

# Intro to Intermittent Fasting



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# Introduction

Intermittent Fasting (IF) is sweeping the world, thus I put together this introduction booklet. It features enough information to get you started on your fasting journey.

## **The science**

Let's start with the facts. While you are fasting, your glucose levels are stable. Glucose stability is good. Glucose levels go up when you break your fast with food or drink (not water, tea or black coffee). It has therefore shown to help fight diabetes.

Keeping stable glucose levels will avoid mood swings. Consider the dip you experience before and after lunch, gone. In this state, your body burns fat to use as energy. Don't get fooled! This doesn't mean that you'll lose weight. It all depends on what you eat in a day.

**PSSSST...** Other studies have shown that IF can help people who have been diagnosed with cardiovascular disease, Alzheimer's and cancer.

## **Ways to IF**

There is no restriction on what you eat. IF gives you a window of your own choice when to eat.

5.2, 16.8, the warrior diet, OMAD. What do they all mean?

## 5.2

Asks you to have two 500 - 600 calorie days. These days should not be consecutive, as for the other days, eat whenever.

## 16.8

You fast for sixteen hours and have an eight-hour eating window. Can't fast for sixteen hours? Not a problem. This method is a guideline, rather than a strict law. We have days when we fast for more or less time. Get to know your body and it's language to indicate when you're feeling hungry. Start with drinking water, tea or coffee. This is the most common method.

### **Warrior "Diet" & OMAD**

This is where it gets challenging. As for the warrior diet, you fast for twenty hours a day with a four-hour window of eating. OMAD stands for One Meal A Day. These are not for beginners and not encouraged unless you have fasted for a while.

# Lifestyle Not a Diet

Intermittent fasting (IF), is not a diet plan or a magical life cure, even when the results are too good to be true, at times. There are so many people posting that they fast when they want to look leaner, lose weight, or keep up with their social circle. All good reasons to start this new journey, but these reasons can shift a healthy lifestyle choice into a beauty competition, without even realizing it.

## **We All Fast**

At some point throughout the day, you fast, when you skip breakfast, lunch, dinner or go a whole day without food. A rare occasion or one-off scenario, which is not enough to see lasting results. Fasting different days, weeks or months is dietary rather than a lifestyle choice because you are using it as a quick fix tool. Thus, the benefits that others are talking about are not apparent at all or minimal, to say the least.

## **Benefits**

One of the benefits of IF is weight loss, stored body fat becomes more accessible in a fasted state as hormone levels adjust, which is one of the most talked-about benefits right now because it caters to

our insecurities, especially ones about body image and weight. Where I understand how attractive and motivational this is, the other benefits are just as good, if not better.

Important health benefits such as cell repair and gene expression fall through the cracks because they are not visible to the naked eye. However, these are highly important for health and the body's ability to fight off minor and major diseases. Think about this for a minute, a cancerous tumour forms in the body when ingested carcinogenic material attacks our DNA, evading the body's repair process. As this occurs the corrupted DNA is multiplied many times until scans can pick up the process and label it. Since fasting initiates the cellular repair process regularly, chances of carcinogenic material attaching to DNA is less likely.

Furthermore, fasting promotes a rise in (HGH) human growth hormone levels, five times the normal rate or in that range. This rise stimulates muscle growth while helping the fat loss process. Moreover, while fasting, insulin sensitivity is reduced, which causes levels to drop. While this occurs, stored fat is more accessible and converted to energy to fuel the body.

## **Starving yourself**

"you are starving yourself when you fast, " this statement is a myth, for lack of a better word. The eating window is for consuming your daily caloric intake, which varies depending on personal goals. There is nothing that says to deprive yourself of daily nutrients and calories at any point while fasting.

Furthermore, when understood correctly the eating window can help you lose, maintain, and even gain weight when accompanied by the right nutrition regime.

## **Amazing**

There are just so many health benefits that go beyond aesthetic changes. Furthermore, the few mentioned above, do not even begin to scratch the surface.

That said, let's add a few more to boost the excitement! Intermittent fasting helps reduce LDL cholesterol, and inflammation promoters, which leads to better heart, joint and brain health. Thus, you are extending the lifespan of vital organs as well as yourself, who could have guessed that?

Therefore, this is not just some diet plan to promote weight loss, rather a healthy lifestyle choice with no adverse effects. A notion that should be deep-rooted in your choice to begin this process, rather than the visible aesthetic changes.



