



the Fasting Method

Masterclass

SYLLABUS

Week 1

Wednesday, July 12

Lesson 1: What is insulin and insulin resistance?

12 pm ET

Video

Thursday, July 13

Lesson 2: How fasting and low carb help

12 pm ET

Video

Friday, July 14

Lesson 3: How to start fasting

12 pm ET

Video

Friday, July 14

Live Q&A Session #1

11 am ET

Webinar

Saturday, July 15

Lesson 4: Therapeutic fasting strategies

12 pm ET

Video

Sunday, July 16

Lesson 5: Fat fasting strategies

12 pm ET

Video

Monday, July 17

Lesson 6: Nutrition 101: Carbohydrates, Fruit and Sweeteners

12 pm ET

Video

Tuesday, July 18

Lesson 7: Nutrition 101: Protein and Dietary Fat

12 pm ET

Video



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Week 2

Wednesday, July 19 Lesson 8: Troubleshooting your fast	12 pm ET Video
Wednesday, July 19 Live Q&A Session #2	7 pm ET Video
Thursday, July 20 Lesson 9: Common fasting mistakes	12 pm ET Video
Friday, July 21 Lesson 10: Common eating mistakes	12 pm ET Video
Friday, July 21 Live Q&A Session #3	11 am ET Video
Saturday, July 22 Lesson 11: Part 1 – Extended Fasting Strategies Lesson 11: Part 2 – Break-Fast Strategies	12 pm ET Video Video
Sunday, July 23 Lesson 12: Cephalic Phase of Digestion	12 pm ET Video
Monday, July 24 Lesson 13: Understanding Your Body Composition	12 pm ET Video
Monday, July 24 Live Q&A Session #4	7 pm ET Webinar
Tuesday, July 25 Lesson 14: Monitoring Glucose and Ketone Levels	12 pm ET Video