



the Fasting Method

Fat Fast: The Fast-Mimicking Diet

Masterclass
Fat Fasting

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INTRO

Dr. Nadia Pateguana, ND

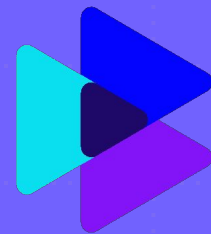
- **CCNM**, 2004, 20 years of clinical experience
- **IDM**, 2016, Health Consultant and Executive Coach
- Co-Author, ***The PCOS Plan: Prevent and Reverse Polycystic Ovary and Syndrome through Diet and Fasting*** with Dr. Jason Fung

INTRO:

Fat Fast: The Fast Mimicking Diet

By the end of this MC you will confidently understand:

1. **WHAT IS** fat fasting and **WHY** does it work
2. **HOW** to FF, and
3. **WHEN** to Fat Fast....



the Fasting Method

Lesson 1: What is Fat Fasting and Why does it work?

Nadia Pateguana, ND

What is a Fat Fast?

- In one sentence:

A Fat Fast is a **High Fat, Low-insulin, Fat-burning, Fast-Mimicking** diet

What is a Fat Fast?

- Satiating, Appetite-reducing
- Simple and repetitive,
 - very select number of food items
- WHOLE, one-ingredient foods
- Absolutely no packaged or diet products

What is a Fat Fast?

- Ultimate Elimination Diet
- A preparation or bridge to fasting
- Ideal for people who can't fast, or can't fast "yet"
- Best starting plan and/or recovery plan
- No absolute contraindication

1. High Fat

- The fat fast is an extreme version of a ketogenic diet, 80-90% of diet from fat
- Fat adapted quicker
- High energy, high fuel
- What is ketosis? Coming up...



1. High Fat

- Fat is the most satiating macronutrient on a neurological level
- When you eat fat, your belly doesn't need to expand in order for it to send a message to your brain saying that you are full

