



The Action Points

1. Aim to do 16/8 fast most days of the week.

Make it a habit. The secret to making weight loss automatic is to make fasting a habit. This way you don't need to think about it each and every time you fast. It will simply happen.

2. Avoid snacking between meals.

Snacks between meals are killers. We've made cutting out snacks three weeks in a row, that's how important we think this is. There are no such things as healthy snacks. They are indulgences only, not to be done on a regular basis. Your grandmother would have told you – Eat square meals – that means eating all of your food during your meal times. It also leads to action point #3.

3. At mealtime, eat just until you feel full.

Don't try to count calories. Eat natural foods, and eat until you are full. Don't eat until you are feeling over-full either. This keeps you from depriving yourself, and makes fasting easier.

4. Eliminate sweeteners – natural or artificial – from your diet. (This includes stevia)

Natural or artificial sweeteners stimulate insulin, which is counterproductive for fasting. Sweeteners stimulate the appetite and cause cravings. Wean them down gradually, and replace them with less destructive foods. For example, if you are used to drinking sweeteners in tea in the evening, try replacing it with a cup of cinnamon bergamot or ginger green tea.