

Maintenance Masterclass

Lesson 2: How to Lose the Last “X” Pounds

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the Fasting Method

Lesson 2 Outline

Signs you're approaching maintenance.

Fasting strategies to stop yo-yoing.

Nutritional hacks to shed the fat.

Other recommendations.



Am I broken?

- Is this as good as it gets?
- Did I destroy my metabolism?

That last 5, 10, 15 or 20 lbs can feel so frustrating!



You're Not Broken!

Analogy

It's easy to go from the worst baseball player on your team to the most improved player.

It's a lot more difficult to go from a great player to a major league player.

- This holds true for fat loss and A1c reduction.
- Other biomarkers may improve and optimize before those do.

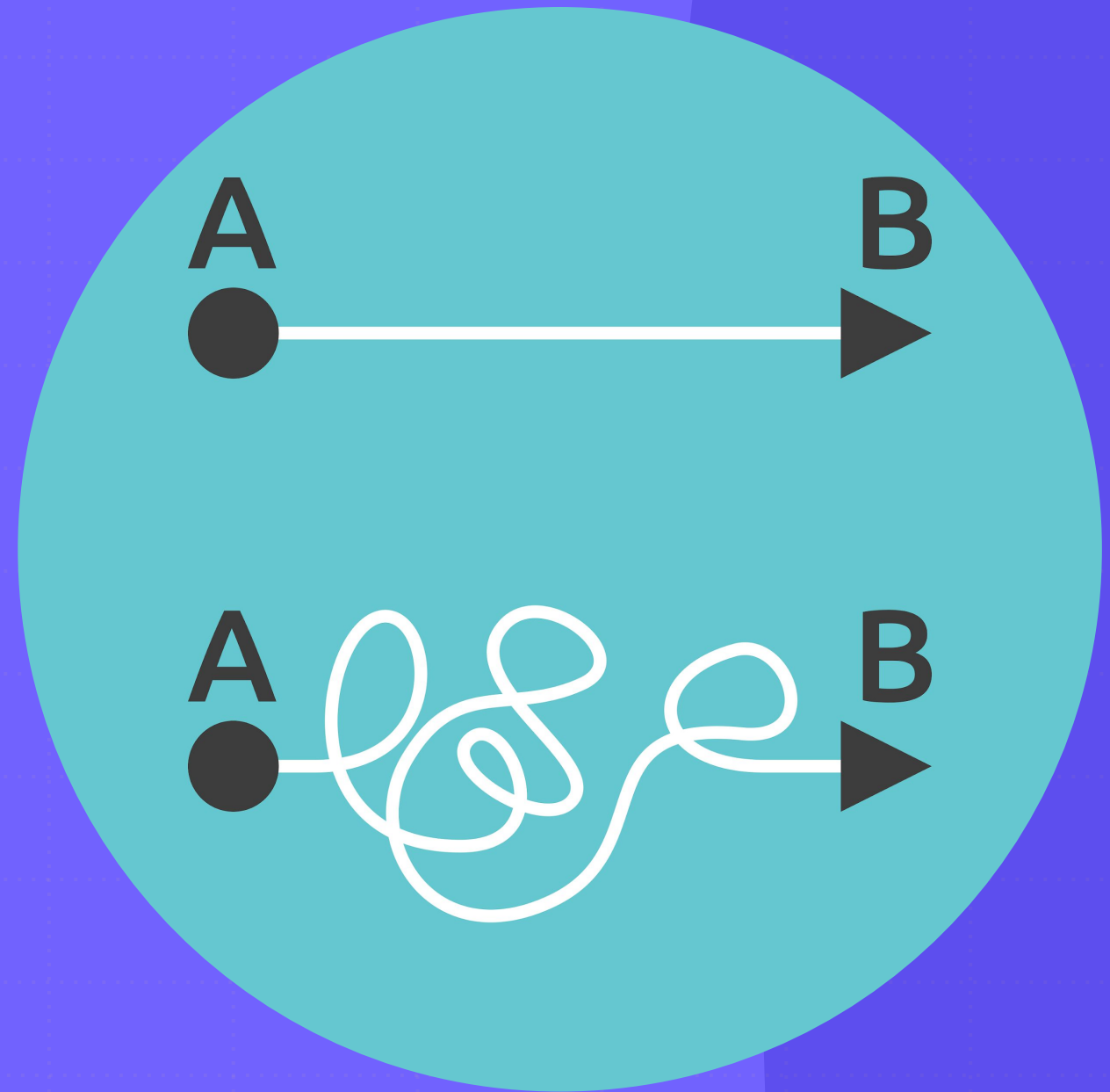




Signs You're Approaching Maintenance

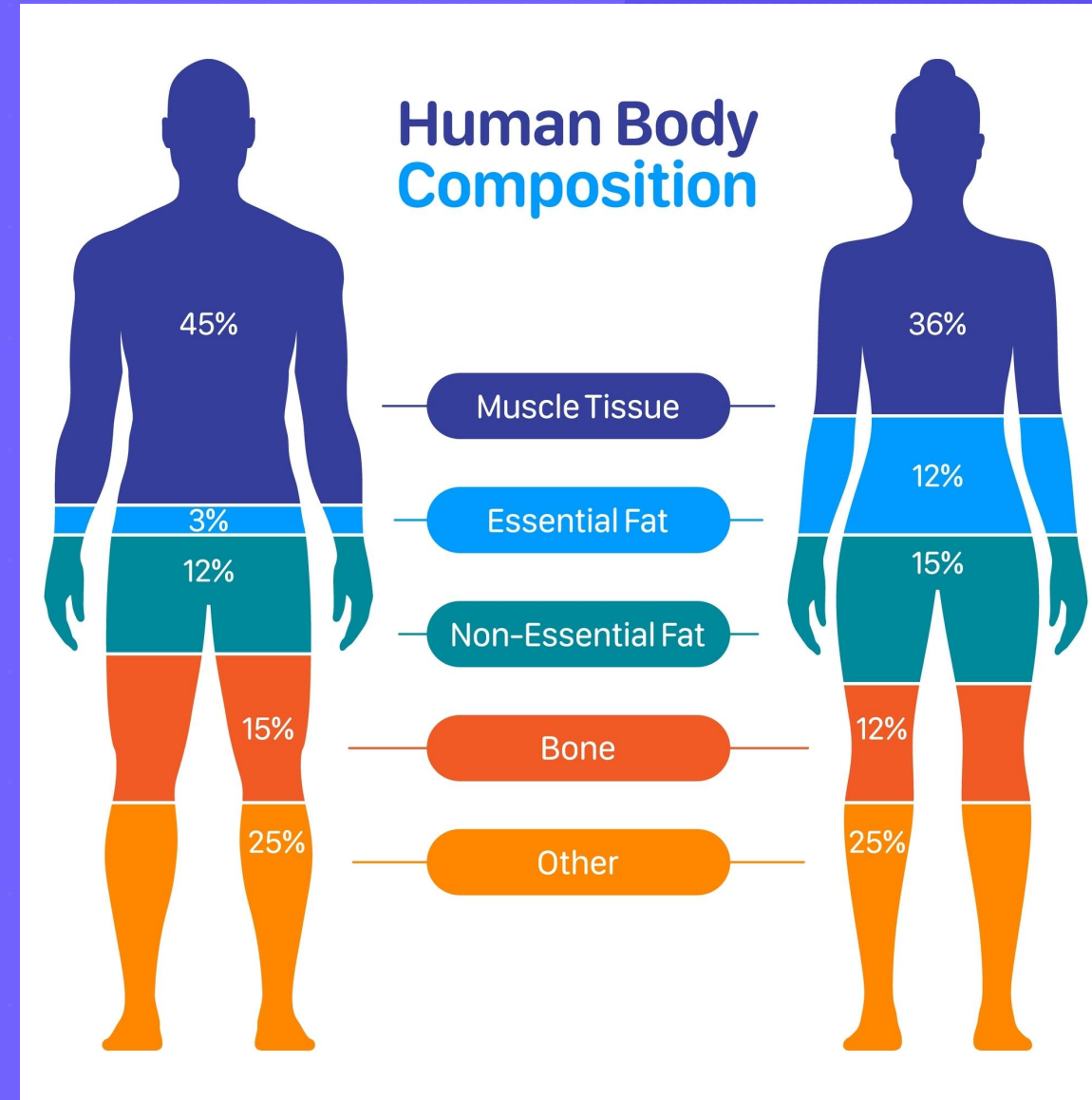
Things Feel Challenging

- Fasting for even short periods of time can feel like a struggle, i.e. a 24-hr fast starts to feel like a 48-hr fast.
- Intense cravings for foods you don't normally crave or haven't in a long time.
- May even stop yo-yoing and start to plateau.
- Can trigger negative self-talk.