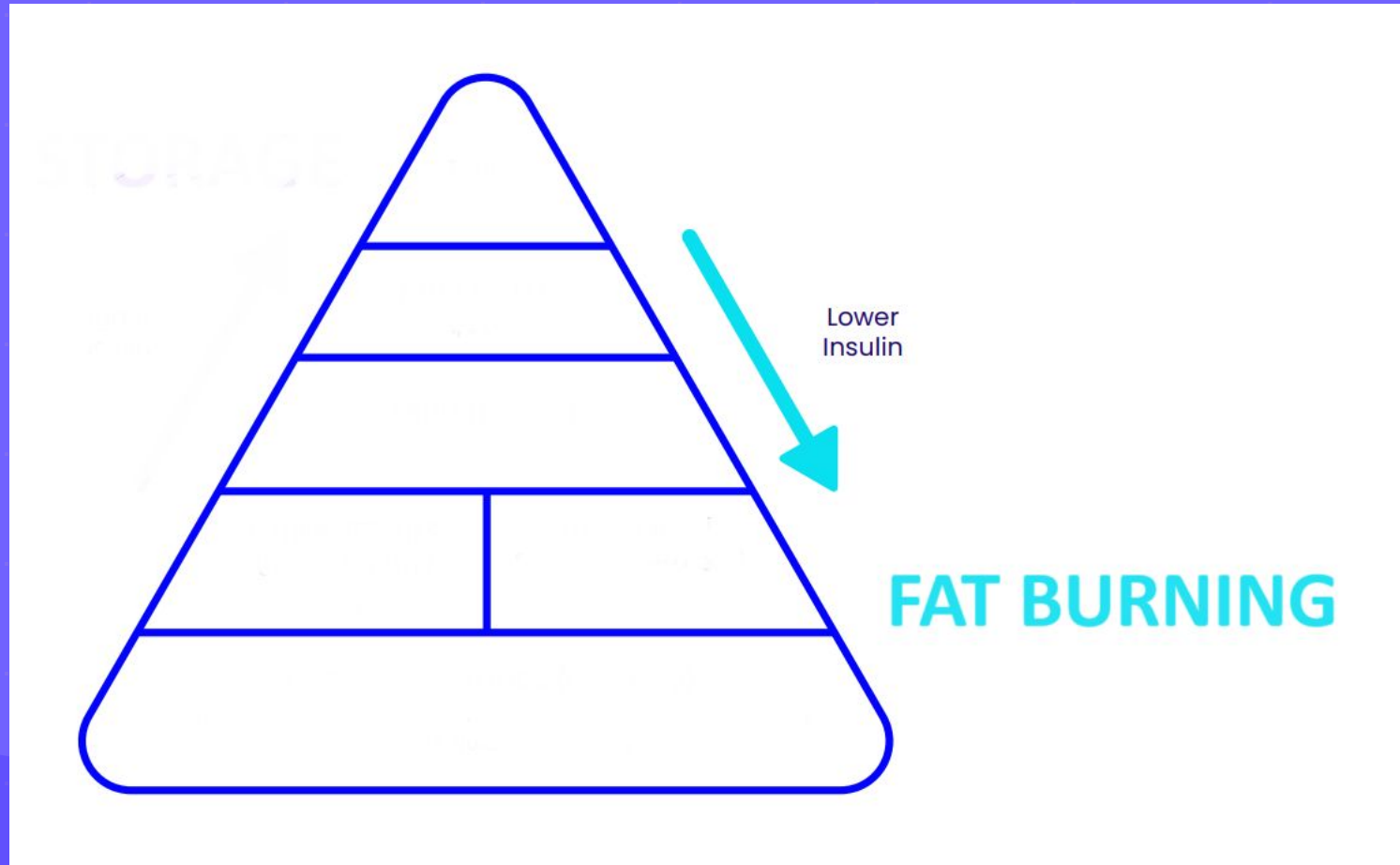
2. Fat Burning

- Fat burning mode quickly, WHY?
- **Ketosis:** in the absence of insulin producing foods (e.g. carbs), the body becomes very efficient at burning fat and using it instead of sugar/glucose for fuel
- As your body breaks down fat, it produces ketones
- Why? How? Coming up... (low insulin)

3. Low-Insulin

- It's the insulin, it's the insulin, it's the INSULIN
- Fat storage and fat break down are highly sensitive to the levels of insulin (messenger)
- *Lowering* insulin increases **fat burning**

