



Hi everyone. So welcome to lesson 13 of our 14-day Women in Fasting masterclass. Wow, I cannot believe that we are here already. I've had a ton of fun, and I'm so grateful and appreciative of having had the opportunity to work with so many wonderful women like yourselves.

Today, I am here with my mom-bun to bring you a little bit about just that. Being a mom, living in a family setting and in a social setting that is at times not very conducive to fasting and eating all the right things.

So I wanted to take this opportunity to remind you, whether you live on your own or you live in a house full of kids and a spouse that's not very supportive of the current lifestyle that you're following, that we have this most amazing community that I am also very grateful to be a part of. Of people that not only are going through some of the things that you are going through, but maybe have learned how to overcome these things, and can definitely help you along your journey and your way.

So come in if you haven't already, search for an accountability buddy within our community, come into the meetings. Sometimes when you don't have the support that you need in your real life, it is essential to find that support within this virtual community that we have created. So that you can make this a lifestyle, and a sustainable lifestyle that you are comfortable with. Things that you might be having a challenge with right now might be things that you might find a solution to.

And a lot of what Dr. Terry Lance talks about within our community is about helping us change our behaviors, and building healthier habits, and changing mindset and paradigm shifts so that we can do these things. Even if your home environment, sometimes, isn't very favorable to fasting, there are ways around it. And many of us have learned ways around this that we would like to share with you.

If you live in a home with children, little children especially, how to address fasting with your children. I think this is one of the common things that I get asked all the time. And this will depend on a lot of factors. It depends on how much fasting you're doing, it depends on how early on in your journey you are, or how comfortable you are with fasting, how old your children are.

And so my children were basically born into an intermittent fasting life and lifestyle. They understand fasting very well, they're very comfortable with fasting. They know that children cannot fast, and should not fast. I don't know that they fully understand why. This is something that has become so familiar to them that they don't really question too much. But we may not always sit with them to eat, and that's become normal in our family and for our lifestyle.

Many times we are together, that is not the one and only interaction that we have. It's not our one and only time together. My husband and I hardly ever sit to have a meal together because he fasts a lot more than I do. And he's often traveling for work, or he eats a lot of his meals,



when he does eat, he eats them out. We don't always sit down to have a meal together, and that's okay. We're still a very cute little family, a strong and tight family. We just don't make everything about food and everything about eating.

This is a big thing. And I know for many of you, because of the way that you grew up just like I did, if you don't have that family meal together, it makes it seem like you don't have a strong family structure. And so that might be something, a paradigm shift that you may want to consider and think about. I've worked with a lot of women that will sit down with their kids for every single meal that the kids are at home. It's extremely important to them.

And so what they'll do, if they're fasting, is that they'll have a fasting aid while they sit with their kids. Figuring out what works for you, maybe finding within our community what other people are doing, and trying different things out to see what works.

How do you explain fasting to children? Do you have to explain fasting to children? Well, it really just depends on how old they are. If your children are very, very small, they don't really understand what's going on. So it's really up to you how you want to address this. Because they eat a lot more meals than you do because they're a lot smaller, and so they need to eat more often, sometimes they'll sit with them and sometimes you won't and they'll sort of get used to this. And won't necessarily question this.

As your children start to grow, I think that the conversation becomes more and more necessary. So if you have little kids that are maybe five to 10 years old, you sort of want to explain fasting in a way that they will understand. You don't necessarily have to use the word fasting.

Now, as your kids start to enter the teenage years, I find that this is where most of my clients have some concerns. Moms are really worried about what message they're sending out to their kid. I know many of you might be concerned about your teenage children, and possibly developing eating disorders.

First of all, I think that whenever we talk about eating disorders, you want to get professional help. The fasting method is definitely not the place to address serious health concerns, including eating disorders. And if there is an issue there, I highly recommend that you find an expert that can help you deal with that situation. And then you can also make decisions about how you're going to eat, and what you're going to eat around your children if there is an issue.

If your children are teenagers already, you might just want to have a very open and honest conversation with them. They may have already been exposed to some information. It's very likely that they have learned something about diet and nutrition at school. And that might be challenging, because it will very likely be very contradictory to what you are currently doing.

I know my kids bring this up all the time. Well, they'll say to me, you know mom, my teacher says that we need more snacks. Or, you know mom, my teacher says that this and that is



healthy, but you say that it isn't. It's really important that you know how you feel about fasting, and how you feel about your current lifestyle.

If you're very strong and are very secure about what you're doing, if you've decided that this is what you want to do for yourself, then it might be time to have an open and honest conversation with your kids. It's okay to say, your teacher and I might not always agree on what is right and what is wrong.

And this is going to happen in a lot of other times in our lives, with a lot of other topics. At times we've had racial issues, racial conversations. At times we've had religious issues, religious conversations that can be challenging. And it's okay if your values, your morals, and even your food choices are a little bit different than everybody else. And it's important that you have this conversation with your kids when you're good and ready.

