

Lesson 1: Introduction to the Five Pillars

Hi everyone. My name is Nadia Pateguana. I'm a naturopathic doctor and a health consultant for the fastingmethod.com. I am super excited to spend the next two weeks with you guys on this masterclass, specifically, for women and fasting. I know you've heard a whole lot of myths, and maybe have some concerns about fasting for yourself, whether because you've heard that fasting is bad for your hormones, or you tried fasting yourself and have struggled through, or maybe you fasted for a little while, but didn't find the success that you were looking for with weight loss, or maybe you're concerned that because you've tried so many other diets before, and you are post-menopause, or whatever else has gone on in your own individual life. Maybe you're concerned that fasting won't work for you either. Whatever your concerns are, whatever your struggles may have been, I am so looking forward to spending the next two weeks with you sharing with you my experience, some of our success stories in the forum, and really just introducing you if you're new to this amazing community at the fastingmethod.com.

I'm a huge fan of our community. I'm an active member of our community. And I look forward to getting to know each of you, and your own individual goals, and helping you through the next couple of weeks, and, hopefully, providing the tools that you need to help you achieve your goals. If you have questions for me, there will be a special thread in our community forum, specifically, for this masterclass. I will be there every day. Twice a week we're going to hold masterclass Q&A sessions for women fasting. So please send in your questions to masterclass@thefastingmethod.com. I will get to address them twice a week in our Q&A session for this masterclass for the next two weeks.

I also have a lot of meetings within our community that are held on Tuesday, Wednesday, and Thursdays of every week. So if you want to get to know me a little bit better, if you want to ask me some questions, if you want to get to know the rest of our community, join in on the fun in our meetings. I also am going to share some illustrations with you, a manual, and a guide where you can get all the resources of all the things that we talk about in here in all of the different lessons. All right? So without further ado, let us get started with my five pillars to metabolic health.

Regardless of your goal, whether you're trying to lose weight, whether you are trying to reverse diabetes, maybe you're trying to get pregnant, or you're trying to reverse PCOS, or some other health goal, or fitness goal, the one thing that we in our community have in common is that the great majority of us understand insulin, the hormone, and the rule of insulin behind metabolic syndrome, and all these different expressions of metabolic syndrome that I just summarized for you. When I say these are my five pillars to health, or metabolic health, I mean, these are the five most important factors to lowering insulin, reversing insulin resistance, and reversing your particular individual expression of insulin resistance.

Repetition is really key. It's important that you hear the same thing over and over consistently, and that it starts to make sense to you so that you can start to implement it in your own life



without having concerns, or fears. Let's get started with the five pillars to health, to metabolic health, to reversing insulin resistance, to achieving whatever it is that you are looking to achieve. All right?

Let's start with pillar number one. I often joke that the pillar number one is the Beyonce of the show. It really is the main event. If you're brand new to fasting, or you've been fasting for a very long time, I really want to highlight right from day one, right from lesson one that TRE, and TRE stands for Time Restricted Eating. Now, TRE is the epitome of intermittent fasting. In order for you to succeed with whatever goal you're trying to succeed, in order for you to get to that goal, in order for you to maintain that goal when you finally get to your maintenance phase, you need to fully understand what TRE stands for, and the critical importance of TRE.

This is, again, the epitome of intermittent fasting. It is going to be the thing that not only is going to get you to where you want, but it's going to keep you there. I'm also going to very briefly talk about a lesson that we are going to do later on on creating a really strong holding pattern for when life gets in the way, but a holding pattern is based on this first pillar. On good days and bad days when you're eating all the right things, or you feel like you're not eating all the right things, regardless of whether you're doing long fasts, or short fasts, you must, must, must understand and implement TRE every day of your life, regardless of whether it's an eating day, or a fasting day.

Let's start with talking about eating days. For most of us in the intermittent fasting world an eating day is a day where we have two eating windows. Now, many of you might have heard all the different intermittent fasting schedules, 16/8, 18/6, 24-hour fast, 42-hour fast, different alternate day fasting protocols, extended fasting protocols.

I would like you to look at your days as to how many TRE windows you're going to have in each day. So when you hear the intermittent fasting schedule 16/8, or 18/6 intermittent fasting schedule, I don't want you to think of it as 18 hours of fasting and six hours of eating. It's important that you always look at it as how many TRE windows, or how many eating windows am I going to have today, regardless of whether it's an eating day, or a fasting day. If it's an eating day, most of us in the intermittent fasting world have two small TRE, or eating windows. All right? So you're not eating continuously for that six hour period, or eight hour period, or maybe you've heard of some other fasting schedules like the 20/4. And that protocol actually specifically has a 20 hour fast, and a four hour eating window where people are eating continuously for four hours.

I want to tell you right on day one, that that is very unlikely to work for people trying to lower insulin, and reverse insulin resistance. So if you're trying to lose weight, if you're trying to reverse diabetes, if you're trying to improve fertility, if you're trying to reverse PCOS, I do not recommend that you follow that schedule. I am going to talk to you about different fasting schedules for weight loss, and for different goals in other lessons.

To get to where you want and to stay there, regardless of whether you're doing long fasts, or not, it's really important that we clearly define what TRE means, and how important TRE is. I wrote a blog post called *The critical importance of TRE*, and that is under the resources for you to have a look at. Most of us in the intermittent fasting world, so people that are trying to lose weight and reverse diabetes, reverse PCOS, etcetera, on our eating days have two small eating windows properly spaced apart. That's an eating day. If you're not there yet, that's okay.

Each TRE, each time-restricted eating window should be short about 30 to 60 minutes, maybe 90 minutes, if you're just starting out, or if it's a special occasion like a holiday, or a social event with family and friends. For most of us in the intermittent fasting world, an eating day has two time restricted eating windows. So you bring every single thing that raises insulin into each of these windows. There's a gap between the two windows, and the time between these two windows, the ideal time for lowering insulin is about five to seven hours. So, again, each eating window is 30 to 60 minutes.