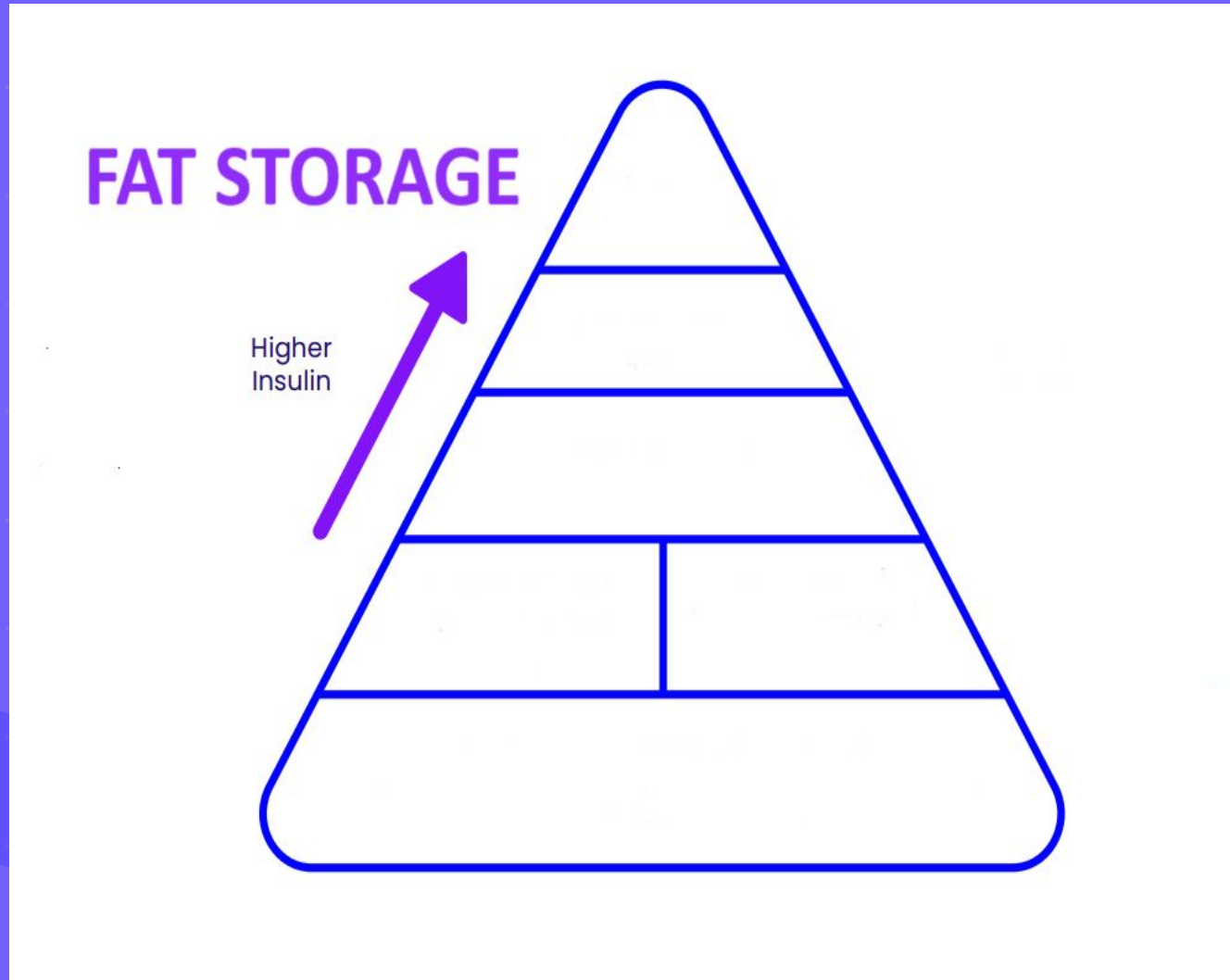
3. Low-Insulin



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- It's the insulin, it's the insulin, it's the INSULIN
- Fat storage and fat break down are highly sensitive to the levels of insulin (messenger)
- *Lowering* insulin increases **fat burning**
- And *increase* in insulin, **stops fat burning** and activates enzymes that transform glucose into fat
-> **fat storage**

