



Lesson 3: Fasting Fluids

Hi, everyone. It's Megan Ramos. Welcome to day three, lesson three, of our intermittent fasting masterclass. I want to just take a minute to say, it's been so great to get to know many of you in the forum thread for this class. If you haven't come on by yet, please do so. Come on in, say hi, let us know where you're from, and what you're doing for fasting. Of course, make sure to ask all of your questions.

Myself and the team here at the Fasting Method are more than happy to help guide you throughout your journey. We're here for you, everybody. Let us know how we can help you move you in the right direction towards your health goals.

Now in today's lesson video, we're going to be covering the topic of fasting fluids. Tomorrow, we're actually going to be expanding our fasting fluids by delving into the topic of electrolytes. I know, on day two, there's been a lot of discussion in the forum about electrolytes, like salt, and sodium, and magnesium. Stay tuned for all of that information in lesson four tomorrow.

Back to fasting fluids... These are things that you can have during your fast. Now, before we tackle all of these lists of items and strategies for consuming them, let's talk a little bit about our homework from lesson one. Why are we fasting?

For some of us, it's to lose weight so we can reverse insulin resistance, so type 2 diabetes. We can see lower blood pressure levels, polycystic ovarian syndrome, fatty liver disease. For some of us, we're looking for deeper health goals.

There are individuals here that are looking to achieve this physiological state of autophagy. Now, autophagy is something that's relatively new. In 2006, the Nobel Prize of Medicine was actually awarded to a Japanese physiologist for his work on autophagy in animal models.

What autophagy is, it's a state that we get into where our bodies are signaled to go find old and damaged protein cells, take them apart, and put together new, healthy, functioning cells. Many people fast to experience autophagy.

Now there's three main ways that people do get into this physiological state of what we call cellular recycling, through intense exercise, through very low-carbohydrate diets called ketogenic diets, and through fasting. With fasting, we actually get into a tremendous amount of autophagy. It's a very good method for getting into autophagy, getting the cellular recycling happening.

Now, many people want to experience cellular recycling because it is good for disease prevention, and many people are looking for it for disease treatment, especially for neurological conditions, or as a therapy with certain types of cancer in conjunction with traditional therapies.

In general, there's two different types of individuals that are looking to fast: those who are looking to treat insulin-related conditions and those who are looking to achieve autophagy through fasting to get those deeper health benefits of cellular recycling.

Throughout our journeys, our goals... They can start off with insulin resistance. They can blend into insulin resistance and autophagy being the goal. Then as we get healthier, maybe we shift into autophagy as a goal. Or, maybe if you're dealing with these neurological conditions or you're looking to achieve health optimization, you start with autophagy.

What I'm really trying to say here is that the goals are not mutually exclusive. They can be intertwined. It's in this period of being intertwined that a lot of people, especially those who are really trying to fast for insulin resistance, can get a little bit overwhelmed and can get in over their heads when it comes to fasting and not necessarily be able to fast consistently enough to reach their health goals.

Let's discuss a typical journey. I'll take you through mine. I was 27 years old. I had gained a bunch of weight. I already had a previous history of fatty liver disease and polycystic ovarian syndrome. After this weight gain, I developed type 2 diabetes.

I'm 27 years old. I'm learning all about the science. I'm so excited. I start imagining myself as a super healthy mom in the future, climbing mountains with my kids, doing all kinds of really wild and cool things that just, in my 20s, I didn't have the energy for because I was so sick from metabolic disease. I wanted to do everything. I wanted to optimize everything at once.

What I'm trying to get at here is I jumped in, and I did fasting for everything, fasting to treat insulin resistance and fasting to treat autophagy. Now this certainly was a recipe for disaster. It crashed, and I burned. I realized that I need to tackle things in order.

Look at your list from lesson one, your homework, why you're fasting. You need to prioritize things in a domino effect. Now I can't fast in a way that's going to optimize my health and leave me climbing mountains in my 60s from 27, if I haven't beaten my type 2 diabetes. I'm not going to fit into those really great pairs of jeans till I've beaten my insulin resistance.

It's about going through the journey. My immediate threat was type 2 diabetes. The polycystic ovarian syndrome was very important for me to treat, especially as a young female who was hoping to start a family in the future and was concerned about infertility.

Fatty liver disease... Oh my goodness. That's just as important because fatty liver disease is really the origin of type 2 diabetes, so that needs to be treated as well. That was my number-one thing, to tackle my diabetes, and then my metabolic issues came in at number two.