Why does this happen?

- Your body composition has shifted so substantially!
- You're an entirely new metabolic person with different needs.



Comparison

Insulin Resistant You

Had a fair amount of excess body fat.

Had lean mass to support.

Was less active due to feeling low energy from IR.

Insulin Sensitive You

Have very little excess body fat.

Have more lean mass to support.

Increased activity due to improved health.

How to fix it?

- Need to adjust macronutrients to help you fuel your new body.
- Adjusting protein is critical!
 - How much protein? 1.2 g/kg of body mass (1 kg = 2.204 lbs)
 - Signs: you experience hunger, especially sugar cravings; may experience some hair loss or a mild decline in thyroid function; and start to feel fatigued
 - Suggestions: having 1 cup of bone broth with 1 scoop of collagen at lunch and dinner can really boost protein intake for the day without a lot of extra effort
 - Recommendation: track your protein for a week using MyFitnessPal or Carb Manager

How to fix it? Continued

- Salt and magnesium needs!
 - Magnesium bisglycinate: great general magnesium
 - Magnesium citrate: constipation
 - Magnesium L-threonate: neurological
 - Magnesium malate: energy
 - Magnesium taurate: muscles
 - Transdermal magnesium sources: Epsom salts and magnesium oil/gel/lotion

Fasting Strategies to Stop Yo-Yoing

Disclaimer: You must always check with your healthcare provider before doing any sort of fast. You may not be an appropriate candidate for fasting or could need medications or other health markers to be monitored.

Optimal Fasting Strategies

1. Optimize TRE: no snacks, meals only
2. Turn up the fasting dial!
3. One Meal A Day (OMAD) isn't going to cut it and will work against you at this point!
4. Every week or every other week try an intensive therapeutic fasting strategy by at least 1-2 notches
5. Consider doing an extended fast of 5-7 days once every 4-6 weeks



Fasting Protocols

24-hour fast:

- Doing this 3x/wk is more effective for fat loss than 5+x/wk.
- Bare minimum fast you should do.

30-hour fast:

- Can be very confusing for your body and breakthrough sticky plateaus.

36-hour fast:

- Long forgotten fasting strategy that can be more effective than 42s or 48s for some people.
- Nothing wrong with eating 3 meals – you may get in more protein and lose more fat than with 42s or 48s as a result!

Fasting Protocols Continued

Should you do 42s or 48s?

- 3x42s may be more hours of fasting but 2x48s allows for more time spent in fat burning (ketosis)

66+? Or 72+?

- Can do this weekly (if approved by your healthcare team)
- Can add in a 24, 36, 42, 48 hour fast
- Can occasionally do 2x66 hours as well

Frequency of Extended Fasts (EFs)

- Recommendation is every 4-6 weeks.
- Need to get adequate macro and micronutrients.
- Doing them back-to-back can sometimes slowdown results.



Optimal Strategy – 8 Week Plan!

Week 1: 2x48

Week 2: 5-days

Week 3: 30/16

Week 4: 2x48

Week 5: 1x72 + 42

Week 6: 30/16

Week 7: 2x48

Week 8: 7-days

Nutritional Hacks to Shed the Fat

Disclaimer: You must always check with your healthcare provider before changing your diet in anyway.

Eating Strategies

Increase your protein to 1.2 g/kg of body weight (total).

Hydration (water + salt + magnesium).

Trash the phrase "eating windows"! You eat meals now!

NO snacking!

Consume caloric beverages with a meal and complete before the meal ends.

