

The *Fast* on Fasting

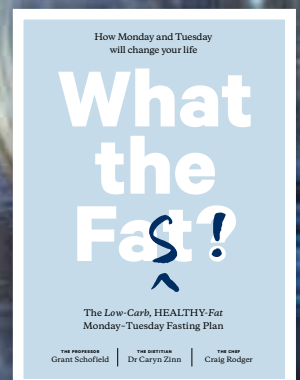
The Low-Carb, HEALTHY-Fat Fasting Plan
from the best selling authors of *What the Fat?*

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THE DIETITIAN
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www.whatthefatbook.com



This (fast) outline is the cheat's guide for those who can't wait to try fasting, or even if you just want to know what all the fuss is about. Here we give you the basics to help you get started, straight away. *What the Fast!* will be available online and from all good book stores from 19 April 2018.



The 'fast' on fasting

What is Super-Fasting?

Super-Fasting is simple: it's not eating during the day on Mondays and Tuesdays, eating Super-Meals at dinner-time, and then continuing to eat LCHF from Wednesday to Saturday with the occasional treat meal thrown in. Sundays are strictly LCHF in preparation for Monday's fast.

Why should YOU do it?

Super-Fasting is returning to how we humans have lived for most of the time we have been on the planet. Modern eating, i.e. eating 3 meals a day with added snacks (which are mostly carbs), is not how our finely tuned biology is optimised.

Follow the Super-Fasting protocol each week for 1 month for a great kickstart into good habit and routine (and, of course, great results!). After that, it's up to you as to when and how you incorporate Super-Fasting into your life to keep up the benefits long-term.

THE BIG BENEFITS

- 1 You will become a fat-burning machine: fasting works by allowing you to develop and maximise fat-burning.
- 2 You will maximise your cellular and immunological health: fasting allows your body to use its natural recycling and repair mechanisms (autophagy and apoptosis).
- 3 You will have a more constant mental and physical energy and will likely conquer cravings.

Our top 3 FAQs

1. I want to lose weight; will Super-Fasting work for me?

Fasting has been shown to be an effective weight-loss strategy. LCHF is a highly effective weight-loss strategy. So, we are combining two effective methods into one great method. Our 3-meal rule is reduced to a 1-meal rule for weight loss (the 3-meal rule from

What the Fat? means there are 21 meals in a typical non-fasting week - 3 of them can be non-LCHF). We've also unlocked the new science of how the sex hormones oestrogen, progesterone and testosterone make men and women respond differently, and how this changes across the menstrual cycle for women.

2. Do I need to do this forever?

We suggest you try it for a month. Be strict, and see how you respond. Then you can do one of three things:

- 1 Keep going with the Monday/Tuesday routine each week if it suits you.
- 2 At the beginning of each month (the first Monday of every month) do 1 week of the Super-Fasting method and then go back into your usual healthy whole-food eating for the rest of the month. This method is great for weight maintenance and for easily fitting in with your lifestyle over the long term.
- 3 If you are female and find yourself affected by monthly hormonal swings relating to menstruation or menopause then the hack for you is to simply start your month on the first Monday following your period finishing, and do 2 weeks on Super-Fasting and 2 weeks off. This method will work best with your biology. See Part 2 for all the nuances here, including if you are post-menopause.