Then number three was to optimize my body composition and then start to feel a little bit more comfortable in those bathing suits on the beach. Later on down the road, I want to achieve optimal health.

This is where you need to be mindful of your journey as you transition into fasting and treating insulin-resistant conditions and fasting for autophagy. Now, there are a subset of individuals that want to achieve both. They want to fast for insulin resistance, and fast for autophagy at the same time, and have those sort of bump heads.

The reason why is that when some of us are looking to lose quite a bit of weight... I'm five foot three, and I lost 86 pounds. I'm petite bones, a small body frame. That's a lot of weight for my body frame. It meant I had quite a lot of extra fat on me.

One of individual's biggest fears is when they're losing a substantial amount of fat in relation to their body size, they worry about excess skin. This is something that has certain levels of autophagy... We're going to get more into this during the intermittent fasting protocols. Usually, those fasts that are 36 hours or longer are very effective at getting us into a deeper state of autophagy.

When we get into a state of autophagy that deep, what we'll see happen is as you burn that body fat, your body's created this skin, this connected tissue to support that body fat. That skin, that connected tissue... Well, that requires a lot of metabolic energy to maintain. Our bodies are often, not always, but often very intelligent here.

What happens when we fast, and we burn body fat, and we have the excess skin? When we get into the state of autophagy, our body will say, okay, well, what can we do here to optimize

Megan's body, Megan's health? Well, now Megan's got this excess skin, this excess connective tissue, but there's no fat there to support. Let's recycle that connected tissue and do something good with it in the body.

What happens is people end up losing a substantial amount of weight, and they don't see any loose skin when they're doing these longer fasts, or they see a tremendous amount of less loose skin.

Now, Jason and I have never had one patient from the clinic that's had to go for skin removal surgery. I definitely didn't need to go despite losing so much weight relative to my body size. We usually attribute it to doing those fasts that are longer than... or that are 36 hours or longer in duration.

Many individuals are trying to optimize both processes at once, but it doesn't necessarily work that way. You really need to treat the insulin resistance in order to lose the fat in the first place. It's best to prioritize how you're fasting, depending on your goals.

You can transition from just solely focusing on the insulin resistance and starting to move towards that autophagy. Then once you're in maintenance mode or nearing maintenance mode, and you're trying to optimize your health, moving into that autophagy state. This is the general trend for someone with insulin resistance.

Now let's talk about insulin resistance, and your fasting days, and what you can have on your fasting days. Now, the goal on your fasting days when you're treating insulin is to suppress your insulin as much as possible. We don't want to be consuming anything that really raises our insulin levels.

We really want to be adding whatever it is to our bodies for hydration that day to not have any impact on our insulin levels, but when we do consume something that does have an impact on our insulin levels, that's technically when we break our fast.

Now, let's jump to autophagy here. Now, with autophagy, really consuming not any nutrient, especially protein, even one amino acid... Amino acids are the building blocks of protein. That can disrupt autophagy. When we are fasting for autophagy, we're really not just trying to limit insulin production, but we're really trying to minimize exposure to nutrients during that particular time period.

By doing that, then we can activate the state of autophagy when our insulin levels are down. How do we fast for each? Well, for fasting for both insulin resistance and autophagy, let's go over what fluids you can have. This is really simple, team. It's water.

Water is the ultimate fasting fluid. It can be hot, warm, room temperature, or cold. It can be flat, mineral, or carbonated. Often, people find that mineral and carbonated water help settle a lot of hunger pains and tummy gurgles. They'll use that as an appetite suppressant.

You can really have water. Water is the ultimate fasting fluid for both insulin resistance and autophagy. If you're fasting for autophagy, water is your go-to fluid. For insulin resistance, absolutely embrace the water as your base fluid. Water is going to be the thing that you consume the most throughout the day when you're in a fasted state, even for insulin resistance.

Now, I get that water can be really boring to some people. It certainly was boring to me, which is kind of funny now because I drink so much of it, and I really enjoy it. A decade ago, when I was coming off of drinking all of these sugary beverages, and sweetened beverages, and juices, well, water really stunk.

There are some tools that you can add, some tips of strategies that you can add to your water, to help transition you into drinking that water with more ease and get used to drinking it on a more regular basis.

The first one is lemon or lime juice. Now you can have fresh lemon or lime juice on your fasting day, but because many of us are fasting for insulin resistance and we're working our way towards fasting for autophagy, for many of us, we want to be mindful of how much lemon and lime juice we're adding.

