

Hi, everyone. Welcome to lesson 12 of our women in fasting masterclass. So, we're almost there. We only have three more lessons left and I hope you've enjoyed this as much as I have. Please go back and watch the other lessons as many times as you need to, go ahead and flip through the resources guide. In the community forum, you will find that special thread for this masterclass, please send me your questions there. Let me know how you're doing, what you liked and what you struggled with.

A lot of people have a hard time deciding whether or not they need to do some type of an elimination diet. Remember that if the problem is insulin, then the solution is to lower insulin. I know that at times it's necessary for somebody to remind you to keep your eye on the ball. As a coach, I've always joked that that was my job.

Of course, I am always going to remind you of our five pillars. These are the five things that we need to work on constantly to help us with our metabolic health, our reproductive health, our insulin resistance and all the other associated expressions of that.

I think that sometimes it's a lot easier for us to set out a plan and to eliminate certain foods for a period of time than it is to say I only eat these foods or I only eat this way, or I will only eat keto for the rest of my life, or I'll only eat paleo for the rest of my life, or I'll be carnivore for the rest of my life. I find that to be very challenging for us sometimes, both sustainably and from a psychological point of view. So sometimes it's a lot easier to look at things from an elimination point of view or perspective, as opposed to a deprivation perspective.

Sometimes if people say, "Oh, try the keto diet or do the keto diet, or follow the keto diet," people will look at that list and they'll think, "Oh, I'll never be able to eat this way because of that food. I will miss this food or I'll miss that food." Then they have a really hard time.

I find that even looking back on my own journey, I've had various phases of healing. At some phases I was keto, and in other phases I was paleo, and I always found that when I decided to do an elimination diet for a period of time, that I was very, very successful. Sometimes we can't carry through with things if we don't make a decision, especially when we say that I'm going to try to do something. We might be saying that because we feel like we might fail, and so we say I'll try, as opposed to say I will do.

So when you look at an elimination diet, it usually has a list of these are the foods you can eat, and these are the foods you should avoid for a period of time. For whatever reason, that seems to be a lot easier for people to stick to. It's a challenge and people often like challenges, and it's often something that you do in a group setting, like the kind of things that we do within our community, and you usually have some support.

At times you might be doing it even with your spouse, or you might be doing it with a few friends or somebody at work, and for whatever reason, this seems to be easier. You might significantly improve your health concerns in four weeks, but you might not lose all the weight that you need



to lose or lower your blood sugars to the optimal level. Then the problem for me really lies in maintenance mode.

So when you look at these elimination diets as the end-all be-all, my concern is then what? What do you do after that? If your plan is to follow an intermittent fasting lifestyle, a whole food lifestyle, in particular if you have a really strong holding pattern based on TRE, time restricted eating, always on good days and bad days, I think that throwing in an elimination diet at the appropriate times might be very, very helpful. I don't think that doing a four to six week diet of any sorts is really going to be the solution.

Maybe you start off your journey with intermittent fasting and you continue on eating all the things that you normally eat, except that you put them into these appropriate eating windows. You will likely find that you'll have great success, at least for a little while, right? So you'll have this nice seemingly linear journey for a little while, but then at some point you hit a plateau, and you're doing your alternate day fasting and it's working out pretty well for you, but you start to notice that every time that you eat, you just don't feel great or your blood sugars just go up.

Even though they go down on the days that you fast, on your eating days, you're just not getting the results that you need, or you're having a really hard time sticking to your TRE eating windows because of your diet. Then of course, you start to address the diet.

We are an inclusive program. We truly do believe that fasting works no matter what diet you choose to follow, but of course your diet is going to be an important aid to your healing journey. What you eat is also going to be of significance, because every time that you eat, you're going to have not only an insulin response, but other hormonal responses to the foods that you eat as well. The foods that you eat of course have a major impact on how you feel, and even how you fast.

Within that food pyramid, you might still need to make some adjustments, and it might be something that you decide to remove from your diet for a long time, or it might be something that you are unsure about. Following an elimination diet might be very helpful, not only in giving your body an opportunity to heal a little further for a period of time, but also if you're looking to test out food.

So if you got that food pyramid, you've got the arrows on the side that indicate which foods create more of an insulin response, and which foods create less of an insulin response. It would be wise if you're looking to start eliminating some things and you're not sure what to eliminate, you would want to probably start at the tip of that food pyramid, so the foods that produce a higher insulin response.

If you're finding that when you're eating your blood sugars are going up very high, if you find that when you're eating you're having a hard time stopping and actually following TRE, if you're finding yourself grazing and snacking, and if you're looking to find out which of these foods might be causing that and if you're looking to eliminate them, at the very tip of our food pyramid,



even though these are considered healthy foods and low carb foods, we have dairy. Heavy whipping cream and some cheeses that you might be consuming and even some milk. Maybe you love dairy, and the thought of removing dairy is very, very, very challenging.

Most of the time people remove foods for four to six weeks. This is an opportunity to give your body a chance to lower that inflammation, and it'll also give you an opportunity, enough time to remove it from your diet, so that when you reintroduce these foods, when you challenge these foods back in, you will have a significantly different response.

