

Hi, everyone. Welcome to lesson 10 of the Woman & Fasting masterclass. I hope you enjoyed yesterday's Q&A session. Please remember to keep sending in your questions for our very last session this week to [masterclass@thefastingmethod.com](mailto:masterclass@thefastingmethod.com). If you haven't already please find the special thread under our community forum, where you can introduce yourselves. You can tell us a little bit about how you're doing.

For lesson 10, I want to talk to you about two very important things in your journey, in everyone's journey. Nobody's journey is linear. Some people's journey seems a little bit more linear than others for various reasons, but most of us have a very curvy and exciting life. And so when life gets in the way, when the dog eats your homework, you definitely want to have a very strong holding pattern and possibly a recovery plan if you need one.

What we're doing is very simple. It's doable and it's sustainable. Repetition is key because the more that you do something as a human, the easier it gets. So in the previous lessons, we talked quite a bit about creating a plan for you. Whether you're looking to lose weight or reverse diabetes or reverse PCOS, or if you're trying to get pregnant, we have come up with some great plans. Very often in our journey, we go through various phases. There's a nice healing phase. There's probably a phase where you have decided, you have prepared, and you have committed to just doing the plan that you have set out. And that might last for a week, a month, a few months, a few years. Even if you're somebody who sticks to your plan, come hell or high water. Somebody who does alternate day fasting every single week and has been doing that for a few months, very successfully.

You lost 70 pounds, lost 80 pounds. You've reversed your diabetes. You've lowered your blood sugars completely to normal. Everything is going very, very smooth. And then something super fun happens. Like one of your children is getting married or something. And all of a sudden you find yourself overwhelmed with things to do, being at different places all the time, exposed to food all the time, exposed to people all the time. And very often what I see happen when life gets in the way is that people will go from an all out, following alternate day with some extended fasting and have a really strong plan. They will go from that. And without even realizing, they will go into this grazing, snacking, all of a sudden they're eating things that they wish they weren't.

And then when that happens, their insulin starts to go up and then they find themselves in this insulin beast mode. Insulin gets really big and you feel completely out of control. You feel like David and insulin feels like Goliath. And the more that you are in that mode of snacking and grazing and eating certain things that you don't usually eat, the higher and higher that insulin becomes. You start to gain weight, your blood sugars start to go up, your mood changes. And all of a sudden you feel like your willpower is zero. And there's nothing wrong with your willpower. This is all hormonal. Our body changes in accordance to these messages that it's getting from eating more often and eating these foods.

The other concern that a lot of people have with a holding pattern is they feel like if they do that they're taking a step back. When you implement a holding pattern during your journey, it is never a step back. I always say it's a huge leap forward because it will ensure that you don't lose all the gains that you've made for the last few weeks or few months.

So if you're that person who lost 70 pounds or 80 pounds, and then life gets in the way, you definitely don't want to be the person who ends up gaining all that weight back. And that can happen to some people. Look at a holding pattern as a very positive thing, as really the key to your success. A holding pattern is using TRE as the basis of your plan. It's remembering that TRE, time restricted eating, having full meals in those snacks, going to two meals a day or three meals a day. If that's what you need to hang on to your gains, then that's what you do. You ensure that for a few days, a few weeks, a few months, however long you need to hang on to that holding pattern. If and when you can, you always eat earlier. And if and when you can, you always choose the better foods. Foods that are going to keep you feeling fuller, more satiated, with less cravings.

A lot of people are worried that if they implement a holding pattern after losing so much weight or after lowering their blood sugars, that they will gain a lot of weight or that their blood sugars will go up quite a bit. When you go from fasting a lot from doing more extended fasts, and alternate day fasting patterns, it is true that when you go back to eating two or three meals a day for more than two or three days in a row... and this why I highly recommend that when you're in your weight loss journey, that you don't eat two meals more than three days in a row, because what will happen is you'll have a slight regain. It depends on the person. It could be two pounds, it could be 10 pounds. And your regain is based on, of course, lots of factors. How often you're eating when you're eating, what time you're eating, what you're eating, and also what your insulin resistance level is at this point.

