

Welcome Masterclass Participants!

Hi everyone. It's Megan Ramos here. Welcome to our Intermittent Fasting Masterclass for weight loss and type 2 diabetes. I'm so excited to be part of your journey and congratulations on taking this next step towards better health. For the next six weeks, we'll be tackling everything you need to know about fasting and eating strategies to help you lose that weight for good and reverse your type 2 diabetes. I'll be co-facilitating this course with my colleagues, Dr. Nadia Pateguana, Dr. Terri Lance, and Andrea Lombardi. We're going to run you through all of our tips and tricks, protocols, troubleshooting strategies for time restricted eating, intermittent fasting, extended fasting. And we're going to talk about what you should expect in terms of results. We're also going to touch base on eating strategies as well, really focusing on whole food nutrition. We're going to cover diets such as the Paleo, low carb and ketogenic diet, as well.

But when it comes to nutrition, it's really about eating those real whole foods. So we're going to break it down for you, let you know what you should be eating and where the common traps are, why people plateau when they think that they're eating these real whole foods. Dr. Terri Lance is also going to address some of the mindset issues that come up that may prevent this from being a sustainable strategy for you.

Now if we can learn these tools, you can actually incorporate fasting into your lifestyle for the long term successfully, keep that weight off and be proud of your dietary choice. So Terri's going to help you break down issues such as limiting beliefs, self-sabotaging behaviors and sugar addiction.

Well, everyone, we can't wait to get started. Class begins on Monday, January 31st, and I look forward to seeing you there. Bye for now, everyone.