# Thank you

As you have read thus far fasting is not a diet or quick fix tool, rather a lifestyle. One that we urge all of you to consider trying and experiencing the benefits for yourself.

That said, this booklet is an introduction and stepping stone for you. Any questions you have, feel free to message or email. There is coaching available for those who would like to combine fasting with their current nutrition or fitness regime.

Below are some testimonials from people who have just started fasting and one who has done it for years. They are there to show you their experience as well as how to keep going.

Each account shows how fasting has changed their life.

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# Testimonials

## **Ethan Lockhart - Age 26**

I do not see this as a diet but more a way of life, liberating you from the normal conventions of three-plus meals a day counting carbs, protein, etc. It allows for more productivity throughout the day with a lot less stress. Furthermore, there is no wrong way to fast which provides relief or at least for me in conjunction with no restrictions. I will tell you that just like any new skill it is difficult at first but over time gets easier.

When my friend told me about this, it seemed so abnormal. Thus all types of questions came to mind, Why would someone fast for non-religious purposes? Is there any real benefit? Does it have to be every day? Personally, it sounded like a way to justify starving yourself to save money/ lose weight. To avoid overwhelming me, She chose not to answer all my questions. Instead, she challenged me to jump right in as she educated me little by little. To this day I am grateful for this approach instead of being lectured about the ins and outs.

## **The First Few Days**

My first day was very difficult, to say the least, my stomach ached, I was in the bathroom a lot from all the water in conjunction with skipping midday lunch. Yet, it felt nice not to be worried about what to make for breakfast or lunch, amongst the weird energy boost rushing through my body. The temptation to break my fast early lingered in my head the next day like my mind was testing me. On the third day, I decided to do some research in hopes of settling my mind. Everything that I read talked about all the benefits like better cell repair, lower insulin levels, reduction of heart disease amongst many more. After reading this I felt like there was no turning back. The benefits were just too good to pass up.

## **Why IF**

I believe that we should all create a WHY when it comes to life choices, not only does it help guide but it makes it apart of our core. Moreover, serves as a strong foundation that can be built upon. That leaves no room to second guess or retreat.

For me, my why started as a want to learn more, a personal challenge to do something out of the ordinary. A way to step outside my comfort zone and shock the system. However, It ended up being much more powerful than that. Fasting aided in my journey to live a healthy life by building my body from the cellular level up.

## **Donna Harding-Lee -**

In June of 2019 I woke up feeling awful, dizzy, nauseous and weak. This continued for a few days, my doctor telling me that my BP was dangerously high. I was immediately put on medication and after weeks of trials, I found medication that was not making me feel sick.

My doctor a relatively young man suggested that I try IF, I was a little familiar as my youngest son was doing it for fitness reasons.

I was skeptical, but because of my medical condition and the way I had let myself go over the years, I decided to give it a try. I think it was the first week in July that I began.

I have lost 28 pounds, my clothes and appearance reflects the loss now. My follow up appointments with my doctor show that I am continuing to do well and blood sugar is normal, when before, it was a little high.

Today, however, I can say that I have been off medication for 2 months or very close to that and have maintained a healthy blood pressure reading. I had forgotten to take my meds for three days for some reason and noticed that the readings continued to be good, so each day as I usually did I monitored and everything so far has been fine. I

am by no means suggesting that anyone stop taking medication, but I am giving it a try and so far so good.

I began my journey by fasting for about 16 hours, I gradually increased until now I normally fast for 20 hours. I use an app on my phone called Life which I find helpful.

## **Marie Becker - Age 26**

Intermittent fasting and I met years ago. Around the same time as I was introduced to meditation. At that moment, meditation didn't swoop me off my feet. Honestly, neither did intermittent fasting. However, after I got over the stereotypes of "you must be starving yourself," "that cannot be healthy" and "food is energy". I was crazy enough to try it out.

### **Stage 1**

In the beginning, it came naturally to me, I felt competitive and excited to see how far I could push my body. At the time, I had a good support system in place. One that made me feel safe. A skill I try to pass on to others.

### **But, don't you starve?**

Simply, no starvation happens after a prolonged period of not eating. Skipping meals during the day can be seen historically, as what our bodies were made to withstand. It's speculation, but if you think about it. There were no fast food stores at every corner in the savannah or the forest. We gathered food and used it carefully, a full-time job, searching, gathering, every day and then eating.

Why fasting?

It makes me feel amazing, energized and all-around healthier. All the benefits I have experienced, as well as all of the ones that have yet to come.