We cap it at a total of three tablespoons a day. That's total. You can have three lemon, or three lime, or a mixture of lemon and lime totaling three tablespoons. We look at something like this lemon or lime juice as a training wheel to have. You use it if you need it, and you don't use it if you don't.

I'll tell you, at the start of my fasting journey, I certainly used a lot of lemon juice to help me get accustomed to drinking water. When I didn't eat it on my fasting days anymore, because, well, I just liked water, well, that was good too. Then I didn't need the lemon juice.

Another training wheel that you can add to your water is edible essential oils. Now there are high quality, organic, very well-vetted, edible essential oils that you can add. There's a company called doTERRA, and there's another one called Young Living. Each one of them does create

edible oils for human consumption, so something to look at if you're interested in adding even more variety.

Now, I'm sharing this with you because I want to discourage you from drinking those canned, carbonated water products that have, quote, unquote, "natural flavorings" in them. That list of natural flavorings and what they can actually legally be is pretty scary, actually. If you took a look at it, probably not something you'd want to consume.

When you call some of these popular brands to ask them if they can tell you what's in their natural flavorings, well, I can tell you, you're not going to get anywhere. If you are looking to have a bit of a natural flavor to your water, edible essential oils are the way to go.

Now, we're approaching the summertime here in North America and many other places in the world. People will often gather with nice, bubbly beverages on the patio. Something that I enjoy doing in my backyard, or if I'm at a patio with my husband, is having that carbonated water with a little bit of lemon and lime juice.

It actually almost tastes like a sugar-free Sprite. You can also add in some edible essential oils. I really like grapefruit and basil, but there's all different types of mixes.

Last but not least, you can add different herbs and spices to your water as well. I really like adding fresh mint leaves to water, both hot and cold. Mint, for many years, especially in Japanese cultures, has been used as an appetite suppressant. Women would carry around mint leaves and smell them before mealtimes to avoid overeating and appearing gluttonous.

The great thing about, say, mint leaves in warm water... It's a great way to have mint tea in the evening time when you're hungry and you're trying to avoid snacking because the mint tea will be caffeine free, so it won't keep you up late at night, and it will help suppress some of those late-night hunger cravings. You can absolutely add any of these fresh herbs or spices to your water.

I really love rosemary tea as well, or thyme tea is really fantastic, especially lemon thyme tea. You can get really creative. It doesn't need to be boring. Now, when it comes to adding these things to water and autophagy, I mass every day, a hundred times. Does this disrupt autophagy? Does that disrupt autophagy? Over and over and over again.

The truth is when it comes to humans, we just don't have the research there. When it comes to autophagy, we really just try to keep it to plain water and maybe a bit of salt, which we'll dive into in tomorrow's electrolyte lesson.

All right, everybody. Now, let's jump into more insulin-resistance fasting fluids because when it comes to autophagy, until there's more human data, we're just going to park it, and leave water there, and not add anything else to the list.

Now, for other beverages that you can have on your fasting day for insulin resistance, you can absolutely have coffee. You can have, preferably, black coffee, and you can have tea, black tea, green tea, white tea, any type of herbal tea. As long as there's no added sweeteners to the teas, you can definitely enjoy them.

There's a chocolate pu erh tea by Numi tea that I love. Again, you can use different herbs and spices to make teas. Bitter melon tea is really great for blood sugar levels. Nettle leaf tea is also really great for blood sugar levels. You can get creative with these herbal teas.

Now we talked, when we discussed water, about adding the lemon juice and the essential oils as training wheels. There are training wheels that you can add to your tea or coffee as well.

Now in terms of tea and coffee, you can absolutely add in some fats if you need it, but you do not, and I repeat, do not want to exceed more than three tablespoons of fat a day on a fasting day.

Did you know that when you do have a beverage, one beverage with three tablespoons of fat, that will actually prevent you from entering the fasting state for four to six hours? If you start your morning off with a coffee or tea with three or more tablespoons of any type of fat, well, it could be four to six hours before you even truly begin your fast. The reason why is because you're giving your body nutritional fat to fuel off of.

If you're giving your body nutritional fat to fuel off, you're not going to require accessing your fat stores. If you don't require accessing your fat stores, your insulin levels aren't going to come down. It's so important that we minimize the amount of fat that we're taking on our fasting days, so we're making the most of each and every fasting day.

Now the fats that you can have in your beverages should really be fatty in nature. If you're having more cow dairy, you want to have that heavy cream or, at the very least, half and half. You want to have more fat.

