INTERMITTENT FASTING FOR WEIGHT LOSS

**A Beginners Guide To 16:8**

# Introduction

Have you ever tried a GM diet, Keto or Any other Diet?

Did you get everlasting results?

Or did you find the weight eventually crept back on? If so, **YOU NEED THIS BOOK!**

Being overweight my entire childhood, all of my teenage years, and the better part of my 20’s led me to try some outrageous diet and exercise strategies. Ultimately, these equated to little to no results and almost always weight regain. I understand how disheartening it is to get yo-yo results. It’s not easy to stick to eating plans. They require special foods and military like discipline. While the professionals people over low carb vs balanced, keto vs vegan, and whether it’s as simple as calories in – calories out, the average person is left disoriented, fed up and struggling to see any type of result. This book is going to change that!

This E-book includes:

* A beginner’s guide to the 16:8 method
* Your first 30 Days

## ➢The Third most IMPORTANT Factor Other Than Diet & Exercise Most Programs Neglect

Thank you again for purchasing my Program in order to Make NEW YOU. Let’s jump start your health & fitness goals NOW!

**Table of Contents**

INTERMITTENT FASTING FOR WEIGHT LOSS:

Introduction

Intermittent Fasting (IF): What is it?

Intermittent Fasting – The 16 8 Method

Starting IF – 3 Crucial Factors To Success

Factor 1: Diet & Nutrition

Factor 2: Exercise

Factor 3: Recovery, Rest & The Importance of Sleep

Intermittent Fasting (IF): What is it?

What exactly does intermittent fasting refer to? Almost all of us are familiar with the word fasting. The reasons people fast vary from one group to another. For some, it is a religious practice; they sacrifice food to commit to prayer. Others have no reason; they just lack food. In past societies, people would go out to the fields to work, and eat only when they rested.

Intermittent fasting is not among the fasting practices described above. It is neither a religious practice, nor is it driven by the lack of time or food - it is a choice. It is best described as an eating pattern that alternates between eating periods and fasting periods, with each period lasting a predetermined amount of time. For example, the 16:8 method has a fasting period of 16 hours and an eating period of 8 hours.

**Note that it is not a diet but an eating pattern**. Less is said about the foods you should eat, but more emphasis is put on when you eat them. Does this mean you can eat whatever you want? **Unfortunately not.** Clean eating is one of the three factors in the tripod to fat burning success. Does this mean you must live on chicken and broccoli? No of course not. We are humans and I believe in enjoying life, but as you already know moderation is the key here.

It is important to know that IF isn’t some program that popped up from somewhere, will trend for a while, and disappear like most weight loss programs do. It has been around for a long time and has been popular for many years (even if you are learning about it just now). It is one of the leading health and fitness trends in the world today. It is recommended by a range of health and fitness experts, such as the authors of “THE COMPLETE GUIDE TO FASTING” by Dr. Jason Fung and Jimmy Moore.

Let us learn more about how intermittent fasting works in the following chapter.

## Weight

### ● Average weight before filming: 328 lb/ 148 kg ● Average weight after 30 weeks on *the show:* 199 lb/ 90 kg ● Average weight six years after final: 290 lb/131 kg

As you can see, contestants lost a massive amount of weight during filming, but struggled to maintain the weight loss over a long period of time.

One of the 14 who participated in the study managed to keep the weight off. That's over a 95% fail rate! So why is this?

Check out the results below showing contestants Resting metabolic rate (RMR).

# Intermittent Fasting – The 16 8 Method

There are different methods of practicing IF. However, they all have a similarity; they all include a feeding period and a fasting period.

* ***The fasting period*** – it varies in time length for the various methods. During this time, you either eat nothing at all or zero calorie beverages.
* ***The feeding period*** – it also varies in time length for each method. During this time, you may eat whatever you want in moderation to avoid overfeeding. It is advisable that you eat ‘normally’ and not as if compensating for the period you went without food. Some methods like The Warrior Diet may require that you eat foods in a certain order.

Before we look at the 16:8 method, it is important to point out that intermittent fasting is not for everyone. Below are some people who should not try intermittent fasting:

* People under 18
* People with diabetes (both type 1 and 2) without first seeing a doctor
* Pregnant and breastfeeding mothers
* People with eating disorders
* People with low body fat
* People with high cortisol levels

**WARNING: Before undertaking any diet, physical exercise program or change to your normal habits you should see a doctor or other relevant professional.**

Keep it safe guys!

