



# Lesson 1: How to Prepare for a Fast

Hi, everyone. It's Megan Ramos. Welcome to day one, lesson one of our intermittent fasting masterclass for weight loss and Type 2 diabetes. I'm so excited to have you here and be part of your health journey. In the next two weeks, we are going to cover some of the most important strategies when it comes to intermittent fasting. These are the strategies I've found have really been the key to success or the keys to success for all of the thousands of individuals that I worked with.

Now, some of these concepts you could be going through the itinerary here, intermittent fasting protocols, breaking your fast, time-restricted eating, and you might think, "Oh, like I know this stuff." But I promise you we're going to dive deep into the strategies here. We're not going to gloss anything over or look at anything from just this really broad picture. We're going to hone in on the details of all of these different facets of intermittent fasting that can really help you get control of your waistline, get control of your blood sugar levels with fasting.

So if you're brand new to fasting, this course is a fantastic place to get started. But if you're not new to fasting, if you've been doing this and haven't been getting the results that you wanted or you've been on the struggle bus with fasting, I really think these strategies and tips are going to help you figure out where there are some gaps in what you were doing before and how to those gaps, so you can start making huge strides towards your goals.

Now in today's lesson, lesson number one, we're going to talk about how to prepare for a fast. Now, we're going to cover two topics in today's lesson. The first one is a general thought on your mindset when going into a fasting day or an eating day. And the second concept is going to be on fat fasting or the second strategy will be on fat fasting.

All right, so let's get started with strategy number one, your mindset. And actually all of the credit for this goes to one of our amazing community members, Mr. Mark Tom. Back in March 2020, we got hit with this global pandemic. It shook everybody worldwide. And many of us were on stay-at-home orders. And more so than ever we had to be really conscientious of our eating in our fasting habits to avoid digging our ourselves into a bit of a hole with the pandemic.

It was much easier to fast when we were out of the house and busy at the office or running around and doing errands. But when we got stuck at home, it became a challenge for so many. And what Mark found was that really reframing how we thought about fasting days and eating days, set him up for great success. More often than not. People go into their fasting days thinking of deprivation, how they're not eating, how there's food available, but they're not eating it. How their family is eating or their friends are eating, but you're not eating.

And we get into this state of feeling deprived and then we go to eat. We don't fast forever, we end our fast after so many hours and we jump into eating again. And we've now felt deprived. So when we start eating again, we're feeling deprived of food. So now that we get to eat the food, it almost feels like a reward. So instead of making more conscientious food choices, we're looking at reward choices. We were just deprived for X number of hours, so now we're going to reward ourselves. And then later on, we don't feel so good because we tend to reward ourselves with really refined and processed foods because those are the foods we've typically been told to reward ourselves with. These processing refining treats or comfort foods full of sugars and processed fats.

And so we don't feel so good. And so many of us get stuck in this pattern or we just hit walls when we're fasting. Maybe our goal is to fast for 24 hours, but at 14 hours, man, it's tough. It's tough when you know everybody's going to be eating lunch or dinner, and you are not going to be participating in some of those meals. So Mark thought this. How can I look at my fasting days in a healthier way? What are the reasons why I am fasting?

Well, Mark was fasting to lower his insulin levels. By lowering his insulin levels, he would lose weight. By doing that, he would improve his blood sugar levels and he would be getting rid of metabolic disease. And on top of that, when you fast you actually get some cellular recycling going on. And the cellular recycling is in response to a physiological phenomenon called autophagy. And we can activate this physiological phenomenon, the cellular recycling once we're deeper into the fasting state. And what happens when we do this is that we get rid of old and damaged cells when we replace them with healthy cells. And this is great for disease prevention as well as anti-aging.

So you're literally getting rid of the crud in your system when you're fasting. So Mark said, "Okay, instead of fasting, I'm going to call it my healing day. I'm going to be healing today." And instead of thinking about not eating and not having lunch with my wife and participating in other eating rituals, I want to focus all about my healing, how my blood sugars are coming down, my insulin, all the cellular recycling in my body, all the decrease in inflammation. And how great I'm going to feel because I've now spent this time healing.

And anytime a negative thought pops into your head, you have your go-to list, all of your whys that are bringing you here today for fasting to deviate to. And over time, you can retrain your mind to start thinking of all of the positives. Now, when it comes to eating, Mark definitely likes the sweets. We all have our vices. Sweet or savory food. I've definitely been on the more savory side of things over the years myself.