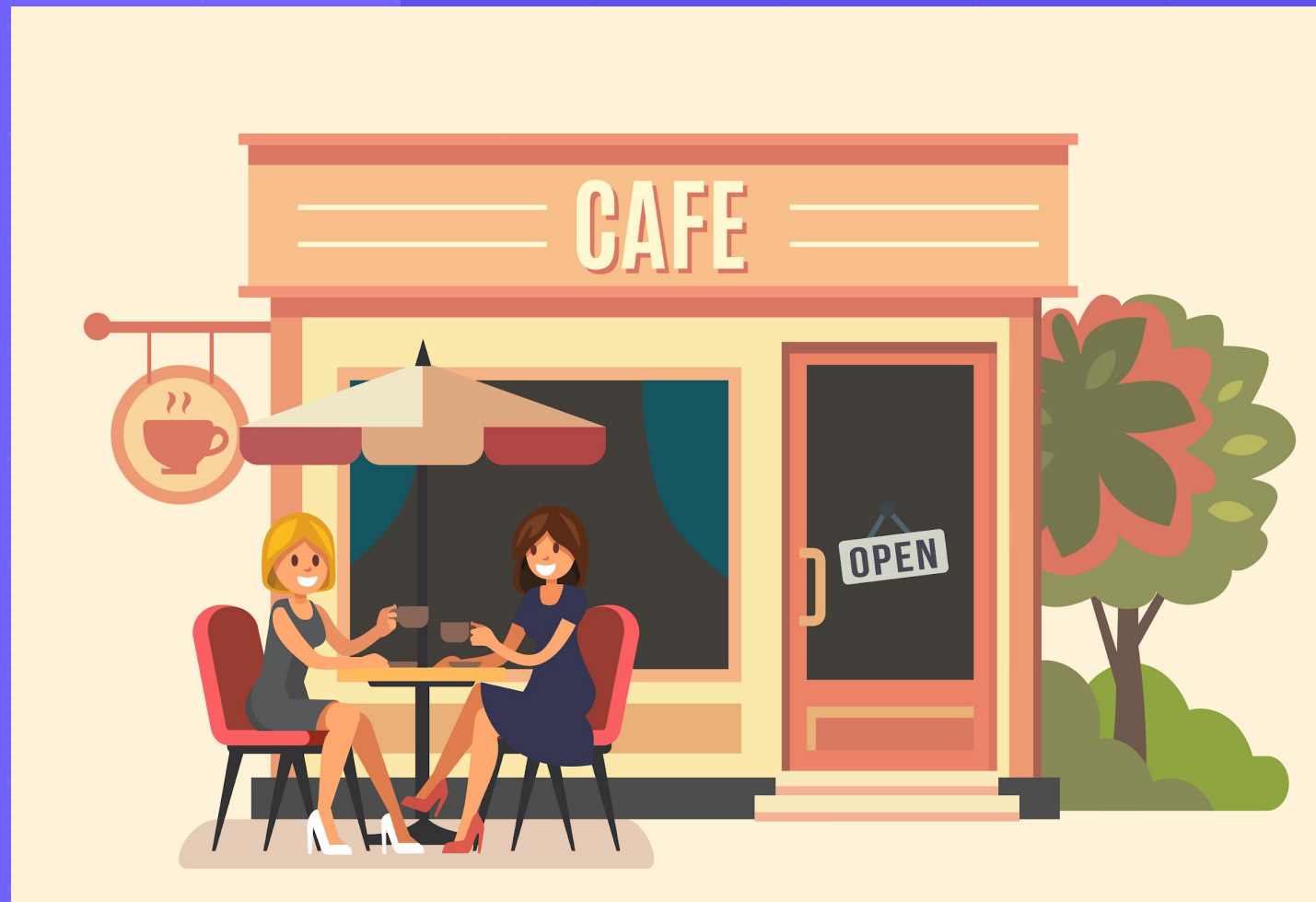
Eliminate nuts and dairy (except butter) for 6-8 weeks.



Other Recommendations

Social Commitments

- We usually try to fit fasting into our lifestyle and not doing so can create a lot of resentment towards fasting, but it's OK for a short period of time to dedicate yourself to your fasting.
- Keep sharing simple: *"I'm doing a 30-day sugar cleanse with my colleagues."*
- Suggest connective over coffee/tea, while on a hike, playing a sport like racquetball, a knitting group, going to a garden center, etc.



Exercise

1. We love any type of strength training, but maybe tone it down for 1-2 months.
2. Walking is great exercise!
3. Yoga and Pilates are highly recommended.



Focus On Stress Management

- Stress undoes all of our lifestyle efforts.
- Cortisol response is powerful.

Tips:

- Breathing (4-4-4-4, 4-7-8 strategies).
- Meditation.
- Community group meetings!

