

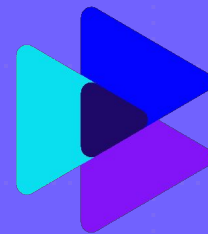


the Fasting Method

Fat Fast: The Fast-Mimicking Diet

Masterclass
Fat Fasting

Dr. Nadia Pateguana, ND
TheFastingMethod.com



the Fasting Method

Lesson 3: When to Fat Fast?

Nadia Pateguana, ND

When to Fat Fast?

- FF is especially useful in the following situations:
 - Coming off a period of eating a diet high in carbohydrates (recovery after a vacation)
 - Extreme hunger or carbohydrate cravings (difficulty starting TRE)
 - Periods of stress when fasting seems impossible
 - Bridge to ADF/EF

TRE

- Struggling with TRE
 - Extreme hunger/cravings between meals leading to snacking/grazing
 - feel hungry 2-3h after a meal
 - craving something sweet right after meal
 - **Rebound hypoglycemia**

TRE

- Struggling with TRE

- Rebound hypoglycemia

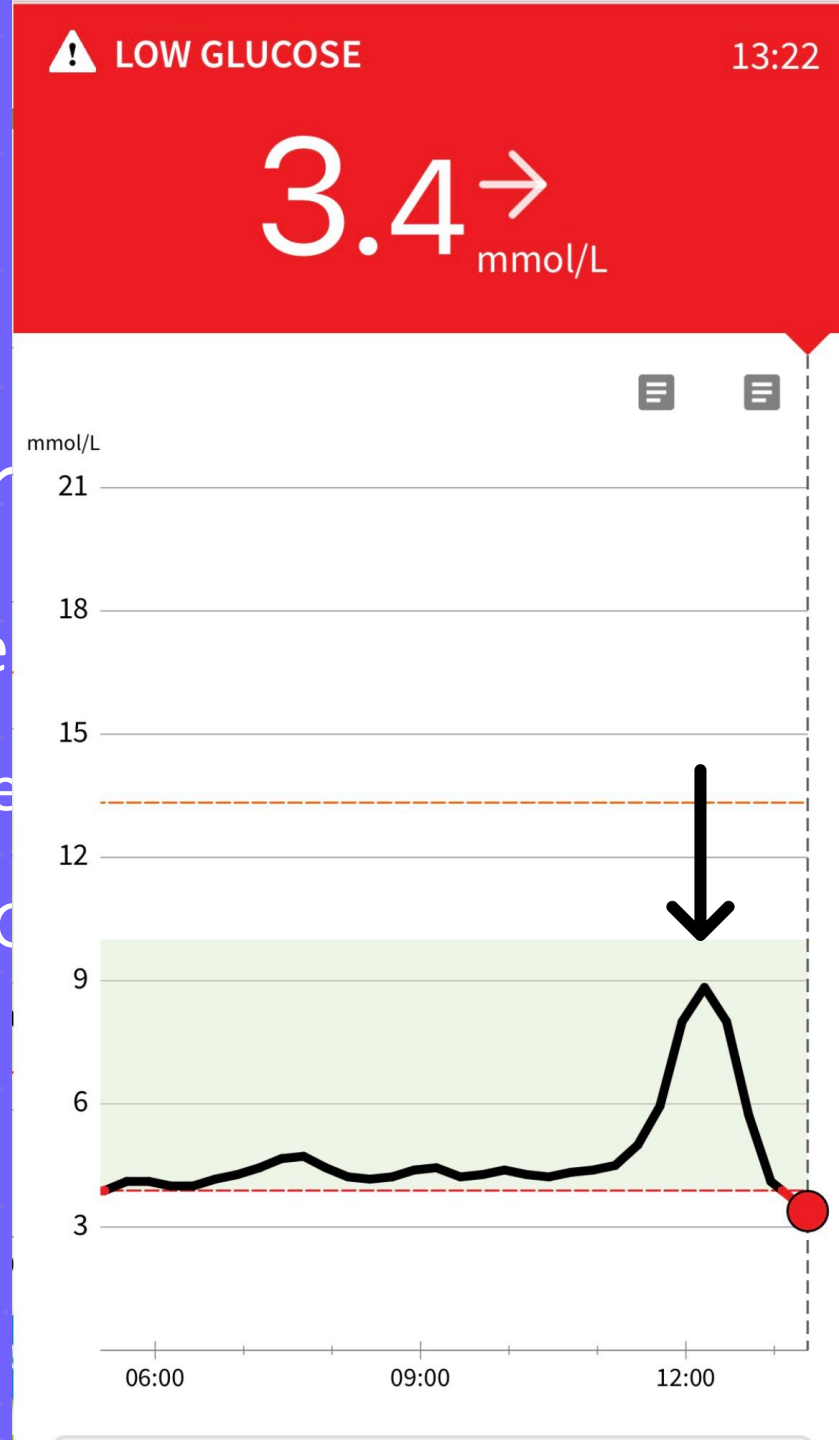
- High glucose spike -> **higher insulin production** -> sudden drop in BG

