Lesson 2:
How Fasting and Low Carb Can Help

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the Fasting Method

What is part of the solution?

Low Carb Nutrition

What are macronutrients?

- Main building blocks of our meals
- Used across all cultures and cuisines
- Carbohydrates
- Protein
- Dietary fat

Carbohydrates

- Complex carbohydrates – naturally occurring
- Processed carbohydrates – man made or interfered with their natural state
- First and foremost an energy source
- Completely dependent upon insulin

Protein

- Not a direct energy source
- Primarily a building block – only need so many!
- Extra converted to glucose via gluconeogenesis in the liver
- 0.6 – 1.2 g per kg of body mass

Dietary Fat

- Body fat and dietary fat are two different things!
- Hormone building blocks, nutrient absorption, fuel source
- Negligible insulin response

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Low Carb vs High Carb Diets

Low Carb, High Fat

1. Stable blood glucose levels
2. Produces minimal insulin in response to eating

Low Fat, High Carb

1. Spikes blood glucose levels
2. Creates a surge in insulin production

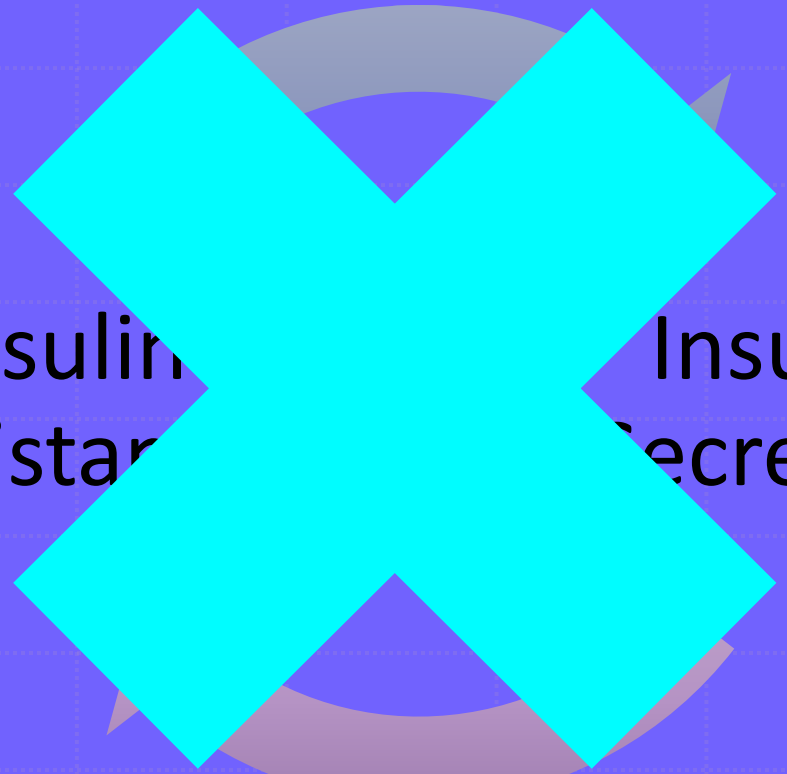
Why aren’t low carb diets enough?

Insulin resistance itself causes the body to secrete insulin

What is the solution?

Intermittent Fasting

Fasting breaks the cycle of IR



What is intermittent fasting?

Intermittent fasting involves cycling between periods of fasting and eating — and it’s recently become very popular

Intermittent fasting can provide significant health benefits if it is done right, including weight loss, type 2 diabetes reversal, PCOS, fatty liver disease, etc.

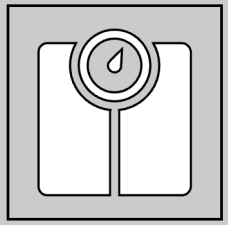
At its very core, intermittent fasting simply allows the body to use its stored energy, by burning off excess body fat

Isn’t fasting just starvation?

No. Fasting differs from starvation in one crucial way: **control**. Starvation is the ***involuntary*** absence of food for a long time.

Fasting is the ***voluntary*** avoidance of food for spiritual, health, or other reasons. It’s done by someone who is not underweight and has enough stored body fat to live off.

Results



Lowers body weight set-point
(controlled by insulin)

Insulin resistance →

Insulin sensitivity

Problem recap

1

Eating processed and refined carbs

Secreting high amounts of insulin from food

2

Eating too often (snacking)

Constantly stimulating insulin secretion

Action Plan

Consume all caloric beverages with meals and not in between them