But Mark said, "Okay, what is the purpose of my eating? Well, it's not to stuff my system with all of the garbage that used to cause my diabetes and overweight or all these metabolic health issues." What is the purpose of my eating days? Well, to fuel my body, to give my body plenty of healthy, natural fats, to build cells and healthy hormones, healthy cholesterol, and protein for building and repair. So Mark started to think about this whole rebuilding concept on his eating days.

So his eating days no longer became reward days. They became rebuilding days. And we started to talk about this mindset strategy a lot at the beginning of the pandemic, healing days and rebuilding days because our mindsets were already in such a negative place as it was. We had to reframe things into the positive. So not only could we stay strong during this pandemic, we could end this pandemic healthier than we were at the start. So this community, this Fasting Method community really embraces the concept of healing days and rebuilding days. And use those terminology, those words instead of fasting days and eating days.

And I must say Mark deserves a Fasting Method medal here because even for me, that was so powerful at the start of this pandemic when I was stuck at home for nearly 13 weeks. So really think about your mindset, our bodies, our minds actually have the ability to completely change our entire lives if we're able to really adjust our mindset. So I encourage you from the start today, your fasting days are healing days and your eating days are rebuilding days. Now, your homework from this part of the lesson is to write down all of the healing reasons why you want to fast?

And while I appreciate weight loss as a goal and nobody was happier to get into a smaller size pair of pants than I was. I can appreciate the vanity aspect of it, but why are you trying to lose weight? For me, I was trying to lose eight to reverse my Type 2 diabetes. I was trying to lose weight. So I would have healthy pregnancies. And I would be able to bounce back after having a baby and be able to juggle all of the new things on my plate with more ease and that I would grow up. Not grow up, but get older. And as I got older, I would be healthier and I wouldn't be plagued by chronic illness and be a burden to my family.

And we can't always predict that, but I wanted to do everything in my power. So by losing that excess body fat, I could prevent metabolic cancers and other metabolic conditions. So that was so important. That was so important for me. And my mom was really sick while I was growing

up. She's still very sick. Lots of genetic things have been triggered by environmental exposures and metabolic health over the course of her lifespan. And I love my mother and I've had a great life, but if I have a choice I don't want my kids to grow up sleeping on the floor of emergency rooms throughout elementary school because I'm always being admitted to the ER in the middle of the nighttime.

So I don't regret my childhood. There's nothing upsetting about that. But these are the bigger reasons that I'm trying to get at. I need you to dig inside and figure out what these bigger reasons are because these are the things they're going to motivate you. And I want you to write down this list and keep it with you. Keep it in your wallet, post it on your computer screen or on the wall above your computer monitor. Put it on top of your fridge. Stick it with a magnet on the front of your fridge. And that way you can go to it and you'll remember those moments where you are feeling deprived. All of the healing, all of the disease that you're going to prevent against and all these great reasons for why you're fasting.

All right, well, let's jump into strategy number two and that is the fat fast. Now, I've seen so many people talking about this online, but what does it mean? Well, a fat fast is a period of time where you prioritize eating healthy, natural fats and you do your best to eliminate all processed and refined carbohydrates and minimize or eliminate starchy carbohydrates. So things like root vegetables, for example, vegetables that grow underneath the ground. And for this period of time you're just really going heavy on the healthy, natural fats.

So natural fats and we'll go over these again, but things like salmon or the fat in a steak or an avocado or olive oil that you use for sauteing your vegetables. So when we prioritize this healthy, natural fat it actually has a huge hormonal impact on our ability to feel satiated. So many of us are constantly feeling hungry. And we feel that we can eat everything in sight and we never quite feel satiated. And when we prioritize these fats for a period of time in such a high volume, it has a dramatic hormonal impact that helps just give us back control of our own bodies.

Because many of us, I know we don't feel in control, but eating this dietary fat well. Now, the thing with the fat fast is we're not just prioritizing these healthy, natural fats. We're also limiting the number of food items or meal types that we're having during this period of time. So what we're striving for is a very monotonous diet, a diet without a lot of variety. So when you're in a fat fast, you want to be selecting a few foods that are very fatty and you want to be using those few foods to make the same meal or the same couple of meals over and over and over again.

Now, this monotony, this has a huge hormonal effect on your hunger hormones. It virtually shuts off your hunger. You get to that point where your body thinks, "Oh my goodness. If I need

to eat that meal again, I'd rather not eat. Let's just fast." So many of us have even experienced this in our past lives with our favorite foods.