- > REBOUND HYPOGLYCEMIA

- CGM

TRE

- Struggling with
 - Rebound hypoglycemia
 - High glucose spike
- > REBOUND HYPOGLYCEMIA
- CGM



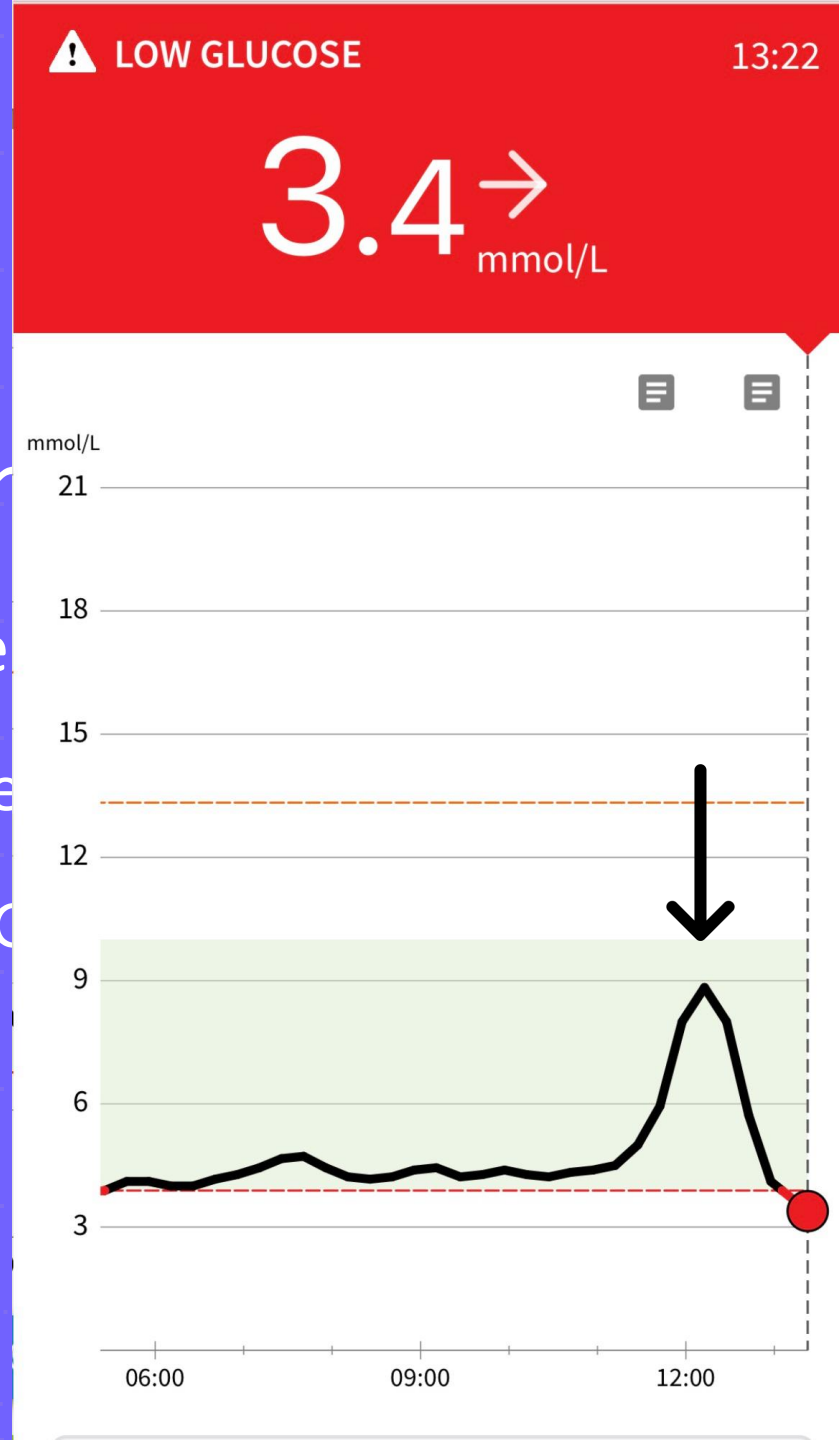
> sudden drop in BG



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TRE

