

Lesson 11: Fat Fasting & Problematic Foods

Hi, everyone. Welcome to Lesson 11 of our masterclass. So today we're going to be talking about how to control your cravings and how to make your fast easier by using some fat fasting strategies. You may recognize a fat fast as a list of foods that you have seen somewhere, or may have seen it be called a fast mimicking diet, but really a fat fast is a wonderful tool that can be used to either start fasting, to help with your food selection, to help control your cravings, to help you restart after a trip or period of life that you weren't following the food choices that you wish that you were, or that you weren't following your fasting schedule, so to get you back to choosing better foods and getting you back on your fasting protocol that you have chosen to do for your particular goal.

So fat fasting really is this wonderful sort of bridge that can be used at many different times during our journey to help us get to a place where we are more comfortable making food choices and where we are more comfortable fasting for longer periods of time. It really is an amazing starting plan or recovery plan. And it is something that I recommend that you learn how to do. Find a fat fast that works for you and for your particular way of eating so that you can use this, whatever period of time that you need, however many times that you need.

When choosing a fat fast, or if you read any of our resources on what fat fasting is and when you should do it, you'll see that we have selected a few foods that even though we don't have an insulin index per se, but based on science and based on our own clinical experience, and after having numerous people test their blood sugars or even ketones, we've learned over time to recognize which foods have the lowest insulin response. So remember that when we are trying to lose weight, when we're trying to reverse type 2 diabetes, our objective really is to produce an adequate amount of insulin and to not produce insulin all the time. That's why we talk about TRE and keeping foods to your meals. So when you're fat fasting, you're also trying to do this. You are eating, even though it's called a fat fast or a fast mimicking diet, these are the things that you consume during your eating windows.

What foods are considered to be the foods that are lowest on that insulin spectrum? Leafy green vegetables are full of fiber and they really have an insignificant insulin response. And they're very filling and they're great to have. They do of course contain some other micronutrients. Olives and avocados, so these two are a great combination of fiber and fats, and they have an excellent insulin-mitigating response. Some animal products like eggs, bacon, salmon, and sardines. All the healthy fats, either plant-based or animal-based fats, like olive oil, coconut oil, avocado oil, butter, ghee, lard, tallow, duck fat, even though they're very rich, nourishing and satiating, you're not left craving something. Once you eat, you feel and you're satiated and you walk away.

consume them on their own, particularly, it's going to help your body go from a higher insulin state to a lower insulin state rather quickly, over the course of one, two, maybe three to five days. So most people usually will choose to do an exclusive fat fast for about two to five days as

either a way to start your program or a way to recover from a holiday or even to prepare for a holiday. So if you're wanting to go into a holiday or a trip in a lower insulin state, as you're consuming them exclusively for a few days, you're going lower into that lower insulin state, that deeper fat-burning state. So you will lose some weight. You will lower your blood sugars.

And so it's always a great plan before a trip. It's always a great plan after a trip to help you of course, when you're coming from that trip, maybe during that trip, you ate more things that you usually don't eat, or you ate more often. And all of these things, of course together, raise your insulin level. So when you're coming back from a trip or a more stressful period, you're in this higher insulin state, I often call this the insulin beast. So when the insulin beast is really, really big, you really do feel like David and Goliath. And you feel like you have no power or no willpower, no control over your appetite and your cravings, but you really do. And this is the best strategy in order to help with that.

If you're more plant-based, then of course you have the options there. If you eat eggs, you would eat eggs. If you don't eat eggs then you would stick to the olives and the avocado and the plant-based fats and of course the leafy greens.

The best thing about it, and the most successful way to do a fat fast, is actually to keep it very simple, very repetitive. So you would choose three or four foods on that list or make two or three recipes and really keep repeating those for the duration of those two to five days. If you've been doing one of the intermittent fasting protocols like the 24-hour alternate-day fast, whereas you're having two meals on your eating day and one meal on your fasting day, and you're really wanting to move forward to another fast, another longer fasting protocol, like the 42-hour alternate-day protocol, which you can have two meals a day on your eating day and then no meal a day on your fasting day.