You can also, as dairy alternatives... I do find it's really best if you're stuck at a sticky point, in a plateau, or struggling to actually set aside cow dairy and utilize, say, goat dairy or water buffalo dairy instead.

If you're dairy-free, you can absolutely use coconut milk as long as it's unsweetened. You can also include butter and Ghee. When I talk about no cow dairy, I'm mostly referring to things like cheese and cream, but I'm not going to be referring to butter and Ghee, especially Ghee. Ghee has been so clarified that any of the issues with dairy really aren't going to be present there.

Even if you do have a sensitivity, more often than not, you tolerate butter or at least Ghee just fine. You could utilize butter or Ghee as alternative sources of fat or even coconut butter. Cacao butter would be another great fat to add. You can really get some variety of fats that are not just cow dairy into your beverages.

Now, coconut oil is solid at room temperature. Many people do like adding it to their tea or coffee, but there is a liquid version of coconut oil called MCT oil, which stands for medium-chain triglycerides. Coconut oil has different lengths of fat in it.

Fat comes in chains and lengths of fatty acids, chains of fatty acids. Some are long. Some are medium. Some are short, depending on the types of fat. The medium chains of fat and coconut fats are actually liquid at room temperature. MCT oil is just those medium chains of fat extracted. Some individuals prefer to add that into their tea or coffee.

Now with the growing trend of MCT oil and people going more away from dairy over the last few years, they produce something called MCT powder, but the caveat here is, in order to get MCT powder from MCT oil, they actually often have to suspend it in sugar, which doesn't end up on the nutritional labels because it's used in processing. Many people don't respond well to MCT oil powder. I would just nix that from your repertoire.

Now, every now and then, an individual is very caffeine sensitive, even to the little bit of caffeine in decaffeinated coffee. How do you know? If you track your blood sugar levels, you will see them creep up in the morning instead of going down after your tea or coffee. If you are not caffeine sensitive, you won't see any change. Similarly, with hunger. If you are caffeine sensitive, you'll see your hunger increase rather than be suppressed by coffee or tea and vice versa. If you're not affected, then you'll see your appetite decrease.

It's really a mixed bag. For coffee lovers, I encourage you, have your coffee. See how you feel. You don't need to check your blood glucose levels. Just pay attention to your appetite trends. Now, if caffeinated coffee doesn't work, then try switching to decaffeinated coffee. See if that helps.

Sometimes though, that little bit of coffee is still problematic. You could try switching to a tea to see if your body responds better to that caffeine or herbal teas and avoid caffeine. Then there

are other coffee, non-coffee roots, coffee-substitute roots like chicory root coffee, which is a fabulous, fabulous alternative.

Don't worry about that tiny little bit, those couple of grams of carbs in it. It's not carbs that are going to affect your glucose or your insulin level at all. You can absolutely have a cup of chicory root coffee. It's essentially a dandelion root. These are alternatives.

If you do find that you're struggling with not having any caffeine, you could switch to a Japanese green tea called matcha green tea. Now it's green tea in a powdered form, and it has a very slow-release caffeine property to it. It takes several hours for the entire caffeine to be released into the system. Many caffeine-sensitive individuals do well with this very slow-release caffeine.

Now the caveat with matcha green tea is that it's best to consume it before noon. If you consume it late in the afternoon, it's going to have quite the stimulating effect into the late hours of the evening, which is not always desirable for a good night of sleep. Please keep that in mind.

Now with tea or coffee, it's best to avoid all sweeteners, natural and artificial. I really wish that I could tell you that everybody does well on natural sweeteners like stevia or sugar alcohols, but the truth is they don't. They really, really don't. I've seen it now, thousands of times, being the limiting factor. I really encourage you to try to work your way off of those items.

A great alternative is utilizing cinnamon. You can just sprinkle cinnamon into your tea or coffee or just drop in a cinnamon stick. Some individuals will actually boil the cinnamon in water and just drink that or use that cinnamon-infused water to make their tea or coffee. They find this really, really helps because that cinnamon tastes so sweet, but it has zero negative impact.

You have no issues with hunger like you do on sweeteners. You have no issues with glucose or insulin either. It almost feels guilty to have it on fasting days, but it's really not. I was notorious at the clinic for having my travel-size mug with, always, one to two cinnamon sticks in there.

I'll tell you. For someone who used to add four sugars to a small tea, two cinnamon sticks in a big jug of tea... Well, that stuff was too sweet. Few hours into the morning, and I had to dunk it out.