Now for me, I'm a former pizza addict and there could only be so many days in a row where I'd rather not eat anything at all than eat pizza. Several years ago, for my diabetes diagnosis, I was in Europe. I was in Italy with some friends and we were in Italy for about 10 days. And we weren't watching our carbs then. And I didn't even know about low-carb, but on our last day we couldn't eat Italian food. I couldn't eat another slice of pizza if I tried. I was so sick of it.

So we've all been there in the past with these previous foods. So think about those times and how the monotony of eating those foods over and over again really turns off your appetite. So with fat fasting, having that monotonous diet is so important. So these are two strategies that people often use when they fat fast. The first strategy is just to pick three or four different foods and just eat those three or four different foods.

So way back when, we used to have fat fasting foods: olives, avocados, bacon, and eggs. Those were our four fat fasting foods. And people could make subs here and there if they needed to. So if they didn't eat bacon, they could eat salmon, for example. Or if they didn't eat eggs, they could add in another meat or another fish, but just four foods and that was it.

And then we sort of evolved to allow people to eat two different meal types. So in each meal type, say a stir fry, for example, you could have vegetables, different types of vegetables and you could have an animal protein, say poultry or beef, for example. And there might be six or seven ingredients or different food types, especially when you look at the different vegetables and whatnot. But you're eating the same meal over and over again or something like a Cobb salad, for example. There's many different parts to a Cobb salad, definitely more than four food types in there, but you could be eating the same Cobb salad over and over and over again.

So the idea here is to really keep it monotonous and pick which method works for you. Now, so many people elect to fat fast during stressful periods of time. So for many individuals it's just easier to pick four foods. So something that I'll commonly do is I'll have bacon because I can cook up a bunch of bacon and put it in the refrigerator, and then just eat it cold. Or chicken wings is another common fat fasting food that I will have. And with the chicken wings, I can put a bunch of them in the oven, then I can leave them in the fridge and then I can reheat them whenever I want them.

So keeping it really, really kind of simple. So that's one of my strategies. I love an avocado with some olive oil or some sauteed greens, or maybe I'll add in a steak, but it's boring. Same foods over and over and over again. But if you're more of a meal person and you're not very stressed

and you have time to make these meals, then you can absolutely create one or two dishes. So you just eat over and over again.

Now, we've talked about the different types of foods in a broader sense, but let's go over some of these naturally occurring fatty foods that you can have. So in terms of cooking fats, you have butter and ghee, coconut oil, avocado oil, olive oil. These are wonderful cooking fats that are more plant-based. And then on a flip side for animal fats, you can have beef tallow, duck fat, butter or ghee. So any natural, unprocessed animal fat is great. Even if you save the bacon from your bacon fat or your bacon cooking, that bacon fat, that's wonderful too. Any animal fat is great for cooking.

Now when it comes to more animal products that you can have during a fat fast, really you just want to pick fattier cuts of meat. So let's look at beef for example. So you'd want that nice fatty rib eye instead of that very lean filet. So we just want to go for more fattier cuts or you would want to have some cod or some salmon, instead of having a leaner white fish. Or when it comes to poultry, having chicken wings, having chicken legs, chicken thighs. Or if you're eating chicken breasts, just eating it with the skin and making sure you're getting in that fat.

So it's really about embracing just fattier cuts. Or if you're someone like me who still prefers the leaner meats, just trying to get more marbled meats, or if you're eating chicken to really crisp up the skin and enjoy it. Now, I know not everyone's an animal-based diet eater. And while we have tremendous disrespect for a carnivore diet, many of us do eat plants or are more plant-based. I myself have issues processing certain amino acids intermittently. I have a condition called intermittent maple syrup disorder or disease. And there's a few amino acids from animal foods that I sometimes struggle with.

So even myself, I eat more plant geared despite the simplicity that carnivore offers. So when it comes to more plant-based individuals, there are certain things like avocados you can really embrace nuts and seeds and salads and really go crazy with cooking with these healthy, natural fats. And things like coconut cream or coconut butter, really wonderful plant-based fats to add in.

So you can, of course, make these fattier dishes with more of these plant-based foods as well. You can literally take any vegetable that grows above the ground and any leafy green and make it fatty by cooking it in some of these healthy plant-based fats. So fat fasting isn't exclusive to the carnivores or the omnivores of the world. It's there for all of us. Now, when it comes to selecting foods for fat fasting, a couple of suggestions. It's very wise to cut out the dairy and cut out the nuts when you're intending to do a fat fast.