What many people find is going from that one meal on their fasting day to no meal is an obstacle. It is one of the most challenging transitions during fasting, so you can either use a fasting aid like we talked about in Lesson 6, or you can fat fast for a few days, leading up to the day where you finally decide to do that overnight fast. What you will likely find is that because your insulin levels become a lot lower over the course of the next two to three days, that transition into that longer fast is going to be a lot smoother. You'll feel a lot less hunger, a lot more energy.

And fasting becomes a lot easier because of that lower insulin hormonal state that you've put yourself in, even on your eating day. So over the course of the next two or three days, if you are exclusively fat fasting, even while you're eating, you're having a very small insulin response. So you're going deeper and deeper into that low insulin, deeper fat-burning state, higher energy. So it's a lot easier for you to eventually do that overnight fast, if that's what you're planning to do. And yes, you can also use a fasting aid at the stickier points to help that become even easier.

If you've tried a fat fast before and you felt like it just did not work, it didn't help with your cravings, or it just didn't help make that fast easier, I think that there are two very common

mistakes that people make when trying to do a fat fast. One, they just have too much variety in their fat fast. Maybe they're trying to eat all eight of those foods. Maybe they're constantly looking for a new flavor or something different every time that they eat while trying to fat fast. The biggest trick with fat fasting is to keep it really simple and really repetitive and a lot less variety. So again, choosing two to three foods or four foods and sticking to those for the duration of your fat fast period.

And the second thing is exactly that, the duration of the fat fast. Most people will do a fat fast for one meal and hope that all their cravings go away and that their fast the next day is easier, or they'll maybe do it for two days. I really do think that in order for a fat fast to be effective, especially when you're coming from a very high insulin state like a holiday or a stressful period, or if you're preparing to do that first overnight fast, you really do need to do that fat fast for a little bit longer. So I would recommend anywhere from two to five days and then trying it again.

And if you look at our resources for fat fasting, you'll realize that dairy and nuts are not included in that list. During this very short period of time, as you're using fat fasting as a strategy or a bridge to get you started, to recover from a holiday or another event, or in order to prepare for an extended fast, we purposely want to avoid dairy and nuts. Even though these may be considered healthy foods, we're really not trying to categorize them as healthy or unhealthy, high carb or low carb, high calorie or low calorie. The idea is that we have learned over time that dairy and nuts can be problematic for a whole lot of us, especially if you are more insulin resistant. Physical evidence certainly shows us that these foods, even though some of them don't raise your blood sugars immediately so you may not realize that they're problematic, what they do is they raise your insulin levels quite a bit.

And for that reason, you have a really, really hard time, of course controlling how much of it you have, how long you have it. These are the foods that we normally tend to graze on. These are the foods that we normally tend to snack on. And so you want to really avoid these when doing a fat fast. These are the foods that tend to be problematic for most of us, especially when you are more insulin resistant. In other words, especially when your insulin levels are higher than you want them to be. So in order to help you transition into that lower insulin state, for the reasons that we mentioned before, you really do want to remove dairy and nuts completely during this period of time.

All right, so let's put this lesson into practice right away. First, try creating a fat fasting meal that you can have as one of your two meals on your eating days, so you can practice fat fasting. And secondly, try eliminating those two problematic groups of foods that we talked about for a little while and see how you do and how you feel. So try removing dairy and nuts completely just for a few days, just to give your body that practice.

Log into our community forum if you haven't already. Please find the eating strategies thread, introduce yourself, and really read through and learn what our community members do and say about some of these strategies. Don't forget to register for our next Q&A session so that we can answer your questions. Please go ahead and email your questions to Masterclass@TheFastingMethod.com and we will address these in the next Q&A session. Also,



if you haven't already, please find the special thread for this masterclass under our community forum. We will see you tomorrow. Happy fasting everyone.