



the Fasting Method

Masterclass

SYLLABUS

Week 1

Wednesday, September 6

Lesson 1: What is insulin and insulin resistance?

12 pm ET

Video

Thursday, September 7

Lesson 2: How fasting and low carb help

12 pm ET

Video

Friday, September 8

Lesson 3: How to start fasting

12 pm ET

Video

Friday, September 8

Live Q&A Session #1

11 am ET

Webinar

Saturday, September 9

Lesson 4: Therapeutic fasting strategies

12 pm ET

Video

Sunday, September 10

Lesson 5: Fat fasting strategies

12 pm ET

Video

Monday, September 11

Lesson 6: Nutrition 101: Carbohydrates, Fruit and Sweeteners

12 pm ET

Video

Monday, September 11

Live Q&A Session #2

7 pm ET

Webinar

Tuesday, September 12

Lesson 7: Nutrition 101: Protein and Dietary Fat

12 pm ET

Video



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Week 2

Wednesday, September 13	12 pm ET
Lesson 8: Troubleshooting your fast	Video
Thursday, September 14	12 pm ET
Lesson 9: Common fasting mistakes	Video
Friday, September 15	12 pm ET
Lesson 10: Common eating mistakes	Video
Friday, September 15	11 am ET
Live Q&A Session #3	Webinar
Saturday, September 16	12 pm ET
Lesson 11: Part 1 - Extended Fasting Strategies	Video
Lesson 11: Part 2 - Break-Fast Strategies	Video
Sunday, September 17	12 pm ET
Lesson 12: Cephalic Phase of Digestion	Video
Monday, September 18	12 pm ET
Lesson 13: Understanding Your Body Composition	Video
Monday, September 18	7 pm ET
Live Q&A Session #4	Webinar
Tuesday, September 19	12 pm ET
Lesson 14: Monitoring Glucose and Ketone Levels	Video