

thefastingmethod_085

Megan [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

[00:00:13] This podcast is for educational purposes only, and it is not a substitute for professional care by a doctor or other qualified medical professional. You should always speak with your physician or other healthcare professionals before doing any fasting, changing your diet in any way, taking or adjusting any medications or supplements, or adopting any treatment plan for a health problem.

[00:00:42] The use of any other products or services purchased by you as a result of this podcast does not create a healthcare provider-patient relationship between you and any of the experts affiliated with this podcast. Any information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. All right. And now we'll get started with today's episode.

Terri [00:01:19] Welcome back, everyone, to another episode of The Fasting Method podcast. This is Terri Lance and I am joined today by, of course, Megan Ramos. And we would like to share some insights with you about the masterclasses that we do at The Fasting Method because this is something that we started doing a while back and some of you might not be familiar with them yet. So we wanted to explain a little bit about what they are and help you understand the benefit of them and why we love doing them. So Megan, you started with the masterclasses, you did the first one. So I'm just curious as you've been through a number of them, what are your thoughts about what people need to know about the masterclasses?

Megan [00:02:05] So the masterclass initially came to be with me being grounded due to COVID lockdown in 2020 and immersing myself in our online community. Now, prior to that, I was in clinic with patients. We had made the decision to end the clinic in 2019, at the end of the year, so I wasn't going back into clinic. But part of the reason why we were moving everybody online at that time was because my travel was pretty extensive. So lockdown happens, everybody's at home, all of our members are engaging online. It was fantastic, but people's knowledge of fasting was all over the place. A Community member, if they were participating in coaching, really understood The Fasting Method way of fasting and really understood the key concepts of knowledge that are important for the actual application of fasting. But for people who had just joined the Community, everybody's knowledge was kind of all over the place. So I said, "Oh my gosh, okay, we need to teach people The Fasting Method way of fasting." I started leading the weekly group challenges. We now do monthly group challenges now that we're out of the COVID era. But back then, when everyone was locked down, we were doing something different every week to keep people engaged and on track during that difficult time. So we ended up doing, essentially, a month-long masterclass to reset everybody, and everybody then went on to do really well. Lockdown and all, people understood.

[00:03:50] You know, there's so much information out there in the books and the podcast and Jason's YouTube channel, and there's just a lot of information out there about fasting in general. So it gets all kind of miss-moshed. You know, people are inundated with information and sometimes when we read text, especially when it's more medically dense, like The Obesity Code, it can always be a bit challenging for someone without a medical or physiological background to understand sort of the key concepts behind the books. So

everybody in our Community was studying so hard to be the best fasting student, but it was just a lot of information.

[00:04:31] It was so great to see everyone really start to thrive and I said, "Okay, we need people coming into the Community having gone through sort of this standardized course and procedure where they can really learn The Fasting Method way to do things." And I mean, it's what Jason and I started with, it's what's been so successful. It's what we've all evolved as a team over the last 12 years now. We've been doing this for 12 years. So then I thought, "Okay (six months had past nine months had passed and we were seeing a lot of new faces), let's get this course going." So we started doing our intermittent fasting masterclass. We sometimes call it 'for weight loss', 'for diabetes'. The bottom line is, if you've got insulin resistance, it's the course for you. So whether you're a 22-year-old with PCOS who hasn't had a period in three years or maybe never, or whether you're and 82-year-old post-menopausal female looking to lose weight, or you're a 67-year-old male who's had type two diabetes for 30 years and is on insulin, I mean, all of the strategies are really applicable to you across the insulin-resistance spectrum, gender, age, whatever, pushed aside.

[00:05:44] So we started with these bootcamps and people really enjoyed them. They learned a lot and they figured out where they were making mistakes. It became pretty evident to us on the other side, as we were executing them, what the common pitfalls were. So like a lot of people were coming in thinking that 16 hours of fasting was going to reverse their insulin resistance. If you don't have insulin resistance, it will result in some weight loss and improve health markers, absolutely, but if you have insulin resistance, it's not really making a dent. A ton of people were doing OMAD, for example.

[00:06:19] So we really want people coming in with sort of that standardized Fasting Method approach to doing it. We do them about quarterly. So we encourage our Community members to participate. All of our coaching clients get access to the masterclass now to start them off on ground zero. So we do these, you know, every four months just to help teach people sort of the basic foundational principles of what fasting means to Jason and I, and why we've been successful executing it. So a lot of it is the how.

[00:06:53] We also take the most important why concepts. You know, I don't want anyone ever saying, "I'm fasting today because this Canadian doctor, Jason Fung, said that I should fast." You know, we do want you to understand what's happening in the body. When you have that understanding, then you're more likely to do it. I don't want you going into the grocery store buying grass-fed beef or organic broccoli because some Canadian redhead said, you know, to do this. I want you to understand how those foods affect your hormones when you do consume them. So we go through some of those foundational whys.