3. Isn't Super-Fasting the same as the 5-2 diet?

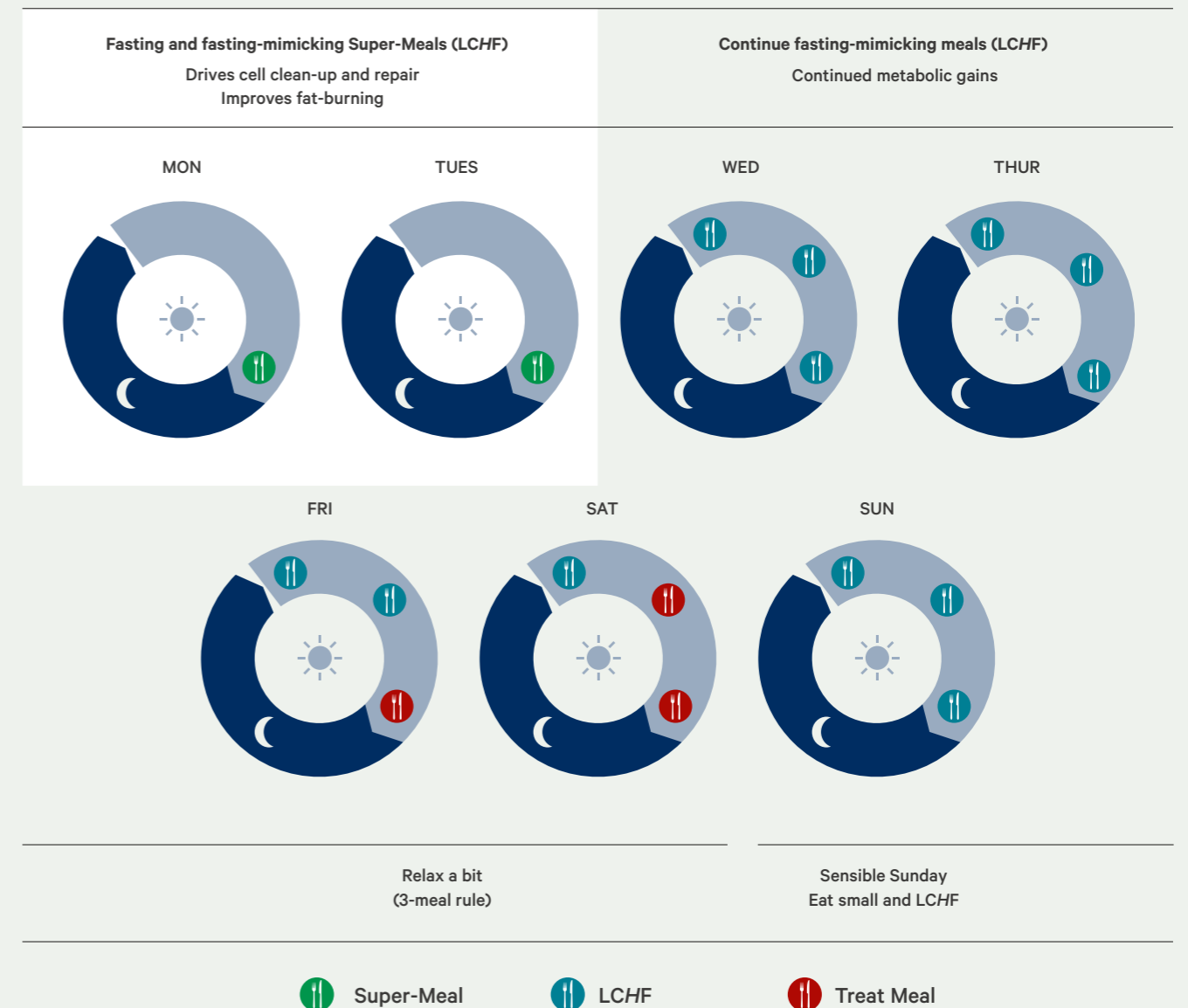
No, it's quite different in two major ways. Firstly, the 5-2 restricts your calories to 500 kcal (females) or 600 kcal (males) on 2 days of the week. On these low-calorie days, you can spread the calories across the day as you like; you can even just eat smaller meals, which means you might not be fasting at all. With Super-Fasting, we want you to get the physical benefits of going for periods of time without any food at all. Plus, Super-Fasting is not about calorie-counting so we don't place any restrictions on the size of your Super-Meals, other than just being sensible about it.

Secondly, on the other 5 days of the week, the 5-2 allows you to eat whatever you want. This means that there is no lasting effect of your fasting on the rest of the week. Super-Fasting brings in LCHF on the other days, which provides a fasting-mimicking effect (and some of the major benefits) throughout the rest of the week. Super-Fasting is about more

than just fasting. It's the bigger-picture impact of the synergies of fasting and eating simple, filling and nutritious food.

A week of Super-Fasting

Here's what a week of Super-Fasting might look like:





