

Maintenance Masterclass

Lesson 5: Optimizing Autophagy

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the Fasting Method

Lesson 5 Outline

What is Autophagy?

Autophagy: IR vs. IS

Fasting Strategies





What is Autophagy?

What is Autophagy?

- Physiological phenomenon that is a form of cellular recycling.
- When “turned on” your body will breakdown old and damaged cells and reuse the old cell parts to help other cells function more optimally.
- Natural “clearing out” process.
- Occurs when your cells are stressed or deprived of nutrients.
- Induced by ketogenic diets, intense exercise and fasting.
- Fasting is the most powerful tool we have to date for inducing autophagy.

Can You Measure Autophagy?

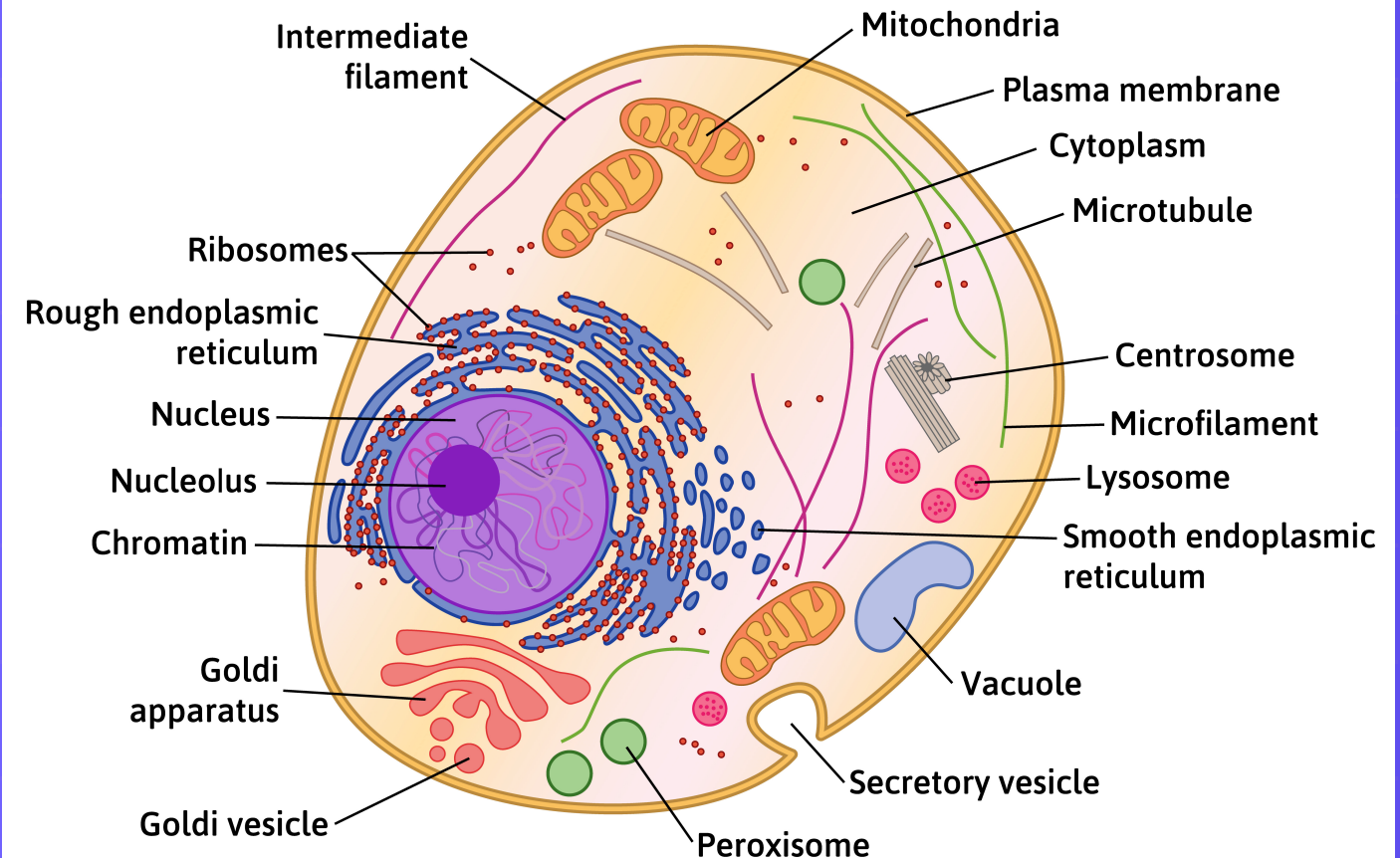
- It's a very complicated process that cannot be done in your doctor's office or local medical lab/hospital.
- Monitor certain existing health conditions and clinical observations.

Examples of Common Observations

- Scars (i.e. c-section) disappear after years.
- No, or very little, loose skin after dramatic fat-loss while fasting.
- Fibroid shrinkage or disappearance.
- Improvement of certain neurological conditions may be attributed to this.

Why is it important?

- It is an essential process for a cell to survive and function properly.
- It recycles old and damaged cells.
- Eliminates nonfunctional components of cells that negatively impact function.
- Can destroy harmful pathogens.



Other Potential Benefits of Autophagy

- Increase longevity: disease prevention and anti-aging.
- Prevent the accumulation of excess skin while losing significant body fat.
- Neurodegenerative disorders (i.e. Parkinson's, Alzheimer's).
- Certain cancers.
- Metabolic diseases (i.e. type 2 diabetes).

Too Much Autophagy Carries Potential Risks!

Too much of a good thing can be just as if not more problematic than too little of it.

Autophagy: IR vs. IS

Insulin Resistant vs. Insulin Sensitive

- Duration: IS individuals can start to experience autophagy 8-14 hours into a fast, whereas IR individuals start to experience it around 20-24 hours.
- Weight-loss: you will see autophagy direct attention to the excess connective tissue (skin).

Insulin Resistant vs. Insulin Sensitive, Continued

- IR individuals are typically fasting 24-48 hours, 2-3 times/week
- In IS individuals it's recommended to stick as close to water and salt as possible since therapeutic fasts are not as frequent.
- IS individuals can use fasting aides during extended fasts of 72+ hours if needed.
- IS individuals may require more salt and magnesium the first 24-48 hours of an EF after a holiday or vacation where eating is "off plan."

Maintenance Recap

Therapeutic fasts are often limited to once a week, which is a lot less frequent compared to those fasting to reverse insulin related issues.

IS individuals may experience the benefits of autophagy as early as 8 hours into a fast.

Fasting less therapeutically but experiencing a fair amount of autophagy in a much shorter time (great for anti-aging and disease prevention!).

Advised to stick close to a water and salt fast on your therapeutic IF days and can use Epsom salts or magnesium oil.

It is OK to use fasting aides during extended fasts for autophagy.

Fasting Strategies

Before We Get Started...

- Fasting is an incredible tool but it is no panacea.
- There are many factors that can contribute to disease development.
- This is not a guide for what to do if dealing with an active health issue or if one is to arise down the road.
- Fasting may be contradictory in certain circumstances. It's important to seek the guidance of a healthcare practitioner.

“Autophagy Fasting” In 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.





What Are Your Goals?

Autophagy: Mild Plan



Quarterly 3
day fast.



Semi-annual
or annually
5-7 day fast.

Autophagy: Moderate Plan

Weekly
36-42
hour fast.

Quarterly
3-7 day
fast.

Autophagy: Intense Plan

- Weekly: 36-42 hour fast.
- Monthly: 72 hour fast.
- Quarterly: substitute a monthly 72 hour fast for a 5-7 day fast.