Let us now look at the 16:8 method specifically.

## 16:8 The Lean gains protocol

As the name suggests, this method is divided into two periods; a 16-hour fasting period and a specific 8-hour feeding period. It is important that you keep your feeding period constant. This means that you cannot decide to eat from 8am to 4pm today and shift it to 8pm to 4 am the next day. This is for the sake of creating a schedule that is easy for your body to adapt to and easy to follow. Remember the hunger hormone ghrelin is released in correlation with your eating pattern? Changing your pattern constantly could leave you hungry all the time and play havoc with the hormones we mentioned. This method is said to be more sustainable and easier to stick to as you are not required to go to long without food, and it can easily fit into most people’s day to day lives. For instance, the average person sleeps for eight hours. You only need to fast for 8 more hours while awake, which makes the fasting period seem shorter.

For example, if your last meal was at 10pm, you fast until 2pm the following day some of which you will be asleep, and the rest busy at work - you will barely notice the time. This method is popular as you can still have dinner with family or friends before your feeding window closes.

**Important Note: Some research suggests eating late at night produces higher insulin spikes than during the day impacting sleep quality and promoting storage overnight.**

# Starting IF – 3 Crucial Factors To Success

## #1 Goal Setting

I recommend you have a clear vision of what you want to achieve. Vague goals like I want to get - “fit”, “healthy” or “lose a couple of pounds” just won’t cut it when the going gets tough. You need a clear reason for doing this or you are most likely going to quit. When coaching clients, I tell them to consider 3 factors.

What do you want to do that you cannot currently in:

* 30 Days
* 90 days
* 12 Months

What do you want to look like in:

* 30 Days
* 90 days
* 12 Months

How do you want to feel in:

* 30 Days
* 90 days
* 12 Months

After filling this out I also tell them to ask themselves why they want these things and what they think will be different if they were to achieve these goals. This will help you realize what is actually important to you. A lot of the time our goals come from outside influences but at the end of the day, they must be relevant to you. Analyse your data and set a:

* 30 Day Goal
* 90 Day Goal
* 12 Month Goal

## #2 Organization

Evaluate your schedule! I often see people choose an eating window only to find they don’t have time to eat during this period. Not a good start! Also evaluate where you might struggle to go without food. For example, if you’re a boredom eater it’s probably not wise to set your fasted window during the slowest part of your day. If eating dinner with your family is habit, then allow for that in your eating window. Be smart when choosing your feeding window. Make this process as easy as possible for yourself.

## #3 Support

It is important to surround yourself with positive people who are on the same journey. It’s going to get rough and at times, you will want to quit. Having others to support you is key to success and could be the difference between you quitting or keeping up the fight!

# Factor 1: Diet & Nutrition

As you probably know, nutrition plays a big role in any health and fitness journey. The thing is we often know what to eat! You know vegetables are good for you, Eggs and meat has protein, and you probably know processed food is generally bad. I’m not going to give you the same old avoid bread, pasta blah blah spiel you’ve heard a hundred times. However, we will cover two essential electrolytes vital to your weight loss people are often lacking as well as how many fats, proteins and carbs you should consume for the best results.

Note: In the beginning just focus on getting used to your window. You will get immediate results. Once you are used to the 16:8 lifestyle move on to more advanced concepts for further results.

## Fats, Carbs & Protein

the aim of the game is to burn through glycogen stores forcing the body to use fat. Over time the aim is to get our body used to burning fat as its’ primary fuel source to keep lean all year round. The best way to do this is to restrict carbs and increase fat consumption. It’s worth noting that protein should be kept at a moderate level as too much can be converted into glucose and stored by the body as glycogen. Below are some examples of common macros. I want to take this opportunity to note you don’t have to be Keto or following a ketogenic diet to get results with IF.

**Always make sure to consult your doctor before changing your diet.**

Fat: 50% Fats:60% Fat: 65%

Protein: 30% Protein:30% Protein: 25%

Carbohydrates: Carbohydrates:10% Carbohydrates:

20% 10%

## Protein Guidelines

A common mistake when trying to lose weight is eating too much protein. As mentioned earlier, excess protein can be converted to glucose (sugar) and stored as glycogen. Due to the difference in atomic makeup, glucose cannot be converted back into protein. Use the equations provided to calculate your protein needs based on your goal.