Of course then, this leads into moms of adult kids who have very strong opinions sometimes, and they may not agree with what you're doing. So this is where you start to get into that realm of, what do you say to people about fasting? And again, within our community, you're going to get a whole lot of experiences and some opinions about this.

You might want to hear with people that have been fasting for one year, two years, five years, even 10 years, what they have done. What a lot of people find is that when you're not certain, or when you're brand new to this, it's a lot easier to just not talk about it. And so there's a lot of jokes and memes around about fasting, and the number one rule of fasting is don't talk about fasting.

Well, I think that applies to people when you're just first starting out. When you're figuring things out, when you're still learning, when you're not quite sure what you're doing and you don't want to sound ignorant, or you don't want people to start arguing with you, it's just a lot easier to not mention it.

And I remember when I first met Megan, she used to tell me that when she went to parties, she wouldn't tell people she was fasting. She would often make up an excuse. Something that people were comfortable with. Avoidance might be the way to go when it comes to talking to people that you're not comfortable with.

Dr. Cherry-Lands addresses this in her masterclass. And I'm sure she addresses this quite often in her meetings as well with you. Maybe you live with somebody who doesn't support this lifestyle at all, and that can be quite challenging. And again, at some point, when the time is right, you might want to have a very open and honest conversation with your spouse about what you've decided to do, and how you're going to do it. And maybe for his or her support if you need it.



What to do about big holidays and celebrations. You're not always going to react the exact same way, there's not really the one right way or wrong way to deal with holidays. I think it's like everything else. You must prepare for it, you must decide what you're going to do, and then you want to have a nice sort of recovery plan if necessary for after the holidays.

So a nice way to prepare for holidays is make sure that you eat really, really well, and that you fast consistently leading up to the holidays so that your insulin levels are a little bit lower. And you'll be in a much better state, lower-insulin, high-energy, low-craving state going into a holiday. The day of the holiday you want to decide how you're going to eat and what you're going to eat, especially the order of foods.

And we've talked about this not only in our podcast, you may want to maybe listen to our podcast episode, where we talked about celebrations and how to prepare for holidays. I'll also share here in the resources of blog posts that Meghan has written on how to prepare and celebrate holidays.

But basically it's the idea that you're better off starting to eat your real foods, whole foods, first. Animal-based and plant-based foods first, before you eat the higher carb and higher insulin-producing foods, if you eat them at all. So if the first foods that you eat during a celebration or an event are lower in insulin production, it's going to help mitigate that insulin response. You're going to have less of an insulin spike, and you're going to make better food choices throughout the rest of the evening.

In the last session I talked to you a little bit about how to recover from events. So if things didn't go according to plan during a holiday, during a celebration, during a few days of celebrating, just know there are some good recovery plans that you can use and implement. Such as a fat fast if needed to come out of that mode and back to where you want to be.

We have a natural tendency to mother or want to mother other people. So even if you don't have your own children, your own biological children, you might find yourself constantly trying to help other people. And when you've had a lot of success in your own healing journey, it is very likely that you'll want to help others.

So very often we find ourselves in a position that we know somebody, either a family member or somebody close to us, that is going through what we were going through. Maybe they're overweight, maybe they have PCOS, maybe they have diabetes and you're eager to help them. And so you want to start sharing with them all of this information, and you want to start forcing this lifestyle upon them. That's very, very tricky. And you'll probably learn very early on when you do that, that not everyone is very receptive to this.

You want to first and foremost take care of yourself. You want to consider yourself as a priority. Your health is a priority. The better you care for yourself, the more prepared and the healthier and the stronger you will be to help others, including those closest to you.



Be the example, take care of yourself as best as you can. We joked in one of my meetings, not too long ago, that we should take care of ourselves as well as we take care of our pets. Talk to yourself like you talk to your pet, feed yourself as well as you try to feed your pet.

Make self-care a priority in your life. And when this happens, when you take really good care of yourself, that really shows. And people around you will notice, they will take note. And when you're a great example, it's much more likely that people around you will be more curious and more interested in hearing what you have to say.

And so really, my advice is that you wait for them to come to you and ask you for advice. Be a person in a safe place that they can come to, to make sure that you listen to what people have to say, to what people need, and provide as much guidance and help as they need and as they ask for. Without sort of overstepping, or maybe providing more information or more help than they're ready to receive.

Please note that our community is always here. And these are the kind of topics that we talk about in many of our meetings and in our forum. So if you do find it challenging to navigate fasting and eating within the context of your real life, let us know how we can help. I can't wait for tomorrow, our very last lesson, lesson 14 of the women in fasting masterclass where we will be talking about how to measure progress.

Okay everyone, talk to you soon. Bye.