All right, everyone. That is it about tea and coffee, and the training wheels that we can add to them, and alternatives. Now when it comes to fasting and when we're brand new to fasting, we might not necessarily be feeling so fantastic. This has to do with our insulin levels dropping rapidly, lots of water loss. In that water loss, experiencing electrolyte loss.

Now, we call this sometimes the induction flu, or the keto flu, the fasting flu, fasting induction flu. It's only temporary, usually one to two weeks. During this induction period of time or reintroduction, if you've been fasting previously, but are just getting back into it and are struggling, you might want to give yourself permission to have certain fluids, like bone broth.

Now, bone broth is low carbohydrate. Vegetable broth... Well, they are going to interfere with autophagy. If that is your goal, and you're just getting started with fasting or you're reintroducing fasting into your lifestyle, it's always best to take a couple of weeks and get yourself going. Get yourself moving in the right direction, feeling good. Then you can cut it out down the road. You'll find you won't need it.

When I first started fasting, I used to drink so much chicken bone broth. Well, I actually became really self-conscious of my body odor, and taking multiple showers a day, and carrying natural anti... or deodorants with me everywhere. They were everywhere. I thought every part of me smelled like chicken broth. Though, what happened was a few weeks down the road, I suddenly had this stockpile of chicken broth because I just wasn't drinking it anymore.

Now, homemade is always best when it comes to bone broth, or just regular broth, or low-carb vegetable broth, but there are better options to purchase nowadays. You definitely want to check out the list of ingredients. Make sure everything is real food, things like chicken, or beef, or real vegetables, and garlic, and salt, but you don't want to be seeing any sugar.

They can really hide the sugars, and the gluten, and the starch in there. Always make sure that you check. Organic is definitely advised in these particular situations. Keep that in mind, everyone. This will help you replenish some of those lost electrolytes.

Other electrolyte fluids that you can have are pickle juice. Pickle juice is my absolute favorite, especially in the extreme heat. It's something that I truly don't think interferes with autophagy either. I would bet good money that a little bit of pickle juice with some salt, and some vinegar, and some herbs and spices aren't going to interfere with your ability to get into autophagy.

I think I'm living proof of that because I drank so much of it in my lifetime. Now you can make your own pickle juice. In our video and resources section under handouts, we actually have a recipe for making pickle juice, but you can look around online as well. There's a whole bunch of different recipes for you to choose from, depending on your taste preference. Give it a go.

Likewise, in that handout section, you can also find recipes for low-carb vegetable broth, as well as bone broth. Check it out. Let me know if you have any questions or what you think.

Last but not least, for fasting fluids, to help get you over that initial hump or sticky periods of time, you can have olive brine. Olive brine is something that we haven't shown a lot of love, but you can absolutely purchase it and consume it on your fasting days.

Now I do want to share one caveat about autophagy with you all here today. When Dr. Fung and I started our clinic in Toronto, when we're seeing patients, well, we were having them fast for 36 or 42 hours, three times a week. These individuals would often have a cup of tea or coffee once or twice a day. It was really hard on them at the time about not having much fat. Then they also would typically have one cup of broth a day.

They were doing 36, 42 hours, three times a week, week in and week out. Many of these individuals... The average age was around 70, of the patients that we saw. These individuals lost lots of weight, 80, 100, 120, 160 pounds, and they did not have loose skin. When we're doing these longer periods of fasting, having a little bit of these fluids has not proven to be counterproductive.

You just need to make sure that you're not snacking or grazing on these fluids during the day. We were very firm with our patients about this. If they were having any training wheels, any broth, or if they were having any fat in their tea or coffee, they need to sit down, enjoy it, and consume it within the hour.

They could be going back to reheating the cup of broth and their cup of coffee multiple times throughout the day. That ends up snacking. That ends up grazing. That's when we run into issues, potentially, especially with broth, at having an impact on autophagy.

Just, what I'm trying to get at here is as you transition into working towards autophagy goals, if that is your goal.... So many of you have already noted it in the forum thread, that you do show yourself some grace with this. You can have these items when you're fasting. You just need to be conscientious about how you're consuming them.

Last but not least, I need you to think of fasting training wheels, the fat to the tea or coffee, the lemon juice or lime juice to your water, the broth. These are training wheels.

Now, when you're a toddler, it's so exciting to see a toddler ride a tricycle, but once you start to enter high school, middle school, you don't want to be on the training wheels anymore. If you did hurt yourself, your friends would understand if you did need a training wheel. Or, if you weren't feeling great, of course, you would use a training wheel.