- Struggling with
 - Rebound hypoglycemia
 - High glucose spike
 - > REBOUND HYPOGLYCEMIA
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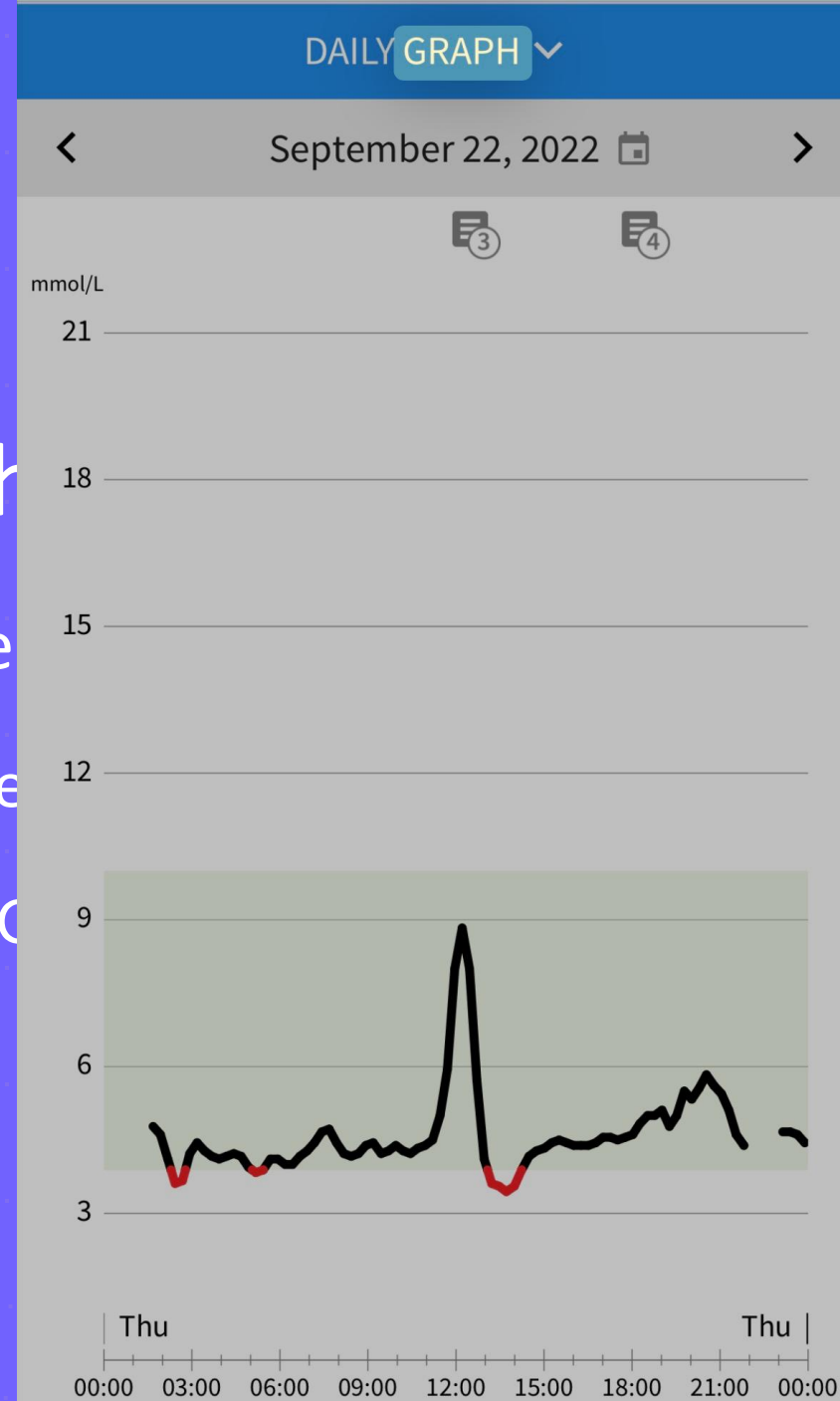
> sudden drop in BG