Weight loss = 0.36g – 1 per pound of TARGET body weight.

And 1 kg is = 2.2 lbs

Example: monika weighs 198lb but has a goal weight of 174lb.

0.36 x 174 = 62.64

0.70 x 174 = 121.8

Monika’s ideal daily intake of protein is 62g – 122g.

Monika would now make sure she had at least 62g of protein per day to preserve muscle, but eat no more than 122g per day to avoid having protein converted to glucose.

Bulking = 1.5g – 2g per pound of TARGET body weight.

Example: satish weighs 165lb but has a goal weight of 200lb.

1.5 x 165 = 247.5

2 x 165 = 330

satish’s ideal daily intake of protein is going to be 247g – 330g.

John is most definitely going to need supplements as the amount of food needed to achieve this amount of protein can be unbearable to eat. When bulking, it is common for body fat percentage to increase but once the goal weight is achieved a cutting phase would be implemented.

## Carbohydrate Guidelines

Calculating carbohydrates can be tricky, as it differs from person to person. Next are some guidelines you can follow.

In Keto diet we eat carbs = 30g or less per day.

These should come predominately from leafy greens. This method is a principle taken from the ketogenic diet.

Plateau buster = 100g or less per day.

These should come predominately from leafy greens and resistant starches. This principle is handy if you have hit a plateau.

Beginner = Eliminate refined sugars.

Rather than focusing on macros, the beginner’s focus should be on eliminating refined sugars and incorporating resistant starches.

## Resistant Starches

Are resistant to digestion and function like a soluble fiber. They help lower blood sugar levels and insulin resistance among other things. These are better choices than traditional carbohydrate choices. Examples:

Sweet potato & yams instead of potatoes

Oats instead of cereal

Cooked & cooled rice instead of warm rice

## Fat Guidelines

Some people still find it hard to comprehend that consuming fat does not automatically transfer to “getting fat”.

As Nina Teicholz reveals in her book *The Big Fat Surprise*, the low-fat movement is full of misinformation and shady scientific support.

I highly suggest you check Nina and her book out.

If you want to burn fat as fuel to attain everlasting weight loss, you will have to come to terms with eating more fat than you may have thought healthy. I’m not saying you have to go keto, but a steady intake of saturated fats (yes you read right) will help your body transition to burning fat as fuel.

AVOID Trans- Fat & Hydrogenated Oils

Partially hydrogenated oils contain trans-fat. Trans fat causes a host of different health problems including the rise of LDL (“bad”) cholesterol.

## Eat Saturated Fat

Fully hydrogenated fats become saturated fats. The difference? They contain no trans-fat. If it stays solid at normal room temperature it’s safe to assume its saturated fat.

## Examples of healthy fats

Avocado

Fatty Fish

Extra Virgin Olive Oil

Coconut Oil

Ghee

Full Fat Yogurt

Nuts

Whole Eggs

Cheese

## Cooking Guidelines

Saturated fat is the safest substance to cook in. Unlike other fats and oils, saturated fat does not become hydrogenated under heat.

## Quick Tips

AVOID cooking in vegetable and soy bean oils as they are hydrogenated oils. Although olive oil is a healthy form of fat when cold, when heated it becomes partially hydronated. Use for dressings but NOT for cooking.

Remember, if it’s solid at normal room temperature it’s most likely saturated fat. Any fat that remains a liquid at normal room temperature (even the healthy ones) will become hydrogenated under heat.

## Dairy & Animal Products

Provided you aren’t allergic or vegan, animal products are a great way to meet your protein and fat requirements. However, there’s a few things you should take into account when consuming them.

As Dr.Gundry explains in his book ***The Plant Paradox,***

What our food ate can affect us! If your avoiding grains to lose weight but still chowing down on grain feed animals you could be in for a host of health problems rather than a Instagram worthy beach bod.

## Fruit Guidelines

There’s so much conflicting information about fruit that it deserves a special mention in this book.

The simple fact is **FRUIT IS HIGH IN SUGAR.**

On the molecular level your cells do not divide foods like fruit and chocolate into “healthy” and “not healthy” category’s. Glucose is glucose, period. Any other form of sugar, fructose, dextrose and any other word ending in “ose” is converted to glucose and used accordingly.