3. Low-Insulin

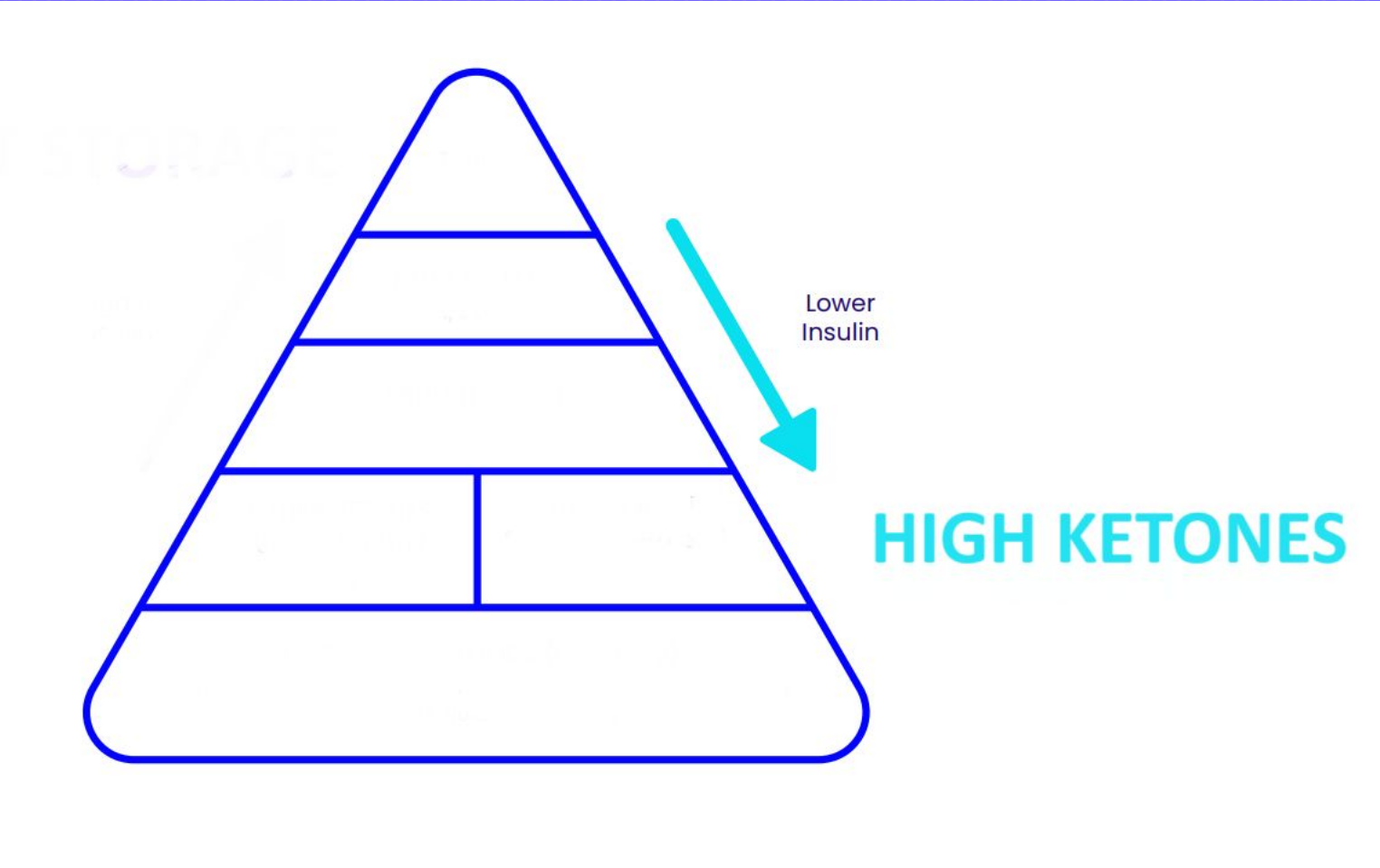


3. Low-Insulin

- Consequently, lowering insulin -> fat burning -> **ketone production**

