

## SUPER CHARGE your fat loss results with Intermittent fasting

### What is intermittent fasting?

There are a few different types of intermittent fasting (IF), but I am going to focus on the 16-8 protocol.

Intermittent fasting is a form of time restricted eating. So instead of eating throughout the day from when you wake up until the evening e.g. from 8am till 8pm – 12 hours you condense your eating window down to 8 hours e.g. from 9am till 5pm or from 12pm till 8pm etc.

So, you have 16 hours throughout the day where you are in “a fasted state” where you are not consuming any calories whatsoever. Just water!

It's a simple change that has a ridiculous amount of benefits for you and your body!

One of them is of course supercharged fat loss.



### How does it make you lose fat?

IF makes you burn fat in a number of different ways. The obvious one; because you are not consuming food during the 16 hours your body runs out of glucose (which we use for energy). With no glucose for the body to burn you start burning fat cells instead, so it can actually make you go into Ketosis!

Another reason is it's great for fat loss because it MASSIVELY increases certain hormones in your body. One of the most important when it comes to fat loss is Human Growth Hormone, which is brilliant as this is a powerful beneficial hormone for fat loss and building (toned) muscle!

IF also decreases your insulin levels and improves insulin sensitivity and increases norepinephrine WHICH again increase fat burning!!

Now probably, the main reason that IF is so damn effective is because you will end up eating fewer calories overall. It is hard to eat LOADS during that 8 hour window as you will be full from your last meal and because your hunger hormones (such as insulin and leptin) will be more sensitive/increased.



### Does it work with keto?

Hell yeah! Ketosis and IF almost go hand in hand. Together they will prime your body to be a fat burning machine. Literally!

In ketosis your body becomes fat adapted, which basically means it uses the fat you eat and the fat you have stored as its main energy source. So Instead of those nasty carbs :P your body seeks out fat to use!

When you then go into a fast, you are not consuming anything (no fat, no protein, nothing!) But your body is already primed to use fatty molecules so it is rampantly searching for any fat it can get it's theoretical hands on. But it is not getting any energy from food anymore so Hey Presto! let's use body fat!!

Boom! You are now a fat burning machine!

## The amazing benefits of intermittent fasting

Even if you ignore the awesome fat loss positives IF is still worth doing because of the other, if not more impressive, benefits!

### You will live longer! (it's great for your health)

Studies show that intermittent fasting can reduce oxidative damage and inflammation in the body. This should have benefits against aging and development of numerous diseases.

Studies have also shown that due the mitigating effects that IF has on the decline of your mitochondria as you age, as well as the increase of your cells ability to repair itself (and flush out the waste) you slow down the aging process.

As well as helping to protect you from type 2 diabetes, heart disease, cancer and Alzheimer's .

### You actually target belly fat when you exercise during a fast

Turns out I was wrong about being able to target fat from different body parts. Well, when it comes to belly fat I am anyway!

The reason belly fat is so hard to get rid of is because we have a very low blood flow to the abdominal region, so not much fat is deposited into the blood stream to use as energy from the belly.

But, IF actually increases blood flow to the belly and studies have shown you will burn up to 2 to 3 times more fat from the stomach region!

Yay intermittent fasting!

### It's easier to stick to

There is a resounding agreement between people who have switched to IF whilst trying to lose weight, and how much easier it is to stick to than other diets/methods.

No crazy meal planning in the morning, having to box up 3 or 4 meals for the day including snacks. Also, you can have an extra 20 minutes in bed as you don't need to cook breakfast.

### Makes you smarter and happier!!

IF causes your brain to produce a hormone called bdnf. This is known as your brains "fertilizer" as it grows neurons and synaptic connectivity become very efficient. Not only do you become more focused and less 'foggy headed', but it also improves your memory and feeling of wellbeing.

Basically, you will feel awesome!

Because of the improved brain function, scientists believe it may actually help reduce your risk of neurodegenerative diseases like, Alzheimer's, Parkinson's and Huntington's!

### **OTHER BENEFITS...**

Rejuvenates Skin

Boosts immune function

Improves healing and recovery

Establishes a routine and improves your circadian rhythm (your body clock)

You will sleep better

### **What can I have during my fasting period?**

Water, black coffee, tea and green tea!

Nothing more nothing less

Make sure you are drinking loads as your cells will be “detoxing” so you will need lots of water to flush out the waste!