Fruit should only be eaten in season and in very small amounts if you are trying to lose weight. Our bodies are wired to use fruit as a bulking agent for the colder months when food will be scarce. Our bodies don’t realize that we live in a society where we have access to food all year round. By constantly eating fruit telling your body that it should be moving into a state of storage because winter is coming…..

Here is how I recommend you use fruit when trying to lose weight

Ditch fruit smoothies

Consume fruit straight after workouts with a protein shake

Never eat fruit without a source of protein or after any meal.

**Breakfast Guidelines**

Another controversial topic that deserves a special mention is breakfast.

You’ve probably heard that breakfast is the most important meal of the day. This is totally true but…..

YOU DON’T HAVE TO EAT BREAKFAST IN THE MORNING.

The word breakfast simply means break your fast. Break – Fast.

From now on just think of breakfast as your first meal of the day regardless of what time you eat it. For example, I have breakfast at 1pm - 2pm. Traditionally people find 16:8 easier by starting their eating window later in the day. This isn’t gospel….Pick whatever window suits you. So if you’re a person who hates eating in the morning don’t worry, that’s not the reason you can’t lose weight.

The biggest tip I can give you when it comes to your first meal is…..

Make sure it’s high in protein and fats but low in carbohydrates.

The reason for this is whatever you eat first will determine what fuel your body will burn over the course of the day. A high carbohydrate breakfast will prime the body to seek sources of sugar giving you nasty sugar cravings, energy dips and foggy brain. A breakfast full of protein and fats will prime the body to seek fat for fuel, and keep you fuller for longer. Starting the day with this kind of breakfast has also been shown to help with anxiety and depression by promoting higher levels of serotonin.

So….

Ditch fruit smoothies for leafy green alternatives

Ditch cereals for foods like eggs and avocado

Summary

Use the formula listed under protein guidelines to accurately calculate your daily protein needs

Resistant starches are better for blood sugar levels and promote insulin sensitivity

Cooking with saturated fat is healthier than using hydrogenated oils such as vegetable oil

It’s saturated fat if it stays solid at normal room temperature

Some Fruit can promote storage.

Eating fruit without a protein source spikes blood sugar and insulin

Breakfast simply means break your fast

Not eating in the morning will not keep you fat

Your first meal should be high protein and fat

## Electrolytes

These bad boys contribute to many different functions in our bodies from muscle contraction, to message sending between brain and organs. To give you the best possible start without overwhelming you, I’m going to talk about two important electrolytes you can start adding to your diet TODAY.

## Potassium

### Muscle Cramps & Tightness

When we get muscle cramps we are commonly told we lack water and/or magnesium. Now this is true, but another reason for muscle tightness could be a lack of potassium. This is because we need far more potassium a day than magnesium.

Some signs of low potassium can include:

* Muscle tightness
* Swollen ankles
* Sugar cravings (Yes low potassium could cause sugar cravings)

Some sources of potassium

* Beet Tops
* Avocado
* Spinach
* Lima Beans
* Potato
* Brussel Sprouts

Try adding some of these into your diet more regularly to boost your potassium. Be aware of potato and lima beans as they have a high carbohydrate content. These are best kept in moderation.

## Magnesium

### Muscle Cramps & Tightness

As you probably already know, low magnesium can cause muscle cramp. It is interesting to note that a lot of magnesium is lost from food during the digestion process. Rock salt baths and magnesium creams are a great way to make sure your muscles are getting enough.

Some signs of low magnesium can include:

* Muscle soreness
* Insomnia
* Anxiety/ depression

Some sources of magnesium:

* Spinach
* Almonds
* Quinoa
* Sesame seeds

These two electrolytes are very important, but as you can see, are easily added to your diet. Of course, there’s more, but getting more of these two is a great start to burning fat! I highly recommend supplementing these two, as it can be hard to get enough through food alone.

For better supplements ask your physicians.

# Factor 2: Exercise

The obvious second part to the puzzle is exercise. Exercise has many wonderful benefits. It can help with depression and anxiety, while also helping you to attain your aesthetic goals. Exercise is also going to play a part in the balancing of the hormones mentioned earlier. Exercise promotes the production of HGH, but will also help drain glycogen stores quickly.

**What is the best exercise when fasting?**

It is popular belief that long drawn out cardio at a steady pace is the best way to burn fat. In my experience, this is not the case. Although it has its benefits, when it comes to burning fat and the IF lifestyle, I’ve had far more success with HITT training for both female and male clients.

