



How do you know if you have plateaued?

For weight loss, it is hard to tell when you have plateaued because you can't always rely on the scale. This is because the scale just tells us our total body weight, which is the sum of our water weight, fat mass, bone mass and muscle mass. And we know that we can gain muscle and bone while we're fasting. This means if we are losing body fat, by gaining muscle and bone mass, then the scale might not go down. It might even go up, but that's actually a good thing if you are losing body fat, but gaining healthy, lean mass. One way to tell if you have plateaued is by taking your measurements around your waist, arms, legs, and hips. If your measurements have stayed the same for two weeks or longer, then that might be a sign that you have stopped losing weight.

For type two diabetes, you might have noticed that your blood sugar levels haven't improved over the course of two weeks or longer. Now, if your inches or your sugars haven't changed over the course of two weeks or longer, then it's a sign you might be in a plateau. Now, my top tips for breaking through a plateau are to stop snacking, don't eat before bed, change up your fasting regimen, and try eliminating dairy and nuts for one month.