3. Low-Insulin

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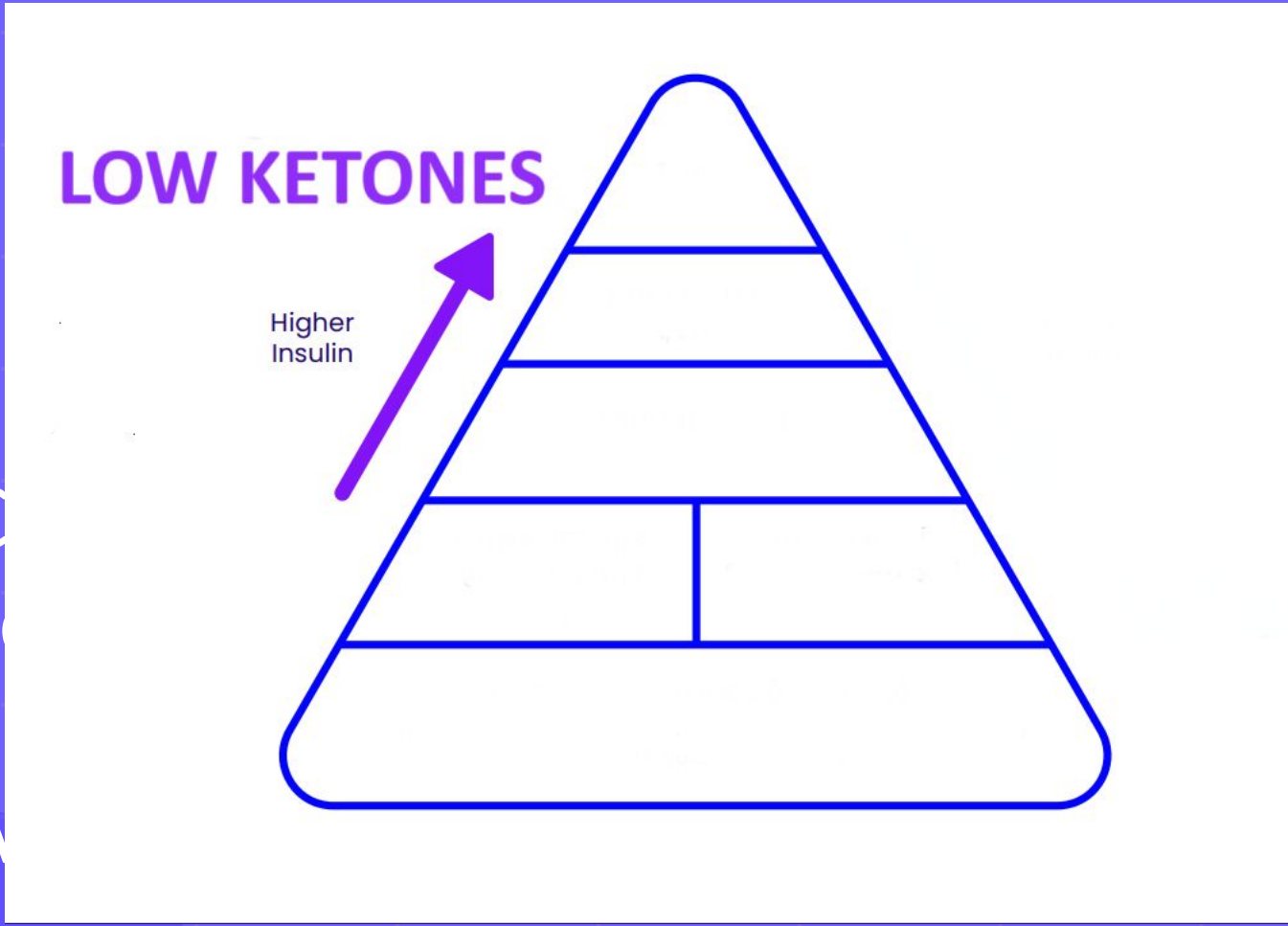