Let's say we start with choosing to eliminate dairy. Not to say that you're never going to have dairy for the rest of your life never again, that is not the point. Maybe you're testing things out. Some people will do short eliminations where they'll just eliminate something for a week, and that might work for you. You might be able to see significant changes to your blood sugars or to your weight or to your fasting. You might find that your fasting is a lot easier if you eliminate dairy, and then you can make some further long-term decisions based on that.

Let's say you eliminate dairy for four to six weeks, that's an example of an elimination diet. You still would consume all the other foods on the food pyramid. You could do this all the way down the food pyramid. You would reintroduce these foods. Usually you reintroduce them one at a time for a couple of days, and you test out the same thing that you're testing before. So let's say you eliminate dairy and nuts for a few weeks, you'll get to track your progress and see how you're doing. Then once you reintroduce, you will do the same. You will track your numbers and see has it made a difference? Am I at a place where I can reintroduce?

What I have found is that a carnivore diet is an amazing elimination diet. The periods of time that I have done a carnivore diet myself and those close to me and the clients that I work with, it's a wonderful lower insulin, lower inflammation type of diet, and people do very, very well. Ideally, you would reintroduce things one at a time to just have the opportunity to test which foods your body reacts better to and which foods your body reacts not so great to.

So of course you could be checking your ketones, you could be checking your blood sugars, maybe you're checking weight. Maybe your elimination diet starts with just the fat fast foods, and you give yourself a timeline where you will eat exclusively the fat fast foods, the very, very low insulin producing foods for healing, and to give yourself the opportunity to lower that insulin and to introduce some fasting schedules, because it is a lot easier to fast after doing some fat fasting.

Then once you've eliminated the other foods for a little while, you can start to properly reintroduce each of the foods further up from the fat fast base of the food pyramid one at a time for the appropriate amount of time for you to be able to test out how you react to these foods.

As you improve your insulin resistance, your body will start to react differently to the foods that it reacted more negatively to, or when a higher inflammatory reaction to in the past. So this is another, of course, big advantage of doing some elimination diets.

If you react favorably to each of these foods, those are safe foods for you to reintroduce back in, and then you keep on eliminating those other foods that you react not as favorably to, and you would eliminate those again for another four to six weeks. So, what you will likely find as you are healing is that let's say you are very, very insulin resistant and you're somebody who has very high blood sugars or a lot of weight to lose, or maybe you're a woman with PCOS that doesn't have a regular cycle or is not ovulating and unable to conceive. You might find that at this point you don't react well to dairy, or dairy is not helping you on your journey.

Once to bring yourself further and further down that insulin resistant spectrum and you retest, so you reintroduce the same food a few weeks from now, a few months from now, you might notice that your body reacts differently, much more favorably, and at some point your body might be ready to reintroduce this food back in.

The Whole30 Challenge is one that you might choose to do. It eliminates a lot of foods that we talk about here, it also lets you eat some foods that might be higher in insulin than what you're comfortable with, but it's definitely one that has a lot of information. It's definitely very, very common, and so I think it's one that you might want to check out.

Carb cycling refers to the interjection of carbs at a certain time of your month, a certain time of your cycle. It does not mean that you just start to eat higher carbs every day of your eating day. It is recommended that women have some carbs, some smarter healthier carbs, and it automatically assumes that you've removed carbs, eliminated certain carbs from your diet.

Let's say we're talking about root vegetables, for example. That might not be eliminated in another elimination diet, but if you're thinking about carb cycling, that means that you've removed or eliminated certain carbs at least from your diet for a little while. So then when you're cycling them back in, it's usually recommended that you bring certain carbs into especially the luteal phase of your cycle.

Now if you remember, the luteal phase of your cycle is that more progesterone-dominant phase of your cycle. It's when your body is naturally more insulin resistant, when you'll have a slightly higher insulin response to the foods that you eat. Adding more carbs into the luteal phase of your cycle doesn't seem to make sense when you're further up that insulin resistance spectrum.

Now, let's say that you have eliminated carbs for a very long time. You've eliminated other high insulin producing foods for a while with great success, and you've brought yourself down that insulin resistance spectrum closer and closer to your goal and to your maintenance phase. At some point, you might consider carb cycling as something that's appropriate for you.

The reason why it's recommended is to promote more progesterone, a healthier level of progesterone. Maybe you test and you realize that, okay, my body's not quite ready for this particular carb, for this amount of carbs at this phase of my journey, and then you eliminate them again.



I hope that you have a good time at researching a little bit about elimination diets and really just restructuring the way we think about things. Thinking about this as more of an elimination and healing dietary approach might make it easier.

So tomorrow we're going to have a very fun lesson together, lesson 13, where we're going to talk about family life, social life. How to eat and fast if you have a family, how to eat and fast if you have a more active social life, and we'll talk a little bit about our roles within a family and how that might impact our fasting. How to talk to your kids about fasting, how to talk to your spouse about fasting. I'm looking forward to it. Take care.