## High Intensity Interval Training (HITT)

If burning fat is your mission I recommend HITT training. Fast paced workouts that can be done in 30 minutes make this ideal for someone with a busy lifestyle. HITT can be done with bodyweight exercises, barbells, kettlebells and dumbbells. I usually look to use exercises that use more than one muscle group.

# Factor 3: Recovery, Rest & The Importance of Sleep

As promised, here is the third (perhaps most important) part of the weight loss puzzle which is often neglected. Sleep! Getting proper sleep can skyrocket your results - here’s how.

Our body primarily enters an anabolic (building) type phase during sleep. Our body goes to work repairing damage, replacing cells, and believe it or not, burning fat. Shawn Stevenson explains this in his book **“ Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body Better Health and Bigger Success”** . Some hormone help initiate repair and growth and some help keep us awake and/or alert. One of the big factors dictating the creation and release of these hormones is quality sleep. Stevenson cites studies showing sleep deprivation can be linked to high levels of hormones such as cortisol and insulin (Remember what too much insulin does?). He also mentions hormones correlated with fat burning that are only secreted during sleep and darkness. Remember HGH hormone helps burn fat? Quality sleep is linked to the creation of this hormone. If you’re not getting quality sleep at the right times, all the exercise and healthy eating may not yield the results you were hoping for. If you’ve ever dieted before while thrashing yourself in the gym only to see little to no results, you know how frustrating this is! Perhaps proper sleep was the missing piece you needed!

**4 tips to sleep better at night**

## TIP 1 – Get more sun

Our body’s circadian system or “body clock” plays a huge role in the production of hormones. This is heavily influenced by sunlight. Stevenson explained Light, specifically morning sunlight, signals your glands and organs it’s time to wake up, queuing them to produce day time hormones (most of these helping keep you alert and awake). If our bodies get inefficient sunlight in the morning and then too much artificial light at night (such as TV, laptops and smart phones) our circadian clock gets jumbled. This can cause our glands to produce hormones that prevent us sleeping. Lack of quality sleep is going to hinder the production of hormones such as HGH and could even spike the creation of hormones such as insulin. If this happens we won’t burn fat over night!

## TIP2 – Avoid screens before bedtime

If you are someone who watches TV until 11pm or falls asleep to YouTube on your phone, the quickest way to improve sleep would be to stop using your devices at least an hour before bedtime. Remember how our body clock is impacted by sunlight? It’s also impacted by artificial light. Our eyes are a major light sensor and the blue light produced by our favourite screens stimulate our body to produce day time hormones which are primarily for keeping us awake and active. With these bad boys circulating our body, falling asleep will be hard and our body won’t produce those sweet anabolic hormones we need to repair and lose weight. Some of which Stevenson cited as only being produced in the dark. Interesting!

**NOTE:** My clients often argue that watching TV or some other device helps them go to sleep and without it they toss and turn. The information above is to achieve quality sleep and even though you might feel that way, I find in most cases this is simply because the client has made this a habit. I encourage you to find other activities to replace your device, rather than lying in the dark stressing about not going to sleep.

## TIP 3 – Sleep in darkness

Although this might seem apparent after the first two tips, some of my clients neglect this tip when not told. We can’t control lights outside, such as street lamps and annoying security lights, but these could still affect our sleep on the molecular level, interrupting repair and leaving us tired the next day. Black out your windows with heavy duty curtains to stop pesky outside lights ruining your healing process!

P.S If it wasn’t obvious turn out lamps, nightlights ect as well.

## TIP 4 – Quality not Quantity

One of the most beneficial points I took away from Stevenson’s book was that there is a sweet time window during the night where sleep is the most beneficial. During this window, our body produces the best number of hormones needed for repair and fat loss. He explained this was roughly between 10pm and 2am leaving every hour out of this window as a bonus. He also noted this could vary depending on time of year and what time zone you are in but suggested getting to bed as soon as possible after dark falls.

Improving your sleeping habits is key to weight loss, building muscle and living a healthier life in general. This important factor is often neglected in weight loss programs perhaps being the missing piece you needed! Quality sleep is going to ensure proper adaptation of key hormones for fat burning and might even be more important than increasing your exercise in the gym. Set a consistent bed time and make sure to get to bed about 30 to 60 minutes prior.