urning ->

3. Low-Insulin

- Consequently, lowering insulin -> fat burning -> ketone production
- And raising insulin -> fat storage -> **low ketones**

3. Low-Insulin



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fat burning ->

> low ketones

Fast-Mimicking Diet

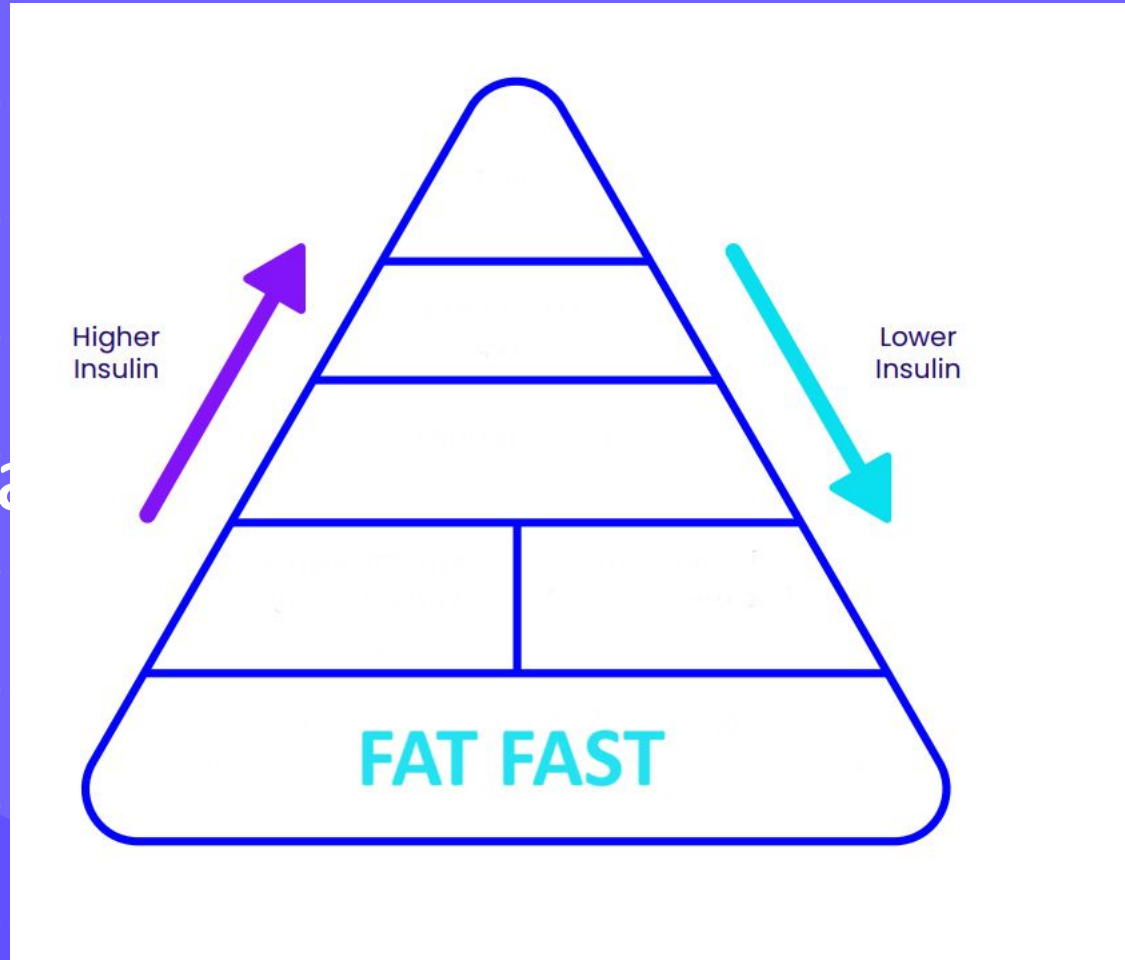
- What is a **Fast-Mimicking Diet**?
 - A Diet that will reach similar physiological results to fasting
 - Low insulin, low BG, fat burning ...

