

Maintenance Masterclass

Lesson 3: Long-Term Fasting Strategies

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the Fasting Method

Lesson 3 Outline

You've Hit Your Goals

Common Maintenance Protocols

Disease Prevention Strategies

Holidays and Vacations





**You've Hit Your
Goals**

Now what?

Recommendations

1. Continue fasting like you're still trying to reach your goals for the next 2-3 months.
2. Scale back to 3x24 hour fasts a week for 1-2 months and see how your body responds.
3. Transition to a maintenance protocol if you have mastered TRE. If not, practice TRE until comfortable.

This is a good approach if you are unsure of your biomarker status and are working on your relationship with food.





Common Maintenance Protocols

Do I always need to fast this much?

The answer is no.

But it's not straightforward.

Questions to Ask Yourself

What type of diet do I plan on following?

Do I eat out often?

Am I still struggling with stress/emotional eating?

Is my relationship with food still a work in progress?

Will eating 'my way' more often jive with my family, or will I have to find a balance between how I want to eat and how they eat?

If you answered
'yes' to any of those
questions, then...

You may want to consider doing one
therapeutic fast (24+ hrs) per week to
offset insulin spikes.



Base Protocol 1: No Real Change In Diet

Two meals per day

Occasional 24-hour fast as schedule permits

Extra optimization tip (not necessary):

- Eat a small-to-medium sized meal at breakfast time and then your main meal at lunch time.
- Only eat after lunch for special occasions.

Base Protocol 2: Most Common Approach

- For individuals who eat out once a week and may have a tiny bit of 'this or that' at special events here and there.
- Two meals a day.
- Once a week a planned 24-42 hour fast.

Base Protocol 3: 50/50 Diet

- Cautious of consuming highly processed food but don't really follow any nutritional plan.
- Indulge in sugar more regularly.
- Two meals a day + two 24-hour fasts per week.
- One week of therapeutic fasting per month, e.g. 2x48s.



Disease Prevention Strategies

Autophagy

A cellular recycling physiological process triggered by fasting, nutritional ketosis and intensive exercise.

Desirable for disease prevention and anti-aging.

Lesson 5 will focus on this process in greater detail.

Including “Autophagy Fasting” Into Maintenance

1. One 5-to-7 day fast per quarter.
2. One 3-day fast per month.
3. One 36-42 hour fast per week.
4. Can combine any of these strategies.



A Common Approach

1. One 36-42 hour fast per week.
2. Monthly 72-hour fast but quarterly substitute one of these for a 5-to-7 day fast.





Holidays & Vacations

Exercise A Common Sense Approach

- If you have an “off meal”, then do a day of therapeutic fasting.
- If you have an “off” weekend or week, do 1-to-2 weeks of your old therapeutic base fasting approach to reset.
- If you have an “off” month, then take 2-to-4 weeks of your old strategy to reset.