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TRE

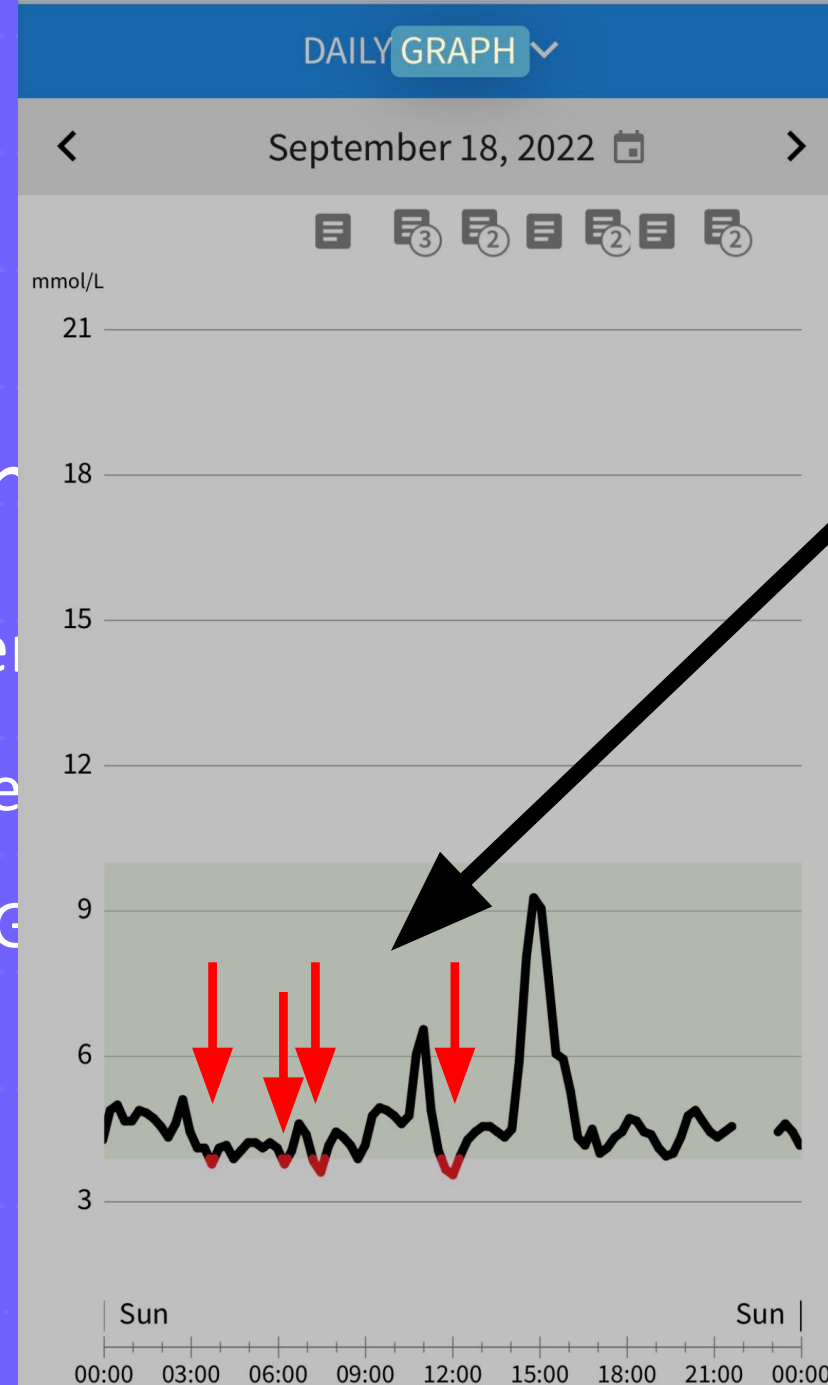
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> sudden drop in BG

TRE

- Struggling with
 - Rebound hypoglycemia
 - High glucose spikes
- > REBOUND HYPOGLYCEMIA
- CGM



Snacking/grazing on
"naked carbs"

