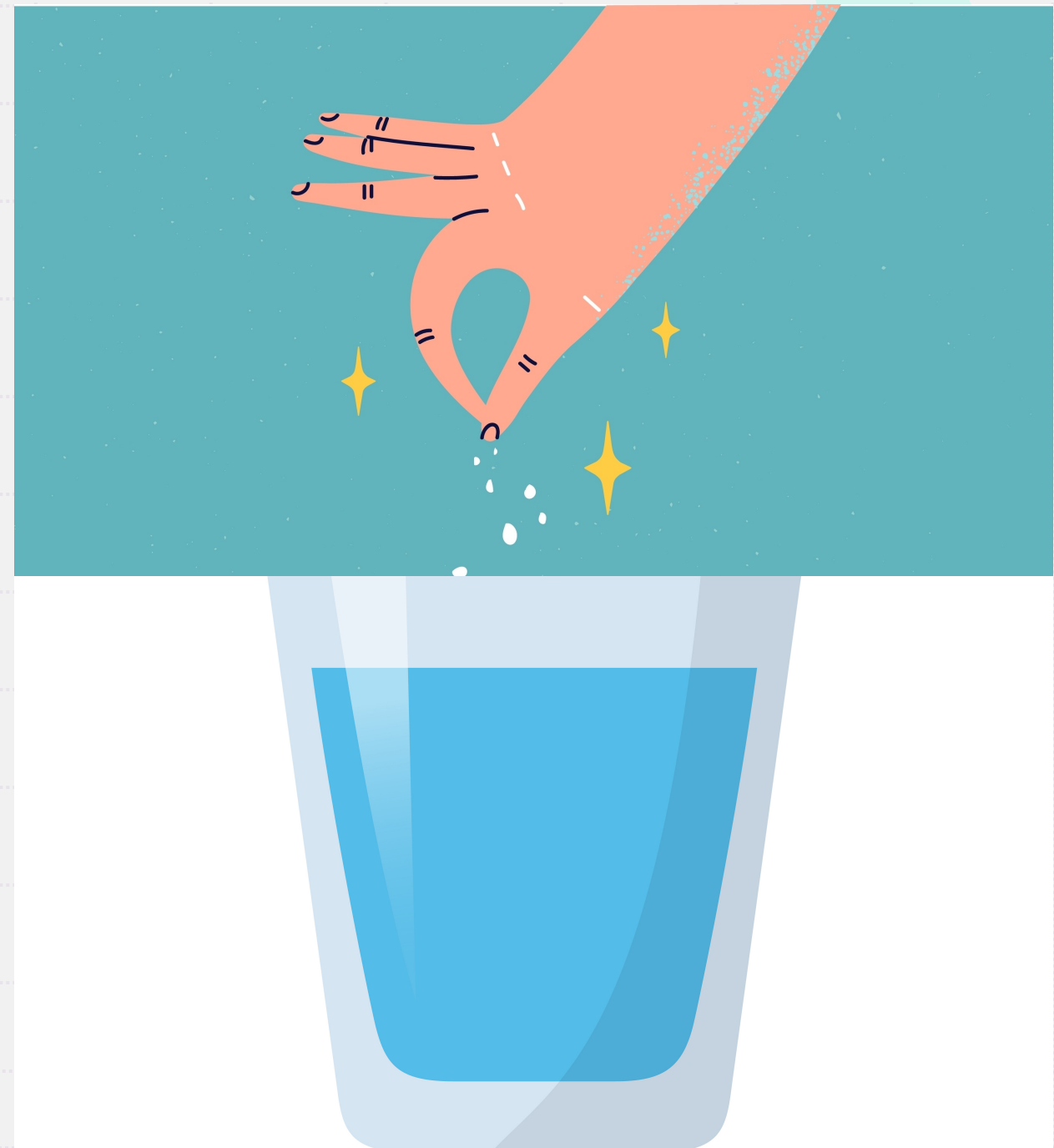
- You should expect to keep the fat you lost off
- Case: if you lost 5 lbs during your 5-day fast, you should expect to regain 2-2.5 lbs of that one week after your EF has ended
- You will temporarily hold onto some water weight when you break your fast and within a week it will “woosh” away
- Success is measured 4-7 days after the fast



No weight loss???

Case 1: You regained everything back

1. You lost 7 lbs during your fast and regained 7 lbs
2. One week later you're still up the 7 lbs
3. This usually means you did not meet your individual hydration needs during your fast



Case 2: No change at all

- More likely to happen following a dramatic drop in weight within the last few weeks
- Can also happen close to maintenance
- The great “woosh” 4-7 days post fast





Understanding your glucose trends

Glucose trends during an EF

1. Morning glucose numbers should start to trend down after 72 hours.
2. They should remain down once you break your EF (unless there's a food reason why they increase)
3. Daytime glucose levels will fluctuate depending on activity and temperature.



**Should you
measure ketones?**

The problem with ketones...

1. If your insulin is high, it will lower your ketone levels even though you're burning body fat
2. Ketones are insulinogenic, which is why we don't want to go chasing ketones
3. Nutritional ketosis is defined as 0.5-1.5 mmol/L
4. While on a ketogenic diet, people often target 1.5-3.0 mmol/L
5. Any ketones during a fast is fat burning
6. Pay attention when ketones go over 4 mmol/L
7. Stop your fast even if you feel well at 7 mmol/L
8. Stop your fast anytime you feel unwell or unsure at all and seek medical attention immediately

