

Lesson 18 Building a Community

Hi everyone. It's Megan Ramos and welcome to our last lesson of this intermittent fasting masterclass. In today's lesson video, I want to recap some of the most important subjects that were covered during this course, as well as talk about the importance of community support.

So, number one is time shifted eating. We've got to eat meals and we've got to get away from snacking. It's time to go back to how our grandparents and great grandparents grew up. Now, if you think back to their generation, or think back to TV shows that we watched growing up, such as *Leave it to Beaver*, well, the Beaves, he was never allowed to snack before dinner. He had to save his appetite, and he certainly wasn't allowed to eat after dinner. That meant he didn't eat enough of his meal. We've got to get back to these days where we just ate meals and we didn't go around consuming snack foods.

This is especially crucial for those of us with insulin resistance. Even when you're thinking that you're consuming real whole foods, things such as nuts, or seeds, or cheese, for example, you don't want to be snacking on these foods because there is going to be an insulin response and you're just going to be perpetuating the problem. Can you have these foods? Sure. If they're not problematic or inflammatory for you, you can absolutely have them. But make sure you're having them with your meals and not in between. It's when people get back in the habit of snacking that their progress starts to slide and they start to move in backwards motion. I can tell you, it's the number one issue people experience when they get into maintenance mode. They become a little bit more lenient with their eating windows and well, everything ends up falling apart. The weight starts to creep back on. So we've got to go back to just eating these straight meals every day. Every eating day.

Number two, consistency. You need to show up for your fast like you show up for a therapeutic treatment because fasting is a therapeutic treatment. It's not just a diet that we can do here and there. It's a strategy that you're choosing to select to help you with your metabolic health. So just like we would show up for medical treatments, we need to show up for our fasting days. But the great thing about fasting is that we can be flexible with it to a certain extent. We need to show up three times a week, but we can allow those three days to vary each week. One week it might be Monday, Wednesday, Friday, the next week it might be Tuesday, Thursday, Saturday. We can also vary the duration of our therapeutic treatment depending on life circumstances as well. Some weeks you might do three 42s and other weeks you might do three 24s or three 16 hour fasts, if it's really stressful. But the point is, you're showing up for your fasting like a therapeutic treatment week in and week out.

Number three, there is no such thing as clean or dirty fasting. You should use training wheels if you need them and you should try to avoid using them if you don't. Now, if you are using training wheels and you are getting the progress and the results that you want, then you can give yourself a little bit of comfort and wiggle room and still continue to consume them. But if you wish you were making more progress, then we need to be reflective. Am I really taking this



training wheel because I need it, or because it's providing me with some degree of comfort? Especially if that training wheel is heavy cream, I really encourage you to measure it out, to make sure that you are not overdoing it. We really don't want to exceed more than a few teaspoons a day.

Number four, salt. Salt is your friend when you are fasting. When you're starting your journey, you might not need to rely on it very much, but usually several weeks into our journey, we tend to need to be more mindful of it. Different ways to get salt are through broth, whether it's a low carb based vegetable broth or through bone broth, unsweetened pickled juice, you can have some olive brine, or you can simply add some salt to water, or take a sodium substitute. For example, Redmond's Real Salt has hydration capsules that are just essentially salt capsules. Many individuals like taking something like a Maldon sea salt and letting it dissolve on their tongue or dissolving it in water. A big fan in our community is the Maldon smoke salt in warm water. Gives a nice smokey flavor and changes it up on your fasting days.

All right, let's dive into community support. We actually created the fascinating method because it was a community I wish I had when I was going through this struggle alone. Now back when I was diabetic and when I was trying to lose weight, I didn't really have any support. Other than Jason Fung, but I mean, I couldn't say in contact with him 24/7. I would see him at work, but he had family and a life and I couldn't be bugging him at all hours of the day when I was struggling.

Now, my family thought I was nuts for fasting, and there were no fasting communities or Facebook groups or anything like that out there. It's really important to help us reach our goals by having support. One of the things that has taken me 10 years now into my recovery is by being part of the Fasting Method. First, having the patients in the clinic and the support of all of you online, and this has really been key to my success. So we encourage you after this course to really try to connect with a like-minded group of individuals when it comes to fasting. Of course, you've got access to the Fasting Method community. You can also engage with our coaches, which will give you further access to our Fasting Method community. Or we have our free Facebook group for support as well at the Fasting Method network.

But if you want to be successful, I can't tell you enough. Those who are the most successful with fasting, they connect with a community of like-minded individuals. So make sure you stay connected because if you want to maintain your great results that you've achieved so far throughout the course, then you've got to stay connected with a group. Whether it's a free group like our Facebook group or it's our community group, we want to be here to support you. So make sure you stay engaged. I'm not someone who ever thought I was really going to need community support for anything, but it's been absolutely critical to my success with fasting and my good health, first and foremost. So I look forward to seeing you all in our communities, whether it's on Facebook or in the Fasting Method, we're here to support you everybody. Thank you so much for joining us for this masterclass and we'll talk to you soon. Bye for now.