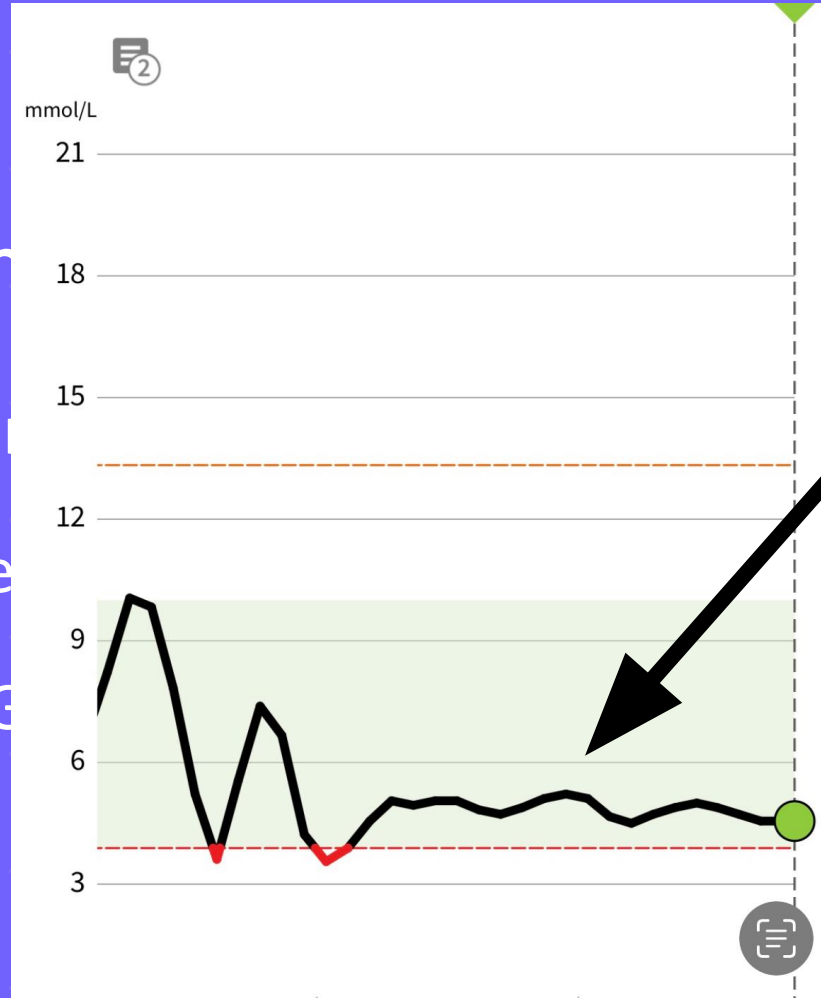
> sudden drop in BG



the Fasting Method

TRE

- Struggling with
- Rebound hypoglycemia
- High glucose spike
- > REBOUND HYPOGLYCEMIA
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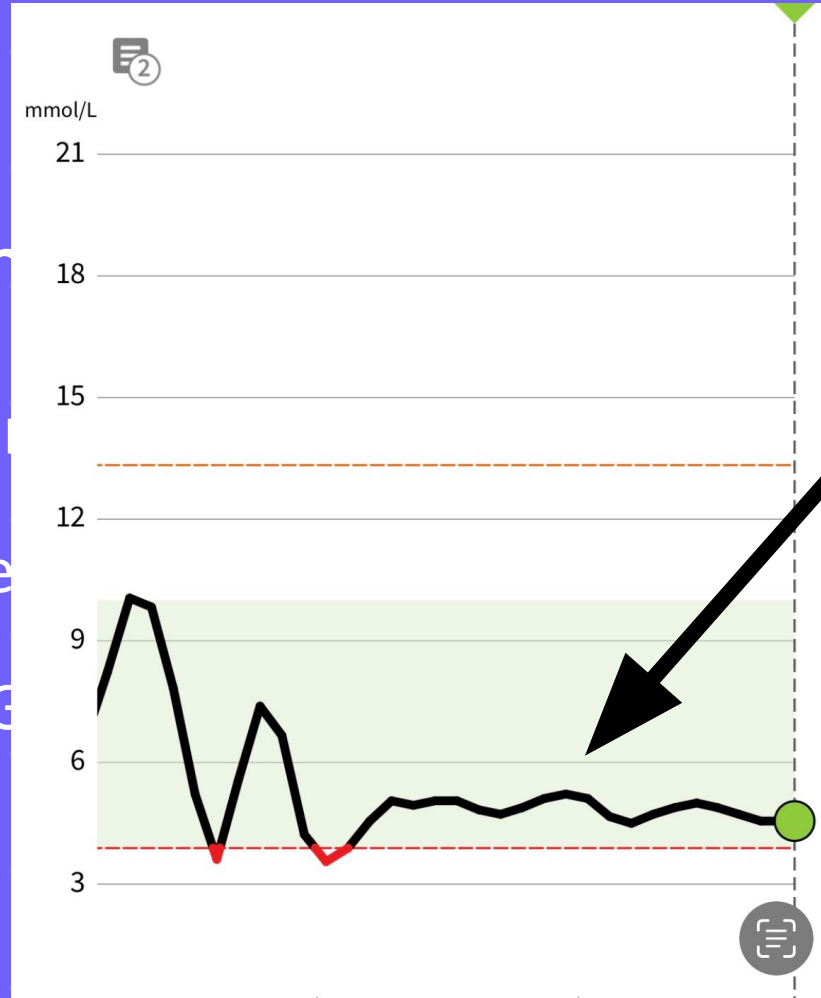