That gap is really important because our objective is to raise insulin only twice during an eating day. So you bring every single thing that raises insulin into one of these two eating windows into each of these two eating windows. And then you have the appropriate time between each window to lower that insulin as much as you can. It does take each of us at least four hours to lower insulin after each meal. Do your best. So you put all your weight and effort into not raising your insulin at all between meals. Now, I haven't talked about food yet, but I will in lesson two we're going to talk in a lot of detail about what to eat. That's our third pillar. Okay? So I'll get to that.

The first pillar, though, is the Beyonce of the show. How you eat, ultimately, is going to be more important in lowering insulin resistance than even what you eat, even though what you eat can be very helpful. I am going to share with you an article that I wrote called *Plating and Mindful Eating*. This is a strategy that I came up with a long time ago to help me with my TRE, and with my intermittent fasting because I was a snacker, and a grazer my entire life. I didn't have one full rich satiating meal until well into my 30s. And, again, the epitome of intermittent fasting is TRE, full meals, no snacks. That's what that means, okay? Time restricted eating means you eat and you stop. And then you eat again and you stop. That process of lowering insulin as much as you can after each meal is really important to bring that insulin down to a level that eventually will get into this fat burning state where you can start to lose weight, and lower your blood sugars, and reverse PCOS, and all the other goals that you're looking to do right now.

Eating day is two eating windows, five to seven hours apart, 30 to 60 minutes each window. Outside of your windows, you can have plain water, black coffee, and/or herbal teas. If you're just starting out and you need to do three meals, maybe your three meals are about four hours apart to begin with until you can comfortably move to two eating windows five to seven hours apart. Each of these should be rich, satiating nourishing meals that you can sit down and plate, basically, means that you don't graze, and you don't snack. You don't eat from a package. You don't eat from the fridge. You don't eat while you're watching TV. You don't eat while you're working. You don't eat in your car. You don't eat while you're cooking. You bring everything that you want to eat into a specific place, put everything on a plate, or around a plate.

And when you start to eat, you start to finish. You sit down in front of that plate in that area, and you mindfully eat everything that you've chosen to eat, and that you want to eat until you're satiated. And then you walk away. When you walk away from that plate, you no longer eat. You don't eat as you're cleaning up. You don't eat after your kids. You don't eat what's left over on somebody else's plate. You're done eating.

And on good days, and on bad days, when I'm on holiday or not, this is how I eat all the time. And this really has been a very big and key component in my success. Not only in the reversal of my concerns, but in many, many years of maintenance. This might be challenging for some of you, but I encourage you to take the challenge. Start implementing that today. Regardless of what you're eating, make sure that you give TRE, time restricted eating the critical importance that it deserves. We will talk about all the different foods and how different foods increase your insulin more or less.

However, every single thing that has flavor, regardless of whether it has carbs or not, regardless of whether it has calories or not, all sweeteners, all flavored waters, all chewing gum, all flavored teas, anything that you put in your tea or coffee is going to raise insulin a bit. It might be a small amount. It might be a moderate, or significant amount. You want to bring all of those things, even if you're having sweeteners, even if you're having flavored waters, or anything else. If you need to have some chewing gum, right after you finish eating, that's okay, have it within that window, then throw it out. You want to lower that insulin as much as you can after each meal. So it's important that in between meals, you drink plain water, black coffee, or herbal teas that are not going to significantly raise your insulin, or at all. Coffee can raise insulin in some people.

Regardless of how long you're fasting, regardless of where you are on your journey, I challenge you to give TRE the critical importance that it deserves. So if you're not there yet, let's work towards this. Two meals, five to seven hours apart.

Let's talk about the second pillar, how we eat, and when we eat. We now know that insulin production is based on a circadian rhythm. That means a day-night cycle. That means that we produce more insulin after sunset, and less insulin before sunset. So having this key piece of information, Dr. Fung wrote a great blog post that I'm sharing with you in the resources called The Critical Importance of Meal Timing, which actually highlights some studies done on humans, and how humans that ate significantly earlier in the day had much more success in reversing their metabolic syndrome, and insulin resistance markers.

Knowing that we produce a lot more insulin after sunset, and a lot less insulin before sunset, we can then decide when we eat. So how we eat, TRE, and when we eat, what time we eat. Lots of people in the intermittent fasting world on their eating days where they have two TRE windows eat at 12 and six. That's perfectly fine because those two meals are about five to seven hours apart as we talked about in the first pillar. The important thing to remember is that for most of us in the summer, you might get to eat a little bit later because the sun sets a bit later, but in the winter, you're going to have to eat significantly earlier as the sun starts to set earlier. So start practicing for that.



So on an eating day, you're going to have two meals as early in the day as possible, preferably before sunset. Of course, there might be occasions where for social reasons, or other reasons you might eat later, but you're going to make a huge effort because this is our second pillar to eat as early in the day as possible, preferably before sunset. And these two really, as I said, are really the key components to lowering insulin, and to reversing insulin resistance, how you eat, and when you eat.

All right, guys, this was super fun. Thank you so much for joining me. I'm looking forward to tomorrow where we're going to talk about the third pillar, what we eat. I'm going to share with you my food pyramid tomorrow. We're going to talk a whole lot about it. Okay? So if you have any questions for me, go on to the forum, find the thread for this masterclass, and ask me your questions. Come in tomorrow to our first Q&A session. Please send in your questions to masterclass@thefastingmethod.com. All those questions will be sent to me, and I'll get to answer them tomorrow. Looking forward to it. Talk to you soon, take care.