If you're still very insulin resistant, every time that you go back to eating, you're going to gain a bit more weight and that's okay. For a holding pattern, for a maintenance plan, I totally think that all OMAD is appropriate. As long as you understand that you won't lose weight while you're doing that, at least not after a while. But you will hang onto your gains. You will maintain your weight. You don't raise your insulin at all between meals. You're having plain water, black coffee, and/or herbal teas. You're not drinking flavored waters. You're not chewing gum between meals. You're not having a nut or a piece of cheese or anything. Okay. Healthy or unhealthy. So if let's say you gain four pounds after eating two meals for a few days in a row, if you stick to TRE, you will stay there.

This is not a step back. This is a leap forward. This is ensuring that you're going to stay there and you're going to hang onto this, what people would call your new body set weight. You know, you will know, and you already know how to get yourself back on that journey that seems to be a little bit more linear, downward towards complete reversal of insulin resistance and reaching your goal. We're looking for progress, not perfection. And this is how you're going to learn how to ride the waves, is knowing when to implement a holding pattern.

I find that most of us need a recovery plan. Let's say life got in the way. And for whatever reason, you did not implement this holding pattern that we just finished talking about. There's always a way back. By no means do I want this to sound negative. I want it to sound like you are ready to complete this journey to get to where you want and to stay there.

I want you to remember that there are ways to put yourself back to where you want to be, to get that fasting muscle to feel nice and strong again, and whether or not you are able to stay on and hold on to this holding pattern for as long as you need. I explained this on the blog that I wrote

when I explained what a holding pattern is, and I illustrated how a monkey falling off the tree, whenever life gets in the way, or the monkey misses a branch, it doesn't just fall down the tree, down to its death, to the bottom. It usually falls down a branch or two. That's sort of like that slight regain that we talked about, but then it hangs on strong, right? And that those muscles are nice and strong hanging on to that branch. And that monkey will stay on that branch as long as it needs to, holding on nice and tight.

And when it's good and ready, it will leap again and just keep on climbing until it gets to where it wants to go. And that's me. That's you. That's all of us when we are on our journey. If we know what we're doing, if we have the right information, and if we have the right support. Stay positive that this is what you should be doing at this time, because something else is going on in your life. What is an appropriate recovery plan? You can bring those hormone levels, you can bring that insulin back down to a level that you feel full of energy, that you can control your appetite and your food cravings, and that you can fast again, as long as you want.

At the base of the food pyramid, we have these magic foods, these eight magic foods and a few others. It's very nourishing, rich, and satiating, but they create a very, very little tiny insulin response. Sometimes almost insignificant insulin response. But when you eat these foods, your body produces a slight, almost insignificant insulin response. What that means is that it very, very quickly, even though you walk away feeling satiated, it has a tiny little insulin response. You don't go into a massive storage mode. You don't go into retention mode. And you very, very quickly, after the meal, go down into that deeper, lower insulin state, fat burning state. So you go back into burning fat, losing weight, and lowering blood sugars very, very quickly after that meal.

We can implement a recovery plan or a fat fast for a few days when we are in a state of high insulin. It's also a great plan, a great recovery plan to bring you back to where you want to be if you're not feeling great. If you're in this hyperinsulinemic state that you may get to after a trip, after a stressful period, after an illness. This might be challenging, especially if you're in a higher insulin state where you're craving a lot of foods and you're eating a lot of foods that raise insulin at times. Mostly I'm talking about, of course, sugars and processed foods. As those hormones go up, you feel powerless, but you're not powerless because you can still make wise decisions. You can still make choices.

When I talk about fat fasting and a recovery plan, of course, I'm talking about making a decision like everything else. You first must decide what you're going to do. You must prepare for it. And then you have to just do it. And it will work. Fat fasting as a recovery plan works every single time. What are the obstacles that I hear people talk about very often?