Fast-Mimicking Diet

Fat Fasting is the **ULTIMATE Fast-Mimicking Diet**

- **Low insulin, low BG, fat burning ...**

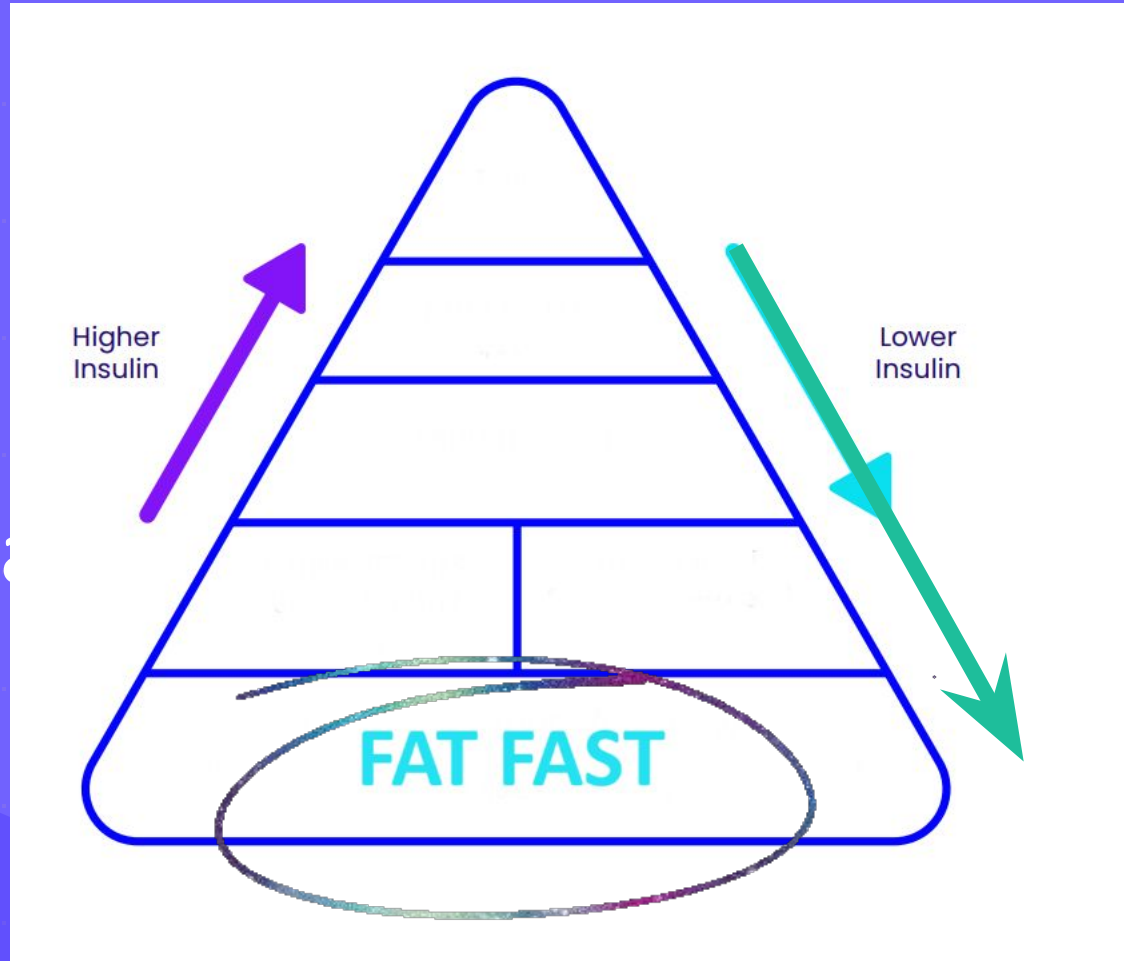
Fast-Mimicking Diet



Fast-Mimicking Diet

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Fast-Mimicking Diet



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Fast-Mimicking Diet

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Why does a FF work?

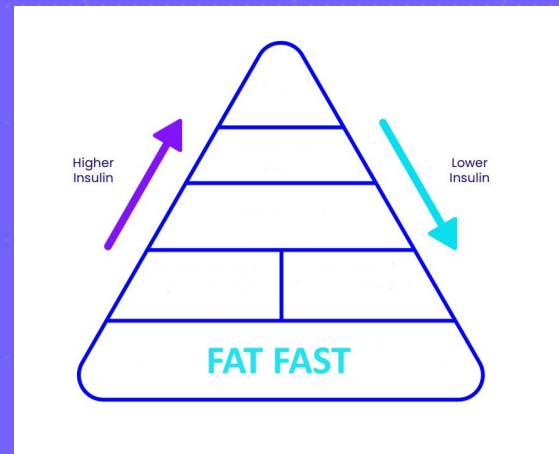
- Why does it work?
 - Because it is **High Fat, Low Insulin, Fat-burning, Fast-Mimicking diet**

Why does it work?

- It's the insulin, it's the insulin, it's the INSULIN
- the FF foods are the lowest on the INSULIN SPECTRUM

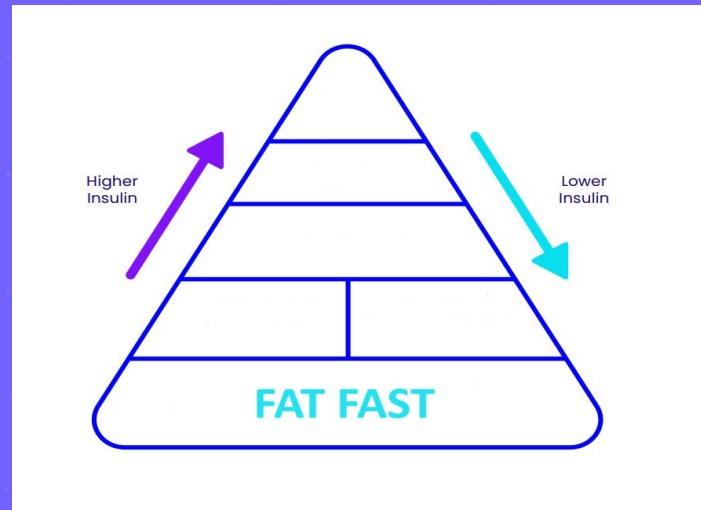
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Why does it work?

- Further, it tames the insulin beast
- Helps with ghrelin and leptin
- It's a bridge to TF, and choosing better foods



Coming up...

Stay tuned for tomorrow, **Lesson 2**

- **HOW** to do a Fat Fast