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[00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

[00:00:13] This podcast is for educational purposes only, and it is not a substitute for professional care by a doctor or other qualified medical professional. You should always speak with your physician or other healthcare professionals before doing any fasting, changing your diet in any way, taking or adjusting any medications or supplements, or adopting any treatment plan for a health problem.

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[00:01:13] All right. And now we'll get started with today's episode. Hi, everyone. It's Megan Ramos here with another Bitesize episode of The Fasting Method podcast. Today, I want to share some of my thoughts on alternate-daily fasting versus doing three fasts per week. This is something that's come up in our own Community and with our coaching clients a lot this year, and we spend a big chunk of September trying to break this down for them. But I did want to talk about it briefly on this podcast for everybody out there who is also wondering what the differences are.

[00:01:59] Alternate-daily fasting is when you do a fasting schedule truly on alternate days of the week - Monday, Wednesday, Friday, Sunday, Tuesday, Thursday, Saturday, Monday, Wednesday, Friday - literally, every other day of the week. You'll often hear this referred to as an ADF schedule, whether you see it on social media or even if you join our Community, you'll hear people talking about ADF.

[00:02:30] So something that's come up a lot this year and over the summer is, is it better to do something alternate days, like an ADF schedule, or does it make sense to do something three times a week? Now, when you do an ADF schedule, sure, at the end of the year there are more fasting days that if you were to do three fasting days a week, but there's not that many more fasting days mathematically speaking. What it boils down to is what strategy is going to work best for you, both hormonally and logistically with your lifestyle, because what is going to be most successful for you at the end of that year is what you can do more consistently.

[00:03:23] Now, I was sharing with our Community members recently during a group challenge lesson that I don't know if I could have been successful doing an ADF schedule just with how busy my week was Monday through Friday. I couldn't necessarily focus on my foods as much as I wanted to on every day of the week. You know, there were certain days of the week, like Tuesdays and Thursdays, where I could definitely focus on them more than I could, say, on Monday or Wednesdays. So it would have been muddled for me to do a true ADF approach. And at the time, you know, I was working many hours in nephrology, Monday through Friday, doing 12, 14 hour days, really long days. And my weekends were really for restoration, you know, restorative rest, connecting with friends and family, and really also nourishing myself with good home-cooked meals because I had the time, I could buy fresh ingredients. We spend a lot of time focusing on macro nutrients, but micronutrients are important. And when we're rushed, we tend to eat things pretty

repetitively. We don't necessarily get in a variety of micronutrients, but weekends enabled me to get that variety.

[00:04:49] So doing Monday, Wednesday, Friday fasts and having some flexibility to shift those around throughout the week and turn some 42s into 24s when necessary, that's really what enabled me to be consistent at the end of the day. And I think if I had tried to do an ADF schedule where sometimes on the weekends (whether it's Saturday one weekend or Sunday the next weekend) I would have been in a fasted state, I would have found it very logistically difficult. I think I would have developed some resentment towards fasting, trying to fit my life into a box even more. Now, I would be perfectly fine declaring Wednesday a fasting day and occasionally just having lemon water when friends were having dinner, but the weekends were a little bit more complicated, socially, and I don't think I would have had as positive a relationship with fasting. I think it would have taken me a lot longer to get to my goals and, unfortunately, as a result of it taking longer, I would have inflicted some more damage on my body. So finding those three days a week that I could do consistently, week in and week out, it really brought me to where I needed to be. And I really reversed metabolic disease like fatty liver, PCOS, type two diabetes in just six months. And these diseases, some of them I had for years. I was diagnosed with fatty liver at 12, PCOS at 14. You know, it takes 10 to 15 years to develop diabetes before it's picked up on an A1C test. Like, this was pretty significant progress that I made in six months and I lost a good amount of body fat. Now, my weight-loss journey continued past those six months, but in six months I cured myself of a lot of illness.

[00:06:46] So, you know, that consistency, having a really positive and healthy relationship with fasting, that really helped me feel good and it gave me the ability to have a really positive and healthy relationship with food throughout my journey, too. I didn't start off so easy, but it helped develop a good relationship with food over time. So that worked for me.

[00:07:11] Shortly after, I hit some really important roles in my journey. We started the IDM clinic, at the time, the intensive dietary management clinic is what we used to be called in Toronto, and our demographic of patients was just different than me. I was in my 20s at the time. A lot of the people that were in our clinic, they were in their retirement years. You know, their social stuff was scattered throughout the week. It wasn't necessarily all condensed to weekends except for maybe around some holiday times, and most of them were a bit older and had more longstanding disease than I did, or much more severe type two diabetes than I did, and had some other hormonal irregularities. So lifestyle wise, it was better for them to be even more intermittent, so doing an alternate-daily approach with their fasting. And because of their hormonal imbalances and maybe some leptin resistance where they struggled with reaching satiation, they found it easier just to not have two consecutive days of full eating, so, you know, two days of two to three meals back-to-back. So even if one of those ADFs was a 24 and they only had one meal, just to have that big Sunday meal with their family, for example, they still didn't have two full days of eating back-to-back where they had a total of four to six meals. They might have a total of three meals, for example, if they do an 18 on Saturday and a 24 on Sunday. So this hormonally gave them a bit of an edge. And it worked so well for that particular patient population.

[00:08:57] Then we opened up the patient population where we saw more people who had crazy Monday to Friday routines like I did, for various reasons, and really the restorative time and social time fell on the weekends, and eating was very important for those community involvements and they just couldn't do the ADF. So we just focused on those three fasts per week and everybody was successful when they were doing what works best for them.

[00:09:27] In our Community, we've had a ton of people where the time was just right for them to focus on some ADF strategies and get great results, and they should be so proud. I'm so proud of these individuals and they've really crushed it this year. But there are some people that are trying to fit themselves into that ADF box when it just doesn't work for them and they end up kind of tripping over their own feet and the ADF doesn't happen, and then the fasting consistency kind of goes out the window a bit. We don't want that to happen. We want to do something that is going to work for us.

[00:10:06] So it's amazing to try all of these different strategies. If you are playing around and you haven't found what works for you and you see that a strategy like ADF is working really well for someone else, there's certainly no harm in trying it for a couple of weeks and seeing how it works for you. But just because it works for someone doesn't mean that it is going to work for you too. You know, I tried a ton of things. I just felt like I was throwing stuff at the wall when I first started fasting just to see what stuck and what would work. There's no harm in that. Nowadays, we offer things like coaching in our Community and masterclasses to help shortcut these journeys for individuals and share all of our expertise working with thousands of people. So we're not just throwing stuff at the wall and seeing what sticks. You know, working with a coach can definitely help determine whether an ADF or a three-times-a-week approach will work better for you. So you don't necessarily have to experiment with all of these things, but there is nothing wrong with trying something out. But it's also okay if something doesn't work for you. There are lots of strategies. So, you know, if you're feeling like you could rip your hair out right now, and not sure what works for you, then, you know, getting some coaching, checking in with our Community, that can be helpful at offering some ideas, too. So there's lots of tools out there.

[00:11:31] So, number one, you've got to find the strategy that works for you. And if that's ADF, that's great. If it's three times a week, that's also great. And if you're struggling with both those strategies, there's numerous other ones that can work too, and there's a lot of great resources that can help out.

[00:11:47] All right, everyone. Until next time, happy fasting. Bye for now.