

Lesson 2: How Fasting and Low Carb Can Help

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the Fasting Method

A top-down view of a round wooden cutting board on a wooden surface. The board is filled with a variety of low-carb foods: a piece of cooked broccoli, a sunny-side-up fried egg, a strip of cooked bacon, several almonds, a few blueberries, a single cherry tomato, three slices of cheese, and two slices of cucumber. A wooden spoon and a wooden fork are also on the board, positioned vertically and horizontally respectively.

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

A wooden cutting board is placed on a light-colored wooden surface. On the board, there is a variety of fresh and cooked ingredients: a head of bright green broccoli, a sunny-side-up fried egg with a vibrant yellow yolk, a slice of browned bacon, several almonds, a slice of cucumber, and a few blueberries. A wooden spoon is positioned vertically on the left side of the board, and a wooden fork is lying horizontally at the bottom. The bottom portion of the image is overlaid with a semi-transparent purple gradient.

What is the solution? Intermittent Fasting

Fasting breaks the cycle of IR



Insulin Resistance Insulin Secretion

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.

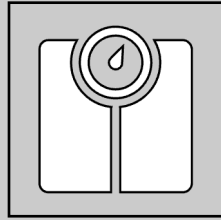
At its very core, intermittent fasting simply allows the body to use its stored energy, by burning off excess body fat

Isn't fasting
just starvation?

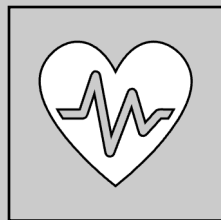
No. Fasting differs from starvation in one crucial way: **control**. Starvation is the **involuntary** absence of food for a long time.

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