Number one, I don't feel like eating the foods down at the base of the food pyramid. I don't feel like fat fasting or eating any eggs and bacon when I'm craving sugar. I know you don't. I don't either. You don't have to fat fast right away first thing in the morning. You can delay that first meal as long as you want. And so you are kind of doing a combination of fasting and fat fasting at the same time. There's a book called *Delay, Don't Deny* and there's a practice. I don't fully agree with everything that I've read in this book, but I do agree with the technique and the theory behind *Delay, Don't Deny*. If you wake up craving sugars and you're going to fat fast for the next few days, then what you do is you just delay, delay, delay, delay. Make sure that you're not feeding that insulin beast.

Make sure you're not putting cream in your coffee. That you're not having sweeteners or nuts or whatever it is that you would much rather be eating when your insulin is higher. The whole point here is that for the next few days. Two to five days, however long it takes, you're going to be eating the foods that are on that fat fast list exclusively. At around 20 hours into the fast that you started last night, you will start to feel hungry, actually hungry, not craving. Now you're no longer craving sugar. You are actually hungry. So now you're ready to eat the foods that are on that fat fast list. You choose two or three or maybe four foods on that list. And you eat those foods exclusively for a few days and you drink lots of water, sparkling water, plain water, black coffee, and herbal teas.

You distract yourself. Remember distractions are the best fasting aid. I know you're craving sugar. I know you are. And you're craving carbs or whatever processed foods you've been eating. And that's okay. That craving will go away as long as you don't feed that insulin beast. So you don't want to have sweeteners. You don't want to have berries. You don't want to have cream or all of the other healthier alternatives. What you want is to allow your body to lower that insulin. Not forever, just for a few hours, however long it takes for that craving to go away. And it will. And for you to start feeling hungry. And when you start feeling actual hunger, not craving, you will be okay. And actually look forward to eating the olives and the avocado and the eggs and the bacon or the salmon and sardines and the leafy greens.

Megan has recommended that if you really dislike all eight of these foods and you must find a substitute, then just choose two or three recipes that you know work for you, are lower in producing insulin. Don't leave you craving. Don't leave you grazing. These should not include dairy and nuts, as we talked about before. And you have these very simple, not a lot of variety, very repetitive food for a few days until you lower that insulin to a point where you feel very comfortable fasting again, and very comfortable making good food choices. If you have a meal before 12, you may actually have two meals that day. One before 12 and one before six. Anytime you have a meal after 12 o'clock, I recommend that you stick to one rich meal that day. You may even get in a 20 or 24 hour fast during your recovery plan. Yay. This first day might have been tough, but the second day is going to feel so much easier because at this point, your insulin is a lot lower. Your cravings are nearly gone, and now you're looking forward to these foods.

So then you can eat these two meals comfortably. Follow your TRE, your holding pattern, with the fat fast foods, because you're in your recovery plan. You're on that bridge to getting you to some longer fasts again. So you don't go from a fat fast to a higher carb type diet. What you do is you take the opportunity of not being hungry, not wanting to eat. And you do your first longer fast. Maybe it's an overnight fast, like a 42 hour fast. Maybe you're going on to just doing the 24 and doing the two meal, one meal pattern again, like when we started. You can do that as a restart. And then when you're good and ready, you'll go back to some of the longer fast. Like the two meals, no meal protocols. If you're having a hard time creating a full meal because you're snacking and grazing on processed foods, it's completely fine.

And Megan does mention this in her blog post about fat fasting. If your first day of recovery, if your first day of fat fasting doesn't look like TRE, if it looks like a bit of grazing and snacking on these fat fast foods exclusively. So maybe you're not hungry enough to eat a meal, but you really just need an olive, have an olive. Maybe you need a slice of avocado, have a slice of



avocado. Maybe you need a strip of bacon, have a strip of bacon. And that's what your first day might look like. And that's okay. If that's what you need to help your body lower that insulin slowly to get to the point where you're able to have full rich satiating meals and make better choices.

All right, everyone. So hope you enjoy this lesson. Holding pattern and recovery plan, two amazing and important tools, practical tools for your toolbox.

Tomorrow we'll be talking about those times in our lives when we should not fast. When should women not fast? Let's talk about that tomorrow. Take care of everyone. Bye.