



My Five Pillars



Dr. Nadia Brito Pateguana reveals what she considers to be the keys to successful fasting.

If you've ever been on a call with me, as a coaching client or in one of my groups, you've certainly heard me talk incessantly about "The Five Pillars," or what I consider to be MY five pillars. I've also written about these in an article titled The Five Major Factors for Lowering Insulin. Fortunately, the people that I've shared these "Five Pillars" with and have successfully been able to implement these appropriately into their lifestyles, have done very well, and I hope you do, too!

First of all, let me define what I mean by "Pillars." As I mentioned above, I've written an article on this topic before, where I referred to these same five "pillars" as "major factors" to lowering insulin. And that's exactly what I mean. Not to say that there aren't other "important" factors to lowering insulin and to helping you on your journey, but in my view these are the **FOUNDATION** of our program and the **KEY** to your success.

So, without further ado, here are my Five Pillars:

1. How often you eat (part 1 of "how you eat")
2. What time you eat (part 2 of "how you eat")
3. Diet ("what you eat")
4. Stress
5. Sleep



My Five Pillars Continued

Each of these pillars can be individualized to your own goals.

1. How often you eat (part 1 of “how you eat”)

TRE: Time restricted eating. Give TRE the importance and focus it truly deserves. Full meals, no snacks. Bring each and every single thing that raises insulin into your short eating windows, and keep your in-between windows clean! This should be the case regardless of how long your fasts are.

2. What time you eat (part 2 of “how you eat”)

Dr. Fung calls this “[The Critical Importance of Meal Timing](#),” also known as eTRE (early time restricted eating).

3. Diet (“what you eat”)

A real food, lower carb diet is encouraged. [The Obesity Code Cookbook](#) came out in December 2019, and it’s a great resource.

4. Stress

I’m not implying that you’ll ever get rid of stress, but rather that figuring out stress-management skills, including cortisol-lowering techniques, is a pillar. The Fasting Method, as you may know, offers a whole lot of meetings. Many of these meetings now focus on behavioral changes, mindset and paradigm shifting, as well as the emotional and mental aspect of dieting and fasting.

5. Sleep

Sleep Hygiene is another big one. A lot of people struggle with not getting enough sleep, yet many have disregarded or are not aware of how much this impacts their metabolic and overall health. [Here’s a good read](#) on why you must address this pillar of health.