Now, I'm not saying that you need to cut these out forever, but in the short-term. Because when our bodies are really struggling with insulin resistance, we're either not hitting our goals or we're just getting started at trying to tackle our health issues. It's wise to cut out some of the foods that are more often than not inflammatory for our systems. And dairy and nuts and seeds can often be pretty inflammatory for the insulin-impaired individual. But down the road after we've had several months of great metabolic healing, we could consume those things just fine. Or even many people do once they've gotten into a good groove and they've started their healing process.

So even a month or two or down the road, these foods are much more tolerated. I'd strongly advise not just keeping the diet monotonous, but cutting out these food groups. Now, the only caveat here is if you're an entirely plant-based individual, you will have to rely on nuts and seeds to get fat in different protein sources. So that's understood. Just try to be very cautious of your portion size of them. Really not trying to consume more than approximately a cup of them a day if you're using them as one of your more main protein sources on a plant-based diet.

Now, how do you fat fast? How does it work? So one you're starting a fast. When you're brand new to fasting your hunger's out of control, you have lots of sugar craving. Or say you've been doing this for a while, but you're struggling with hunger. Or you're coming off of a holiday or vacation or period of time where you haven't been eating ideally. And you feel like you're starting over again. Or perhaps you pretty much have mastered this lifestyle, you've been doing it for a while, but gosh are you stressed.

Recently. I relocated from Toronto Canada to San Francisco during a pandemic trying to immigrate. My husband was American, which made some of it easier. I'm not American so it was complicated for me moving two dogs, an entire household, selling our house in a pandemic, trying to find a home in San Francisco that we could move into without being able to travel there because of the pandemic. It was nuts. And I fat fasted for more or less about two months until all of the chaos was over because my hunger was just running high from stress all of the time.

So instead of trying to force myself into fasting and crashing and burning because I was just too stressed out and stress drives hunger. Stress causes an insulin response, a glucose response. And stress hormone cortisol itself is a fat-trapping hormone. So it's just so dangerous to try to fast through a really stressful time. And this is where fat fasting is a really good strategy.

Another reason my individuals might fat fast is going into a holiday meal. So everybody, we're starting to open up at least here in the United States and then in some places abroad and there are holidays coming up. There's long weekends like Independence Day weekend, July 4th weekend here in the United States. And we're going to start socializing again. And many people

start to really experience a lot of anxiety going into these holidays. These holiday parties and vacations thinking, "Oh my goodness, I'm going to overeat."

And one way to really get control of your appetite and suppress your appetite going into the holiday is to do a few days of fat fasting beforehand. And last but not least, it's always wise to do a fat fast for two or three days before jumping into an extended fast. Many of these fat fasting foods that we've talked about, these types of fats are really good at helping to stabilize our electrolyte levels And top us up. Foods like avocados, for example, are potassium-rich. Many of these foods have sodium in them. So lots of really great electrolytes for us to sort of top ourselves up before we're getting into an extended fasts.

And we'll all through. We have a whole lesson dedicated on electrolytes and a whole other lessons dedicated on extended fasts. So we'll dive deeper into this as the days progress, but it's a great strategy. If you're someone who's starting off this course with an extended fast is to maybe reconsider when you start and do a few days of fat fasting first. Now, if you're fat fasting to get control of your hunger, whether you're new to this lifestyle or you're struggling with sugar or you're going through stress we encourage you to really start off your fat fast eating anytime you're hungry.

So this might mean that you're going for a couple strips of bacon or a cup of hard-boiled eggs or a few avocados a day. And maybe you're eating several times throughout that day for the first day or two. It's very normal. Listen to your body. If you're hungry, feels a little bit unbearable, go grab some food. What will happen is after the first couple of days, you'll find you might go for eating several times a day to just a few times a day. And usually by the end of the week, you're naturally going to fast as it is.

Dr. Fung and I had one patient in the clinic, young men about my age now. And he was really struggling. He was going blind. He was on all kinds of insulin. Dr. Fung wanted him to do a longer fast. He could barely make two hours. And when we talked about his work situation, he worked the night shift at a factory and there was all kinds of sugary stuff people brought in or their vending machines. He was in tears in the office because he knew he was going to go blind if he didn't get this under control.

