



Why Fast

It's effective

Insulin is a normal hormone that tells our body to store fat, that is its job, so too high a level of insulin will stop us from being able to use or burn that body fat, which derails efforts for long-term weight loss and type-2 diabetes remission. The key in these situations is to lower insulin levels, which depends not just upon WHAT we eat, but also WHEN we eat. Whenever we eat, insulin goes up. So, if we don't eat for a while, insulin comes down. That's intermittent fasting. That's why it's so powerful for weight loss.

Even if you are eating all the right foods, you can still run into trouble if you are eating them too often. This creates confusion and despair, because people feel lost and broken despite adherence to a proper diet. But fasting fixes all that. After all, if you don't eat for a while, will you lose weight? Definitely. If you don't eat, will your blood sugars come down? Definitely. There is no real doubt that it works. The only remaining question is 'Can you do it?' Our goal here at The Fasting Method is to try to make it easy for you by providing not just education, but also resources for support, a community to lean on, and personal coaching if needed.

Fasting is both the most effective and the most efficient method of weight loss. No matter what your diet, fasting is always more powerful, because you can't eat less than zero. And there is no upper limit to fasting either. If you faithfully follow a vegan diet and don't lose the weight you are looking for, it's not possible to become more vegan to lose more weight. Same goes for Keto, or Paleo, or Dukan and all those other diets. But you can always extend your fasting. If you don't lose weight fasting for 24 hours, maybe a 7-day fast will work. If you don't eat for 7 days, will you lose weight? Of course.

It's a time-tested tradition

Fasting isn't the latest and greatest new miracle diet. It is literally the oldest dietary treatment in human history. It has been practiced in virtually every culture and every religion on earth. It is not some kind of cruel and unusual punishment. Instead, it has always been regarded as a 'cleanse' a 'detoxification' or a 'purification'. Fasting is merely the opposite of feeding and the

two must exist in a balance for optimal health. It's not about fasting all the time. It's not about feeding all the time. It's a cycle.

Fad diets don't work. Luckily, fasting is no fad. It is really the cornerstone of wellness practices the world over. It's not harmful, it's healthful. We've dispelled many of the myths of fasting in this series. Indeed, science is now discovering new incredible health benefits all the time.

Can't you do the same thing with calorie restriction?

Not at all. For many years, the standard advice for weight loss was to eat multiple small meals throughout the day. Every time you eat, your insulin levels go up, which tells your body to store body fat. Worse, it also blocks fat burning, since you can't both store energy and burn energy at the same time.

Fasting is completely the opposite. It is not eating more frequently, it's eating less frequently, which allows insulin to fall telling the body to burn body fat. It changes the entire hormonal profile of our body because when insulin falls, other hormones, called the counter-regulatory hormones, go up. Including things like noradrenaline, which activates the sympathetic nervous system and growth hormone. The increased growth hormone preserves lean mass and rebuilds needed proteins when we start eating again. Remember it is a cycle - feeding and fasting. None of these beneficial hormonal changes happen with calorie restricted diets.

Studies have compared fasting diets to chronic calorie restriction and they find that fasting reduces the dangerous visceral fat much more effectively, and leading to greater retention of lean mass and a better resting metabolic rate.

It gives you more energy and better mental clarity

Many people believe that fasting will deplete their energy and mental abilities. In fact, the opposite is actually true. During fasting, your body simply switches fuel sources from the food you eat to the stored food energy in your body. If you are fasting, you will rely on the energy from body fat, which is simply a store of food energy from meals past and there's plenty of it.

The fat in the liver and around the abdominal organs is the first to get used for energy, and that's great, because that is the most unhealthy form of fat, which is responsible for type-2 diabetes and non-alcoholic fatty liver disease.

The counter-regulatory hormones kick into high gear as insulin falls and this gives people more energy, improves mental clarity and concentration. Think about the lion who just ate compared to the hungry wolf. Which is more dangerous? Which one would you rather face? The hungry

wolf is a focused, motivated killer. He has to be, in order to survive. That's how you can 'biohack' this improved physical and mental ability through fasting.

You can use it with any diet

Fasting is a universal solution. It doesn't matter if you follow a vegan, carnivore, keto, paleo, low fat or any other type of diet. You can still fast. There are some diets that make it easier to incorporate fasting into our lives, and we'll cover those in the next series.

It's free and available to everybody

There's no doubt that it's better to eat grass fed beef and organic local produce. But it's expensive, so it's only available for those who can afford it. That's not fasting, fasting is completely free. It doesn't cost any money, but instead saves you money. There's no doubt that it's better to cook every meal from scratch. But who has time for that? That's not fasting. Fasting is available to everybody because it doesn't take time, it saves you time.

You can fast anywhere in the world. There is no special time or special place. It's completely flexible. You can fast more this week and not at all next week. It's completely up to you. It is in your control.

It's about simplicity

Our lives are so hectic and complex and full of stress. Fasting simplifies our lives. It saves time, it saves money. It's available to everybody in the world right now. It gives you the power to take your health into your own hands. It's flexible. It's been used for thousands of years.

Fasting is almost the complete opposite of most diets. Fasting is not about doing more. It's about doing less. It's not about what you eat. It's about what you DON'T eat. Fasting doesn't take time. It gives you back time. Fasting doesn't cost money. It saves you money. And that makes all the difference in the world.