Intermittent Fasting
leveraging your physiology for optimal body composition & health

Data shows that IF, when done properly, might help extend life, regulate blood glucose, control blood lipids, manage body weight, gain (or maintain) lean muscle mass and more.

Experiments with Intermittent Fasting, Dr John M. Berardi

Do not attempt if you think you’re just going to be able to skip breakfast, fasting is for the dedicated and strong minded only.

Generally strive to workout in a fasted state, taking 5-10g of BCAA before/during training. Connect with your fitness professional for the best workout.

Listen to your body carefully and pay close attention to the difference between actual hunger vs. mind or boredom hunger.

Cycle carbohydrate intake, meaning the majority of your carbohydrates should be consumed post workout.

Eat mostly whole, minimally processed foods, instead of processed foods and supplements. Lots of lean meats, fresh veggies, quality carbohydrates and fats.

Follow these Guidelines

**WHY DO IT, WHAT ARE THE BENEFITS?**

**REDUCED**
- blood lipids (including decreased triglycerides and LDL cholesterol)
- blood pressure (perhaps through changes in sympathetic/parasympathetic activity)
- markers of inflammation (including CRP, IL-6, TNF, BDNF, and more)
- oxidative stress (using markers of protein, lipid, and DNA damage)
- risk of cancer

**INCREASED**
- cellular turnover and repair (called autophagocytosis)
- fat burning (increase in fatty acid oxidation later in the fast)
- growth hormone release later in the fast (hormonally mediated)
- metabolic rate later in fast (stimulated by epinephrine and norepinephrine release)

**IMPROVED**
- appetite control (perhaps through changes in PYY and ghrelin)
- blood sugar control (by lowering blood glucose and increasing insulin sensitivity)
- cardiovascular of chemotherapy (by allowing for higher doses more frequently)
- neurogenesis and neuronal plasticity (by offering protection against neurotoxins)

**THE BASICS!**

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The basics!

- A consistent workout schedule is necessary to achieve a stronger and leaner physique. A minimum of 3X per week with focus on intense weight/resistance training.
- * Always strive to workout in a fasted state, preferably at the end.
- Macronutrient proportions should contain higher protein, nutrient rich carbohydrates/vegetables, fruits, and limit veggies with high starchy meat meal without. Focus training days, and carbohydrates (increase, increase coconut oil).
- Essential to stay with in your recommended calorie intake, which is required (using 200/800 daily) for a decrease in body fat percentage.
- * Use mybodystructure’s calorie calculator to adjust needs.
- Branch Chained Amino Acids (BCAA) promotes anabolic state and essential for muscle recovery. Take 10 minutes before workout (5-10g) or 1-2 times during a 24 hour fast.

In 16, 20, 24 hour fasts:

**LEANGAINS**
- 16 hour fast, 8 hour feeding window. Biggest meal post workout. There are additional nutrient proportions to apply, see details below.

**WARIOR DIET**
- 20 hour fast, 4 hour feeding window. Most people choose to save this window towards the evening for family enjoyment/dinner.

**EAT STOP EAT**
- 24 hour fast 1-2 times per week max. Flexible fasting schedule at which you choose 1-2 times per week and fast for an entire 24 hour period (water, coffee, teas allowed).

Follow these Guidelines

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2. Listen to your body carefully and pay close attention to the difference between actual hunger vs. mind or boredom hunger.
3. Eat mostly whole, minimally processed foods, instead of processed foods and supplements. Lots of lean meats, fresh veggies, quality carbohydrates and fats.
4. Generally strive to workout in a fasted state, taking 5-10g of BCAA before/during training. Connect with your fitness professional for the best workout.
5. Cycle carbohydrate intake, meaning the majority of your carbohydrates should be consumed post workout.
6. On non-exercise days, consume 2-3 meals of proteins/carbs, veggies and fats with limited carbohydrates.

**THE BASICS!**

A consistent workout schedule is necessary to achieve a stronger and leaner physique. A minimum of 3X per week with focus on intense weight/resistance training. A meal at work in a fasted state, probability of the end.

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