So we started a fat fast. We kept it really simple, bacon and eggs. This gentleman had been told forever not to eat bacon and eggs because it was bad for him. And he was a Type 2 diabetic, but Dr. Fung approved of him eating bacon and eggs. So we just ate bacon and eggs. And he would go to work sometimes with a dozen hard-boiled eggs and a pound of cooked out bacon. But that's what he went to work with. And I told him, "I'll see you again next week. Let's give this a shot." So he stuck with his bacon and eggs and by the time I saw him a week later, he was in the



middle of day three of his fast. So approaching day four. Or sorry, he was in the middle of going into day four.

So three and a half days of fasting at this point. And he said after the first few days, the first day he ate all day long. Day two, he ate for about half the day. He started to feel like he just didn't care for food anymore. Day three, he ate once and then he figured, "Well, let's see how tomorrow goes." And he ended up starting his fast and just riding through till we saw him in the clinic. So it is very, very powerful.

Now, a couple of caveats here, my friends, is that it's so important to keep your foods monotonous and that if you want this to work you really do need to listen to your body. One of the biggest issues I see is people trying to force their fat fast into certain timeframes. Now, you can do that going into a holiday weekend. You can do that before getting into an extended fast, but you should not do that when you're trying to get control of your hunger, especially during stress and sugar cravings.

You need to let your body just go through the process. Many people will say, "I'm going to fast for three days and then I'll be fine." And even on those fat fasting days, they're trying to force some fasting and fight hunger. That's not how it works. If you want it to work, you really need to embrace the process here and eat when you're hungry. And even if that's 10, 12, 18 times those first couple of days, that's what it is. You need to sit in there and just eat. Listen to your body. Trust the process with this, everybody. And the sooner you trust the process, the faster it's going to work and you're going to get control of your health.

Now, one thing that I'm often asked about fat fasting is that I just can't tolerate eating that much fat. And actually I don't do very well eating a lot of saturated fat. I just don't digest it very well. I had some genetic testing that confirmed I just don't have the genes for it, but I don't eat it. I love saturated fat. It's just not the main fat in my diet. So for me, when I do my fat fasting I'll enjoy things like chicken wings or things like bacon.

Many people will fat fast with pork belly, but I can't digest pork belly, but I can digest bacon just fine. Or fish is really good or avocados are really good. So you really can personalize this to what feels good for you. You should never force yourself to eat something because it works for someone else, especially if it doesn't work for you. So one thing that I try to do is force myself to eat pork belly because I thought that's even fatter bacon.

And I saw so many people thriving on it, but for me it just made me sick and not feel good. So why force it? Why make myself feel unwell just to try to fit into a box? You don't need to. And a lot of people find that if they can't handle that much heavy fat, then having those cooked greens or having cooked vegetables. Like you could do Brussels sprouts everyday cooked in duck

fat or cooked in avocado oil or broccoli or spinach. So you don't necessarily need to go towards more of these heavy fats all of the time.

Now, another thing that uncommonly asks about is fatty beverages and broth. "Can you have them in between meals or eating periods on a fat fast?" And you absolutely can. Just keep in mind when it comes to the fattier beverages that you might want to stay away from the dairy fats. So you could go for alternatives like goat or water buffalo milk, or you could use coconut milk as long as it's unsweetened. So there are alternatives. But yes, you can absolutely have these foods during a fat fast or these fatty beverages. And of course, you can have bone broth or low carb vegetable broth as well when you're fat fasting.

All right, everyone. Oh, one last tip, sorry, before we wrap up, many people will ask me as well, "Can they fat fast in between their intermittent fast or their shorter bursts of fast?" And you absolutely can. It's a very commonly used strategy for people to help them get into a rhythm and you can absolutely start fat fasting in between.

All right, everybody, that's a wrap for today's lesson. We will reconvene tomorrow. But in the meantime, I want to hear about how you're doing, what your questions are, what your plans for fasting are in the community forum thread for this week's fasting challenge. So please let me know. I'll be in there answering your questions. The link for it is at the top of the main masterclass page. So if you go to the main masterclass page where you access this lesson, you'll be able to find that link in there.

Thank you so, so much for joining me today. Tomorrow, we'll be back here talking about time-restricted eating, not snacking, how to time your meals, the concept of mini fasting. So we'll be starting to build up, build up that fasting muscle to get you where you need to be.

Now, your homework for today's lesson is to start thinking about your whys, why you're fasting and write out that list. And maybe try to start experimenting with fat fasting or at the very least try to remove some of the processed sugars and fats from your diet. All right, everyone. We'll see you back here tomorrow. Bye for now.