

## How It Works

Hi, everyone. It's Megan Ramos here. I want to break down how this masterclass is going to work.

Now, the very first thing is to do your blood tests if you already haven't done so. We would prefer that you do them before the end of the week and send them in, so we can get a baseline result. Just a reminder, we would like you to do your second blood tests not until the very end of this course. We would like you to submit it within 10 days of completing this course, but not to take your sample until the course has officially ended.

Now, how the logistics of the course works is that our lessons are three times a week, every Monday, Wednesday, and Friday, and they're video lessons. Now, they're released on the website and the app at 9:00 AM Eastern Time on Monday, Wednesdays, and Fridays, but you don't need to watch them at that exact time. You can watch it whenever it's convenient for you. If you're too busy on a Monday, for example, you could watch it on a Tuesday, or you could double up on the lessons on Wednesday.

Now, we ask that you don't get too behind in the lessons as there is a snowball effect, and we're making daily action strategies for you to start to implement, so we don't want you to end up with too many action plans to try to get into order at one time. Make sure you stay up to speed with the course content as best that you can.

Now, there are two live sessions a week. They're on Tuesdays and Thursdays. If you cannot attend them live, that's no problem. They are recorded and they're posted with the masterclass lesson videos. You'll be able to go back and watch them. Now, these live webinars, that's a chance for you to ask your questions on the course content that has been covered. If we've talked about time restricted eating, no snacking, a proper mindset with fasting, and some low carb principles between the last live session and the upcoming one, well, at the upcoming one, we're going to tackle those subjects. Maybe next week, when we have a lesson on extended fasting, we'll tackle that in one of the live Q&A sessions.

Now, in these live sessions, we ask that you email your questions in 24-hours in advance to [masterclass@thefastingmethod.com](mailto:masterclass@thefastingmethod.com). That way, we can make sure we do include them during the sessions. Now, there's a caveat here. We cannot give out medical advice. This is because we really have your best interest at heart. We would hate to make any recommendations when we're not your healthcare providers. But we're happy to answer all of your questions about the course content on fasting and nutrition.

Now, in addition to the lesson videos on Monday, Wednesdays, and Fridays and the Tuesday and Thursday live Q&A sessions, there is a forum thread that is dedicated to masterclass



participants only. It's completely exclusive to you. Myself, along with my co-facilitators, Dr. Nadia Pateguana, Dr. Terry Lance, and Andrea Lombardi will be there every day, answering your questions. You don't have to wait until a live Q&A session to have your questions answered. Or if a question didn't get answered, hop on in the forum and we'll do our best to help you there.

Also, I'd love to encourage you to use a forum as a place to come and share your daily updates. How's fasting going for you? How's the nutrition going for you? What light bulb moments have you had? Have you come up with any tricks or strategies that are unique to you that others might benefit from or something that we've suggested really worked out for you due to certain circumstances? Let us know. Let your friends in the masterclass know, because it could help them out. If you just need a helping hand, we are there to support you. The whole community is. Make sure you come in there, you lean on us. We'll get through it all together.

Now, in addition to the masterclass, you do have access to the entire Fasting Method community. I want you to take advantage of this. You have access for three months and there's so much information in the community to help you along with your journey.

Did you know that we offer over 30 live classes a week? These 30 live classes are on a whole variety of topics from intermittent and extended fasting, to different nutritional strategies and health optimization, healthy habits, emotional eating. You name it, we have a group meeting for it. Hop into the community, go to the appointment section, and book your next group meeting.

We also have a book club. If you want to enhance your knowledge about fasting and nutrition science, make sure to check it out. The new book starts this February 1st, so don't miss out. Hop on in and join the community fun.

We also have weekly group fasting challenges as well as habit challenges. You can pick or you can do them both at the same time. They're usually quite complementary to one another. Dr. Fung and myself lead our group fasting challenges and Dr. Terry Lance, our team clinical psychologist, leads healthy habit challenges that are very complementary to what we're focusing on fasting.

There's tons of great stuff. There's also cooking demos and then a whole huge forum to explore. Don't miss out. Make sure you check out our Fasting Method community. Join the fun. We'd love to meet you in the sessions. Don't be shy. Make sure you raise your hand and say hello.

All right, everyone. Well, we'll see you tomorrow. Happy fasting.