[00:07:33] We actually have what may be our last intermittent fasting masterclass for this year about to start. I am pregnant. I'm due in November. We're going to try to get one in [laughs] in early September, but we hear a lot from teachers that they keep missing out on them because we primarily do them in the school year when people are not on vacation. In the summertime, a lot of people are traveling. But our teachers have been hit really hard with COVID over the last few years. I can't say enough positive things about our teachers and I'm so grateful for everyone who's hung in there. I know it's just been utter mayhem for everyone in that industry with the COVID situation. So we have a lot of teachers in our Community saying, "Hey, summertimes are when we can really make progress and we're

here, we're ready to make progress. We want to move out of this COVID era that's been crushing our metabolic health." So we're going to do one right now. [laughs] It starts in a week or so. And then hopefully, depending on what Baby Ramos is doing, we'll get another one in this September, and then we'll be back in action for a January reset one.

Terri [00:08:51] Great. One of the things I was thinking as you were talking, Megan, is you talked really about the kind of more didactic part, the you teaching the information or whoever is doing the masterclass. And there's a whole lot more to them besides those daily lessons that people get where you learn all of the important information. There also are live events. Sometimes they're specifically question and answer sessions, sometimes there are some workshops involved, but there are ways to interact with the other people in the masterclass and with the person leading the class. So when you do an intermittent fasting masterclass, you're doing Q&A sessions so people get to come in and actually ask you their questions, not hope that they show up at some point on the podcast, but they actually get to talk to you and hear it live from you.

[00:09:46] The other thing that is so powerful about the masterclasses is we have a private thread in the forum and this means that everyone enrolled in that masterclass can write to share their process, their learnings, their struggles, their questions. They get support from each other and they get support from you. Or if it's my masterclass, from me. So there's all of this really more in-depth digging into things, asking about it immediately, not waiting for months to see if you can figure it out on your own but to come right in and get it from the person who's teaching it. And so I think that is so valuable. And again, the support from each other is really valuable too.

[00:10:32] So there's so much more even beyond the didactic daily lessons that people receive. All of these sessions are recorded because they're offered at various times. We try to hit people in different time zones but, of course, we can't catch everyone at their timezone so these sessions are recorded. So you don't miss anything regardless of where you live and you have access to them beyond the time that the masterclass is running. So if you really loved lesson number four, and it had so many pearls of wisdom in it that you can't possibly remember them all today, you can go back, you can watch it again next week, you could watch it again the following week. So you get to maintain all of these resources and I think that's one of the big assets of joining a masterclass is the amount of information and resources that you have at your fingertips, even beyond the time that the masterclass ends.

Megan [00:11:31] That's a good point about resources. So not only does the masterclass, or our masterclasses because we offer different types and we'll talk about that in a minute, not only do they have plentiful stuff to keep you engaged and for you to go back and reference the live interaction and the static videos and whatnot, but people who participate also get access to our fasting community. So this gives you a platform where you can connect with individuals in one of our (or many of our, depending on your schedule) over 30 live events each week. So we do special topic webinars. We do group meetings, and group meetings have different themes, whether it's beginner fasting, intermediate-advanced fasting, different eating strategies, different mindset and habit strategies as well. So there's a variety of different discussions for you to engage in and test out the Community. We have the monthly challenges which you're welcome to participate in in addition to the masterclass. So there's the masterclass resources, and then there is the whole community aspect of things.

[00:12:46] But I just noted, Terri, you know, we have these great mindset and habit meetings in our Community, but this sort of spawned off our next phase of masterclass. So rolling back to sort of the history of things, I always joke that Terri and I have the yin-yang balance here when it comes to helping people, you know, not just change their metabolic health but transform their lives. And I often credit Terri and all of the strategies that she's responsible for sharing with our Community for the reasons why I was able to transform, you know, why I look at things from my past, past foods, and I don't see food anymore and how I choose to take care of myself, celebrate myself, nurture myself. I don't do that with food anymore. How I choose to engage a lot with my social community. Sometimes it is around food, sometimes it's not. And I have learned strategies and skills and how to manage all of these mindset and habits and my emotional relationships from food. I've learned that from Terri and I think that so many of us need to transform this.

[00:13:59] So we can teach the fasting till we're blue in the face. People understand it. But when you have that awful day at work, when you have that really stressful event, when-- I was talking to a client last week and she wanted to celebrate 80 pounds of weight loss, and her first thought was going to food to celebrate it and not, you know, real, whole foods, you know, these sugary, carby processed stuff that got her into gaining the weight in the first place. And she said, you know, she immediately noticed this was her reflex reaction and, fortunately, she was able to stop herself in her tracks. So we saw that there is this huge need to sort of address what we call our 'transformational strategies' in the long term. And that spun off what Terri is doing. Terri, do you want to talk a little bit about your mindset and habit masterclasses?

Terri [00:14:53] Sure. I think exactly what you said, Megan. They're kind of the next step. They are taking all of that knowledge that you've learned and understanding and gaining insights into why implementing that information might be challenging for you. Everyone can, you know, learn the protocols, can learn the electrolytes and strategies, but just as you said, it's the 'life getting in the way', it's the figuring out why I self-sabotage. Why do I do this behavior when I know this behavior leads me off track? Why do I give in to this? Why do I not choose myself? So in the masterclasses that I do we really focus on looking at the paradigm shifts. You know, some of us had to learn about healthy food that's completely different than what we originally learned or have continued to be told is healthy for us. We've had to figure out what's healthy for us specifically in our body. We've had to learn what's possible. Some people come to the masterclass kind of accepting that their life is meant to be served as an obese person. They learned it from their family. They've seen everyone in their family be obese and so they have this limiting belief that that's their future as well, it's the only way life will go for them. So working on changing limiting beliefs, talking about self-compassion and self-talk - all of these ways that we get in our own way. So we work on removing those barriers during the masterclass.