THE SOLUTION

> sudden drop in BG

TRE

- Struggling with
 - Rebound hypoglycemia
 - High glucose spikes-> REBOUND HYPOGLYCEMIA
- CGM



**FAT
FASTING**

> sudden drop in BG

TRE

- Struggling with TRE

- Rebound hypoglycemia

- High glucose spike -> higher insulin production -> sudden drop in BG

- > REBOUND HYPOGLYCEMIA

- THE SOLUTION -> FAT FASTING

Recovery Plan

- Restart/recovery plan (e.g. after vacation)
 - Coming off high carbs, desserts, snacks, sugary drinks
 - Eating more often (snacks, grazing)
 - Quantity + Frequency of insulin production
 - Brought the “**insulin beast**” back from the vacation
 - Increased cravings

Recovery Plan

- Restart/recovery plan (e.g. after vacation)
 - Insulin up -> Cravings go up
 - Insulin up -> Retention mode
 - Insulin up -> Weight increases
 - Insulin up -> BG rises
 - Insulin up -> this is the PROBLEM

Recovery Plan

- Restart/recovery plan (e.g. after vacation)
 - Insulin up -> this is the PROBLEM

Recovery Plan

- Restart/recovery plan (e.g. after vacation)
 - Insulin up -> this is the PROBLEM
 - Insulin down -> is the SOLUTION

Recovery Plan

- Restart/recovery plan (e.g. after vacation)
 - Don't feed the INSULIN BEAST
 - Fat Fasting -> is the SOLUTION
 - Fasting -> is the SOLUTION
 - *Tame* the beast -> Fat Fasting
 - or *slay* the beast -> Fasting

Recovery Plan

- Restart/recovery plan (e.g. after vacation)
 - Choose your foods (insignificant insulin response)
 - Starting from hyperinsulinemic state -> cravings sugars/carbs
 - 2+ days to lower that insulin
 - Quickly eliminate the post-vacation retention, weight gain, BG

Periods of Extreme Stress

- Physical or Emotional stress
 - Stress Hormones
 - **High Cortisol** -> High glucose spike -> higher insulin production -> sudden drop in BG -> REBOUND HYPOGLYCEMIA -> **hunger, cravings, weakness, etc.**
- THE SOLUTION -> FAT FASTING

Periods of Extreme Stress

- Physical or Emotional stress
- Stress Hormones
 - **High Cortisol** -> High glucose spike -> higher insulin production -> sudden drop in BG -> REBOUND HYPOGLYCEMIA -> **hunger, cravings, weakness, etc.**
- THE SOLUTION -> FAT FASTING

**DON'T FEED
THE INSULIN
BEAST**

Periods of Extreme Stress

- Physical or Emotional stress
 - PMS
 - **High Progesterone** -> higher insulin production -> sudden drop in BG
-> REBOUND HYPOGLYCEMIA -> **hunger, cravings, weakness**, etc.
 - THE SOLUTION -> FAT FASTING

Periods of Extreme Stress

- Physical or Emotional stress

- PMS

- **High Progesterone** -> higher insulin production -> sudden drop in BG

- > REBOUND HYPOGLYCEMIA -> **hunger, cravings, weakness, etc.**

- THE SOLUTION -> FAT FASTING

**DON'T FEED
THE INSULIN
BEAST**

Preparation for ADF/EF

- Bridge to Alternate Day Fasting/Extended Fasting
 - Therapeutic Fasting
 - How to go from 2mad/3mad to NOMAD?
 - Fat Fasting as *Fasting Aids*
 - Lower insulin -> higher ketones -> fat burning -> more energy -> less hunger
 - Monotony -> Lowers hunger

TAKE HOME MESSAGE

- Lesson 1

- FF is a simple, repetitive, monotonous, low insulin, fat burning, fast-mimicking diet

- Lesson 2

- Choose max 3-4 foods from one of the lists, introduce TRE (eventually), for 2-5 days (or until no longer craving)

- Lesson 3

- The ideal start/restart program or prep for TF