This is what we need to do with fasting. There's no such thing as a clean fast or a dirty fast. People will often refer to a clean fast. This is water, tea, and coffee, and tea and coffee without anything in it. Dirty fasts include water with lemon juice or lime juice, and tea or coffee with fats in them, and broth.

I hate that. There's no such thing as clean and dirty fasting. That type of discussion isn't welcome here at the Fasting Method. You use the training wheels as you need them. You don't use them if you don't need them. At the start of your fasting journey or the restart, you might find that you need them a whole heck of a lot, and that's okay.

As your body adapts to being in the fasting state, as your body gets stronger and more comfortable with being in a fasting state, well, then you can drop them. You'll often find you naturally do too. It's often wise to check in with yourself and say, "Do I really need this training wheel anymore?"

Down the road, you could have a fasting day. It might be really important to you that you make that fasting day, that you hit your target goal, but boy, did you get poor sleep, or maybe your kid's sick, or maybe your parents got injured, or your work. Oh my goodness, the stress. That can make it really challenging to fast.

Well, I'll tell you this. I've worked with tens of thousands of people at this point. It's better to fast and reach your target, but have a couple cups of broth, or have a cup of fatty coffee or tea and meet your target hours than to try to fast, crash, and burn because you're not letting yourself to have those training wheels.

If you don't use the training wheels when you need them, they're going to get into an accident. You're going to move backwards instead of forwards. You're still moving forwards, doing a fast, like a 42 with broth and a fatty coffee, then you are trying to fast, making 18 hours, crashing, burning, and eating foods that you'd rather not enjoy. There's so many health benefits still when you fast with those training wheels. Please, please, everyone, keep that in mind.

Now, just two more notes before we wrap up today's lesson. I did realize that I forgot to add vinegar, especially raw, unfiltered apple cider vinegar, as something that you can add to water. The only thing about it is that it will hurt your tooth enamel. You don't necessarily want to be sipping on it throughout the day. It's best to add a bit, such as a tablespoon or two, to a short glass of water. Drink it up. Use a reusable straw if you want to be extra cautious.

It is always wise to wait 30 minutes before and after consuming the vinegar and water before you brush your teeth. Many people actually find the vinegar, especially apple cider vinegar, to

be really great at helping to suppress their appetite. You can absolutely, absolutely consume anywhere from one to six tablespoons a day, depending on your personal preference.

Many individuals will actually have apple cider vinegar and water before their meal or if they're having salad before they start their meal, if they include some apple cider vinegar in that. It helps control their appetite. It actually helps delay gastric emptying, which prevents blood sugar spikes. That's one of the many benefits of having the vinegar in the diet. Feel free to experiment with that to your taste and your preferences there.

Last but not least, when it comes to fasting, training wheels, please do not ridicule individuals for consuming them. It's important to celebrate consuming them and reaching our fasting goals rather than berating ourselves for not consuming them. Again, there's no right or wrong way to do this.

You need to be flexible. If you want to be successful with fasting, you need to be flexible. We've worked with over 20,000 people at this point. Those who are successful are the ones that are flexible with this. I fast for many days with just water. I fast some days with just water and tea, but at the end of the day, if I need the broth, if I need some fat, like a tablespoon of MCT oil or a bit of butter, I will absolutely do that to reach my goals because it's so much better that you do so.

All right, team. We've talked about the forum, coming in and saying hi. Did you know that we have live classes? We have several of them a day, Monday through Saturday. Saturday... We only have a couple. Monday through Friday, there's several, plus a couple on Saturday, for those of you to attend. There's classes on all different types of topics from intermittent fasting to extended fasting, eating strategies, cooking demos, grocery shopping, diabetes, weight loss, fasting for a lifestyle. You name it. There's a class for it.

Make sure you check out our class schedules. Actually, coach Larry does daily movement sessions as well. If you need to get up and get moving for 30 minutes, each movement session does have special strategies for low, moderate, and intensive impact. There's really a movement for everybody.

I actually have daily group fasting check-ins. I'll tell you more about our group fasts and how they work tomorrow. You can come along and join in on that challenge, and get access to that content, and join our sessions every day, Monday through Friday, as well.

Check out our classes, everybody. Come on by. Say hi to the group. Ask your questions as well. You're not just limited to the Q & A sessions offered with this masterclass. Now the Q & A sessions will be specifically geared to and catered towards our masterclass members. Come on

in. Ask your questions in the other groups as well. Get your answers and connect with other like-minded individuals. I'll see you back here tomorrow for a lesson on electrolytes. Bye, everybody.