# Starting IF Your First 30 Days

**Week 1 –** In week one you are simply going to adapt to the window.

Tasks

1. Choose your preferred eight hour eating window. Remember sleep is allocated to your fasting window. Try to base your eating window within times you feel it will be hardest not to eat and show discipline.
2. Do not change the type of food you eat drastically. This week is about getting used to the eating window.
3. Start with light exercises. If you are new to fasting exercise will most probably spike hunger making discipline harder. Only focus on staying within your window.
4. Practice the 16:8 method Monday – Friday and have the weekend off.

**Week 2** – If you managed to stick to the tasks outlined in week 1, move on to the tasks set out below. This week we will address sleep, and continue to practice the 16:8 eating pattern.

Tasks

1. Assess last weeks eating window. Do you need to change it? Does it fit with your schedule? If yes, continue to practice this window Monday - Friday. If no, Select a new eating window and repeat week 1.
2. Implement one of the four tips for better sleep outlined earlier in this book from Monday – Friday
3. Feel free to lightly exercise if you have itchy feet! However, I would still recommend no exercise if you are struggling with hunger to allow full adaptation of your eating window.
4. Again, do not change the type of food you eat drastically.

**Week 3** – This week we will add exercise lil bit more. You’ve probably been hanging out to burn some calories if you haven’t already started!

Tasks

1. Access your eating window. Is it still working? Does it need to change to help you be more disciplined? If the window is fine continue with your current window Monday – Friday. If not, select a new window and return to week 1.
2. Add appropriate HITT training based on your ability level. Using the guidelines for HITT training outlined earlier in this book, create a workout to complete two – three times this week. Remember; always consult a relevant professional before under going any diet or exercise plan. For your FREE HITT program visit:
3. Continue to practice your selected tip for sleep quality from the previous week.
4. Start cutting back sugar. This task depends on the person.

**Week** **4** - By week four you should have your ideal eating window in place. If you’re still struggling, I strongly suggest joining the support group outlined in week 3 for help.

Tasks

1. Continue with your chosen eating window Monday-Friday
2. Add some of the foods outlined under electrolytes for added magnesium and potassium
3. Research healthy dessert options to help keep sane! The trick here is to find keto desserts as they will be high in fat and low in carbohydrates. Remember, fat spikes less insulin and will help your body switch to using fat for energy. Don’t believe the “low fat” agenda. Feel free to check out our Facebook page under week 3 for ideas.
4. Implement a second tip for better sleep outlined in this book. (My personal favourite is more sunlight).
5. Continue to eliminate sugar
6. Perform 2-4 HITT workouts

As you can see, the first 30 days of 16:8 is not drastic. I have not outlined giving up bread, potato or even sweet treats. Your first 30 days should be spent making positive changes, and attaining great results to keep you motivated to continue. The key to long term success lays in how you start. I advise against rushing forward as a beginner, even though I know how desperate you are for results. The number one reason people give up initially is from trying too much, too soon. Sometimes, we have spent 5 – 20 years being overweight or unhealthy. It is unreasonable to expect yourself to reverse life long habits and lack of discipline in the blink of an eye!

## Tips to Survive IF

Some people can go for 24 hours or more without food but for others, it is a real struggle to go for as little as six hours (Thanks grehlin). If you are in the later group, it does not mean that IF is not for you. There are a few ways to help you cope.

1. **Stay Hydrated** - sometimes our bodies interpret dehydration as hunger. You may feel those hunger pangs and think, ‘Oh I need to eat something’. Sometimes all you need to do is sip something. While fasting, take lots of water. You can also drink black coffee, black tea, sparkling water and other zero calorie drinks.
2. **Stay Busy** – Have you ever been hungry at work but not had the chance to eat? Often, when you finally get the chance to eat you’re not actually hungry anymore. By staying busy, you can replicate this. Remember hunger comes in waves.
3. **Give It Time** – Sometimes we get too impatient, especially when it comes to losing weight. We diet or exercise for two days then we check the scale and the mirror to see ‘the big change’ and then we get disappointed. What happens when you get disappointed? You fall off the wagon. If you want to get anywhere with IF, you must give it time. First, allow the eating pattern time to do its wonders to your body. You only need to keep going and the change will show itself.
4. **Give Your Body Time To Adapt To Fasting** - You just stopped eating six meals a day every day. Your body may react differently now that it has to make do with fewer meals. Hunger, headaches and sometimes body weakness are among the discomforts you may experience. Don’t give up! Use logic though. Keep it Safe!