

Lesson 1: Time Restricted Eating

Hi everyone. My name is Nadia Pateguana. Welcome to lesson one. In today's lesson, we will be talking about time restricted eating and how snacking throughout the day is detrimental to your weight loss journey and reversal of type two diabetes. Time restricted eating is actually the epitome of intermittent fast. It's the concept and notion that if you eat continuously throughout the day, you will further develop insulin resistance in all the insulin resistant conditions. Insulin is this very, very important hormone that we produce each and every time that we eat. Whether we eat good foods or bad foods, low carb, or high carb, low calorie, or high calorie. Each and every time that we consume foods and flavors, our insulin levels rise, a little bit, a moderate amount, high amount, well, that will depend on what we're eating. But our objective when trying to lose weight or reverse type two diabetes is actually to lower our insulin levels as much as we possibly can.

The ideal way to do this is to only raise our insulin when we're consuming rich, nourishing, satiating meals, and to try to drop that insulin as much as possible in between meals and to create a gap between meals. Within our program, we call these mini fasts even on your eating days. So it's the notion that you eat and stop and you eat and stop, and you create a nice gap between meals throughout your eating days. So the days outside of your fasting days. It's how you eat, which ultimately for your healing journey is going to be a lot more important than even what you eat, even though what you eat can be very helpful. And we will talk about that later. So today, we are going to be talking about how to eat on your eating days outside of your fasting days.

So if you're just starting out or if you're having trouble with a concept of TRE, time restricted eating, you might be starting out with three rich, satiating, nourishing meals on your eating days and that's perfectly fine. Eventually, our goal is to get to a point where on our eating days, we are having two rich satiating meals, about five to seven hours apart. And each of these windows is about 30 to 60 minutes. So again, one meal 30 to 60 minutes, a mini fast or a gap of five to seven hours, and then another meal for about 30 to 60 minutes. This is going to be our eventual goal. And you might be there already, or you might be working towards this. If you're starting out with three rich satiating meals a day, then maybe you're creating a gap of four hours in between these one hour or so eating windows. Our objective when trying to lose weight and reverse type two diabetes is to lower our insulin levels and reverse insulin resistance.

And insulin resistance is a condition that you develop over time when your insulin levels are too high, your body becomes resistant to insulin. Well, basically there's two mechanisms for this to happen. One is that you produce too much insulin because you're eating foods that produce too much insulin, such as more processed foods and the higher sugar, higher carb foods. But the other way to develop insulin resistance, and you can do this at the same time, of course, is by eating these foods or any other food too often. Each and every time that you raise your insulin, whether it be a good food or a bad food, low carb, or high carb, low calorie, or high calorie, each and every time throughout the day that you consume anything that raises your insulin, you're feeding this insulin beast. You're raising that insulin further and you're becoming more and more

insulin resistant, which means that you're going to gain more and more weight over time. And your blood sugars are going to get it higher and higher.

Make sure that we're not only consuming foods that are going to create less of an insulin response, but that we're raising insulin less often. Your goal then is to create these rich satiating meals that you can consume and that you can walk away from until the next meal. I realize that a lot of people have some trouble with this because you either don't know how much to eat, or you don't know what foods to eat in order to feel rich and satiated, and in order to fast a little bit longer. It might be challenging for you as I said at the beginning to get to that five to seven hours between meals. It might be easier as you're starting out as well as on some special occasions to have some 90 minute eating windows.

And this 90 minute eating window will hopefully help you to figure out how much to eat and what to eat in order to, as you move further and further on your journey, more comfortably get to the point where you're consuming two meals, about five to seven hours apart in each of these windows is a little bit shorter, about 30 to 60 minutes. So you decide how much protein, how much fat and how much of the healthier carbs, non-starchy carbs, whatever you're choosing to eat at this point. And you choose an appropriate eating position. You bring all the foods that you eat around you so that you're not eating mindlessly throughout the day or eating while you're working or eating well distracted and watching TV.

So eating in a more mindful manner. What you're going to do is you're going to take those 90 minutes and you're going to break it up into three blocks of 30 minutes. For the first 30 minutes, you're going to try to consume a rich, satiating, nourishing meal that has all of the protein, all of the healthy fats and all of the non-starchy or healthier carbs that you're choosing to have for that one meal. And you're going to eat as much of it as you're comfortable with until you feel satiated within that first 30 minute block. Once you're done, you're going to walk away and go about your business for the next 30 minutes. At the end of that second 30 minute block, it's a good idea for you to just check in. See how you feel. Are you still hungry? Do you feel like you need to eat some more before you can start your mini fast, that gap between meals until the next meal.

Then see what you're craving. If you're craving more fat, then eat more of the fat that you ate in the first 30 minutes. If you're craving more of the protein, then eat more of the protein. If you're craving both, then of course have both. If you're craving more carbs, have either the fat and protein or both. Eat as much as you need, or as much as you feel comfortable with for the third block of the 30 minutes, until you're comfortable walking away and then start your mini fast until the next meal. At the next meal, you want to really look back at that previous meal or the previous meals of the last few if you've been doing this 90 minute strategy for a little while. And you want to learn, you want to sort of figure out what it is that maybe you're eating too much of, or too little of.

Maybe you're eating a little too many carbs at that first meal, maybe you're not eating enough protein or enough fat to keep you satiated. Over time, you will learn which foods leave you feeling more satisfied, more satiated, and which foods make it easier for you to go from one meal to the next. It's important to realize that not only are many of us insulin resistant or



resistant to this hormone called insulin, but we have many other hormonal imbalances at times, or hormonal resistances. We may have a resistance to the hormone called leptin, which is our satiety hormone. At this point in time, you may feel like your body is completely broken and you don't know when you're hungry, when you're full. So please use these strategies to help you create your meals, try to figure out what to eat and how much to eat if you need that guidance.

At this point, you may feel like you never can tell when you are hungry or when you're full, but over time, your body will yield and you will have much better signals. For now, please use these strategies to help you out. Let's put this lesson into practice right away. First, start by eliminating all snacking and grazing that you might be doing throughout the day. Whether it's mindlessly or inadvertently. Bring each and every single thing that you're consuming throughout the day into these two or three eating windows that you have now created. Number two, start by implementing these 90 minutes eating windows in this three times 30 minute block strategy. And when you're good and ready, move on to these shorter 30 to 60 minute eating windows. In the community forum, find the category for intermittent fasting and introduce yourself. And join other people that are just starting their journey like you or people who have been struggling with time restricted eating. Become a member of our community and get all the support that you need there.

Don't forget to register for our Q and A sessions. Please go ahead and check out the syllabus for all the lessons and for all the Q and A sessions. Also, please go ahead and find the special thread that has been created for this masterclass under our community forum. Come in, introduce yourself, let us know how you're doing, let us know if there's any questions or anything that we can help you with. See you all tomorrow. Happy fasting everyone.