[00:16:24] We talk about how the brain works so that you can really kind of understand, "Why am I tempted by this?" "Why do I want that again?" And understand a little bit more about what drives those behaviors. We talk about creating food plans. We talk about (like I mentioned) self-sabotage. So many of the pieces of this journey that take knowing the knowledge to making it a lifelong, successful tract for yourself. In a recent Healthy Habits and Mindset masterclass, so many people kept writing in the forum about their aha moments, listening to one of the videos or coming to one of the workshops and realizing it now makes sense to them why they keep going off-course with this behavior. And now they have some strategies and some insight to prevent that from happening each time.

[00:17:19] So many times people come to us knowing about fasting and having their plan already working somewhat, but they can't really make the progress. So I think the best thing for most people is if they could do these two masterclasses. You know, learn about the basics of fasting, get all of that straightened out, and then come in and learn, "How can I make that work for me? How can I get out of my own way? What are all the barriers that I'm throwing up in front of me now and that I can address?" So I think these two go really well hand-in-hand because, in my masterclass, we're not going through the details of the protocols and how to break a fast and those things. It kind of goes on the belief that you already have that knowledge, but you're ready to take that knowledge to a different level.

[00:18:10] So they've been really exciting. So many people writing in the forum just ways that the information that they're working on from this masterclass, how much it can change their lives. And it's so rewarding as a coach to be hearing that, to get to really know the impact of some of the things that we're learning here. So I think they are a great complement to the intermittent fasting or the masterclasses that you do. And then we also have had some others and will have some others in the future. Do you want to talk about any of those?

Megan [00:18:42] Yeah. So we are working on two new subcategories and masterclasses. They're not going to be two-week-long intensives, they're going to be three or four days, depending on the topic. These masterclasses are intended to be add-ons to our base masterclasses. So we have my Intermittent Fasting masterclass, we have Terri's Healthy Mindset and Habit masterclass. So these are add-ons to that. One of them we're working on is a Type Two Diabetes masterclass. This has been one of the most requested classes and it's going to be a four-day intensive with Coach Andrea. It will be coming later in 2023. We're also working on a revamped Women and Fasting masterclass. We experimented a bit with this earlier on. Coach Nadia was leading it. There was quite a bit of overlap with the Intermittent Fasting masterclass, so we've taken a lot of feedback and we're going to formulate it into a four-day intensive on female sex hormones and the problems that we encounter with them over the life span and specific strategies that help reverse those particular problems. That will also be later this year, probably closer to the holiday period when Baby Ramos is here. So those are a couple of the metabolic ones. And Terri, I know we're going to be working on some of the more common topics that people struggle with under your umbrella. So things like self-sabotage. What else are we going to be working on?

Terri [00:20:32] I'm thinking another one on emotional eating because if I think of the two kind of behavioral things that people describe getting in the way the most, it would be the self-sabotage behaviors and the emotional eating. And obviously there's some overlap there. But this gives people an opportunity to come in, as you said, for a few days, really hit this topic, hit this barrier head-on, and learn some strategies and some insights that can help them to change it moving forward.

Megan [00:21:01] So for those of you interested in joining our upcoming Intermittent Fasting masterclass, we'll put the link in the show notes, but it's going to be over on our website - the fastingmethod.com - so if you're just navigating on that website, you go to the program section in the menu, it'll drop down, and there you'll see our Community, our coaching, but also masterclasses. So whenever there's a new or an upcoming masterclass, you'll be able to find the information there. So whether or not you want to join this particular masterclass that's going to start this month or if you're looking to join some of the masterclasses coming this fall, head on over to thefastingmethod.com and check out our masterclasses page. All the information and announcements, schedules as they're

available, will be there and we will definitely do our best in this podcast and through our social media platforms on Facebook and Instagram to keep you posted. Registration is timely. We do have limited capacity in each masterclass to make sure our participants have the best and most engaging experience possible.

Terri [00:22:17] So, Megan, my hope is that today has really opened some eyes about another resource and another opportunity for ways that people can get involved with us and the Community and learn more and really help their journey become much more smooth running. You know, a lot of people are finding lots of strategies and trying to piecemeal them together. And I think coming in and doing a masterclass with us or doing a couple of masterclasses in a year can really help solidify their journey and make it one that's really successful for them. So I'm glad that we're able to talk about this today and give this information and insight.

Megan [00:22:57] Yeah, I see questions all the time, especially with us just on the verge of launching this upcoming masterclass. So I'm happy we were able to inform people with the ins and outs and what to expect during the course and, well, we look forward to seeing everybody in class.

Terri [00:23:15] Take good care, everyone.

Megan [00:23:16] Happy fasting.