The 10 rules

- 1 Be a fat-burner**
Get 'fat-adapted' before you start fasting by going lower-carb and eating more healthy fats, so that you are burning fat as your main fuel. Too many carbs turns off fat-burning and makes you hungry. Going LCHF will make Super-Fasting easier and more rewarding.
- 2 Be sensible on Sunday**
Sunday is the day to prepare for Super-Fasting on Monday and Tuesday. It's important to keep the carbs down on Sundays to make fasting easier the following day.
- 3 Get Super-Fasting - fast until dinner-time on Mondays and Tuesdays**
It's simple: step away from the food and miss breakfast, lunch and all snacks on Mondays and Tuesdays. You might start this by just missing breakfast (a 16-hour fast) to get yourself used to it.
- 4 Get wet and salty**
Extra salt, and enough fluid, are crucial when you aren't eating. Tea and coffee are allowed, but just with a splash of milk or cream.
- 5 Eat Super-Meals for dinner on Mondays and Tuesdays**
Super-Meals are simple, filling and nutritious meals designed to satisfy hunger and nourish you. Super-Meals are low in carbs and high in healthy fat. Super-Meals are fasting-mimicking (i.e. they mimic fasting) because they keep ketones up and the benefits of fasting going for longer.
- 6 Don't overeat, just enjoy your food**
Fasting is designed to help you enjoy eating food more, not less. Don't overeat on non-fasting days.
- 7 Eat LCHF from Wednesday to Sunday**
LCHF eating is fasting-mimicking, so it carries the gains you made on Monday and Tuesday in fat-burning and great energy levels through to the rest of the week.
- 8 Be like Steve Jobs: use routine to your advantage**
Steve wore the same clothes - no matter what - to reduce effort on the things that didn't matter and spend more on those that did. This applies to nutrition, too. 'Go-to' meals and a pattern around what and when you eat (or don't eat) frees your mind to concentrate on other important things.
- 9 The 3-meal rule**
Things aren't always going to go to plan. It's what you do 90% of the time that counts, and enjoying celebrations without guilt is important. So we're happy with up to 3 treat meals a week for good health, or only 1 a week - or less - if you are after weight loss.
- 10 Find your truth**
You are an individual and so you are different from anyone else. Ask yourself the hard questions about what you want out of life, and how much effort you are prepared to put in. We're not judging; we just want to know whether you really want to achieve your health and/or weight-loss goals or not. Otherwise, what's the point of putting in the effort?

SUCCESS STORY

AJ Hazelhurst

AGE: 45

OCCUPATION: DIRECTOR OF LARGE CONSULTING COMPANY

FAMILY SITUATION: WIFE AND 2 CHILDREN, AGED 16 AND 18 YEARS

TYPICAL WORK WEEK: HIGH-OCTANE JOB, INVARIABLY OVER 40 HOURS PER WEEK

OTHER ACTIVITIES: AT THE MOMENT MY MAJOR FOCUS IS RUNNING MY FIRST-EVER MARATHON (NEW YORK)

About a year ago, AJ saw some photos of himself at a friend's 50th birthday party, and it was at that moment that he realised he had never looked or felt as bad as he did then. Things needed to change. He decided there and then to enter his first-ever marathon as a fund-raiser for the Catwalk Trust, which supports spinal cord injury research. AJ started his own campaign, called 42down42forward (i.e. losing 42 kg to run 42 km), and launched into his weight-loss and running journey.

'I had never run more than 5 kilometres in my life, but it was for a great cause, and I also knew I easily had 42 kg of body fat to lose. I read *What the Fat?* and it was nice and easy to understand. I started reducing carbs and upping healthy fat and lost some weight, about 5-10 kg, with relative ease. But I was still naughty a lot of the time.'

AJ went on a holiday to South Africa and pretty much ate what he wanted, all while watching his carbs (apart from a few too many beers and hot chips) - and realised that it wasn't *that* hard to lose weight; he returned empowered to continue. He successfully lost more weight, but then a lot of business travel and working late nights had his weight plateauing. He was stuck, but he still had a lot more to lose for his 42down42forward mission.

'People tend to give up when their weight plateaus, but I was determined not to. I went

to see dietitian Caryn Zinn and she talked to me about intermittent fasting. Well, this was certainly different, but I thought I had to try it. I started skipping breakfast and lunch on most days of the week, and just focused on good-quality dinners, and suddenly saw a jolt in my weight loss. Fasting was definitely something I could do as I found it very easy.'

As for his running, AJ felt energised by not eating, despite what he'd always believed - which was that he needed lots of fuel and, without it, he'd be low in energy. But he felt quite the opposite. 'I can't believe that I've managed to run my first half-marathon on no food. I was exhausted, but then again I had my appendix out 3 weeks before - that might've had something to do with it. I ran the next two half-marathons on no food, too, and I felt great. Fasting is definitely working for me.'

What I've learnt so far about nutrition: I always believed that the body needed so much food; after all, that's what we've been told for so many years. I'm actually a bit annoyed with what I've been told. Everything is bollocks. Now, I just go with the flow. I fast as it happens and eat when I feel like eating - it's liberating. I still struggle with portions, and I know mine could still be smaller. Plus I do have a binge-night every now and again.

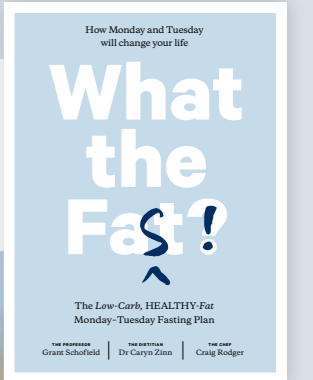


Favourite meal: Lamb shanks in a restaurant. They're usually served on mashed potato, and sometimes I eat it and other times I swap it out for a different vegetable.

Advice I'd give to someone starting this: Reduce carbs, get your body feeling normal - it's a really nice way to do it. Fasting then becomes easy. If you can get food out of your mind, that would be the key (it's hard, though, after 45 years of habit!).

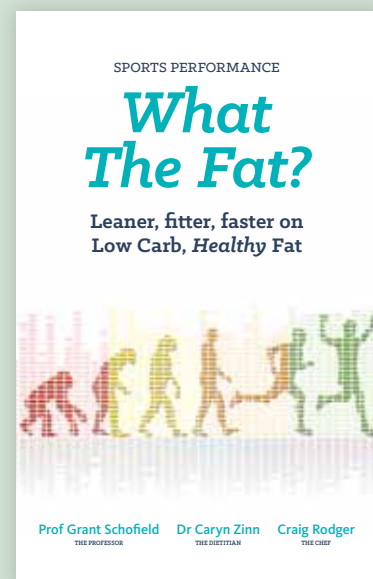
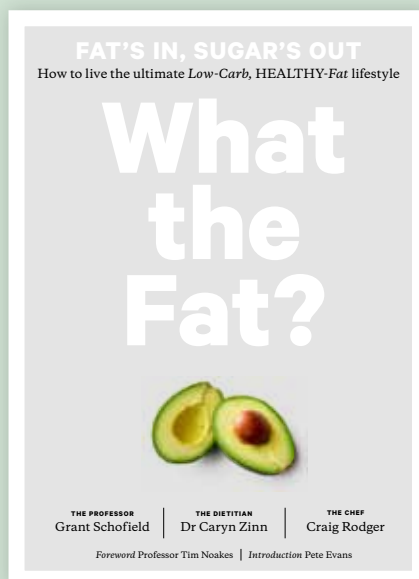
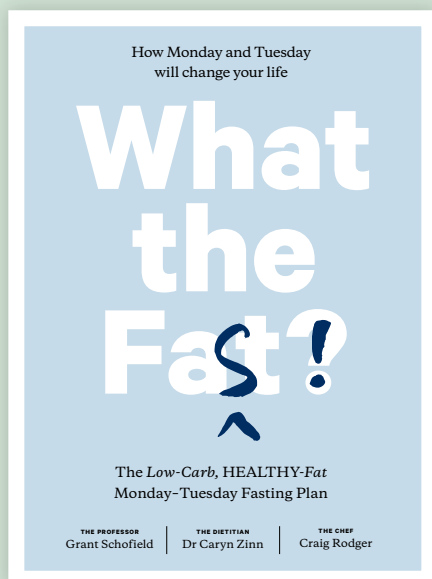
Our comments: AJ is now 30 kg lighter (down from 154 kg to 124 kg) and is tracking well with

his 42down42forward mission, with a few weeks still to go before the New York marathon. He has really 'got' it when it comes to nutrition. AJ's 'aha' moment was realising that his body simply doesn't need as much food as he thought it did, and he now has a great attitude towards eating. He eats LCHF food mostly, and eats when his body tells him to. He still has some habits that he would like to get rid of. It's unlikely that he'll ever be perfect with his eating, but he's not that worried about it and neither are we.



Want to drop a few kilos, stay sharp and get your health on track? By simply not eating breakfast and lunch on Mondays and Tuesdays and supercharging your dinner meals, you will become a super-faster.

Super-fasting allows for super wellbeing, from effortless weight loss to enhanced immune and brain function. Become a super-faster and unlock the biology of super aging to live a long, healthy life.



Available from 19 April 2018 online at
www.whatthefatbook.com
or at all good book stores.

Blackwell&Ruth.