

**Vibrant Health**

*Change Your Habits, Change Your Life!*

## **HABIT 3**

### **INTERMITTENT FASTING**



***22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit***

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## Quick Guide

Habit 3 is entitled ~ **Intermittent Fasting**.

**This will naturally trigger multiple health benefits.**

From weight loss/management, boosting your immune system, increasing longevity to improving your gut health, the benefits just keep on coming.

Think **disciplined eating to stimulate multiple health and wellbeing** benefits 😊.

### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

## Habit No 3 ~ Intermittent Fasting

*“A little discipline with regards to your daily eating window (time between your first and last meal), will produce a fantastic set of health benefits.”*



### 11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.

### Intermittent Fasting

What is Fasting?

Fasting is a voluntary abstention from eating food or drinking (except water, black tea/coffee) for a set period of time for health, weight management or spiritual reasons.

The technical term is intermittent fasting.

This is about a bit of discipline for some big rewards! If you are looking for;

- ✓ **Weight loss/weight management (without the misery of regular diets)**
- ✓ **Eat anything you want (within reason),**
- ✓ **Still have binges**

*...this habit is the answer 😊!*

### So, what are the main benefits of fasting?

Here's what the research says about the powerful health benefits of fasting;

- ✓ **Improved body composition**  
Fasting for periods of 12 hours or more has been shown to improve fat oxidation and fat-burning. Fasting has also been shown to increase the body's secretion of human growth hormone, which aids in preserving muscle and burning body fat.
- ✓ **More energy**  
It's been observed that all mammals tend to be active when hungry and sedentary when fed. As counter intuitive as it might sound, energy levels tend to increase during extended fasts, due to a rise in the hormone adrenaline.



✓ **Gut health enhancement**

Fasting can protect the gut against the negative impacts of stress and can lead to increased microbial diversity and elevated rates of fermentation, making your gut and immune system stronger.

✓ **Appetite regulation**

Ghrelin, known as the “hunger hormone,” is responsible for cravings and making us snack when we really shouldn’t (we’ve all done it!). Leptin, on the other hand, is the hormone responsible for telling us that we’re satisfied. Balancing these two hormones is one of the driving factors behind appetite regulation. Fasting has been shown to regulate ghrelin, which allows leptin to normalise and appetite to balance out.

✓ **Immune system stimulation**

Mouse models have shown promising results for autoimmune conditions, specifically Multiple Sclerosis and Type 1 Diabetes. It’s hypothesized that fasting prompts the body to remove and replace damaged cells, as well as stimulate regeneration of damaged tissue.

✓ **Brain health benefits**

Periods of fasting can induce autophagy in your neurons, thus protecting nerve cells from degeneration. Fasting also increases the secretion of the brain hormone BDNF which aids the growth of new nerve cells and the formation of new neural pathways that can improve brain function as a whole, specifically memory and learning.

✓ **Heart health improvements**

Fasting has been shown to improve a number of blood lipid markers indicative of heart health including blood pressure, cholesterol, blood sugar, insulin sensitivity and triglycerides.

✓ **Longevity and disease prevention**

Autophagy is a repair process in which cells cleanse and repair themselves by removing old and damaged proteins and replacing them with new ones. This process has been associated with anti-aging, longevity, and improved metabolic health, and becomes accelerated during periods of fasting. Autophagy has major implications for longevity and anti-aging because it keeps cells young, healthy, and functioning optimally.

## How to do it

For each 24-hour period, you set a period of hours where you don’t eat anything;

Example: Let’s say from 7pm in the evening until 9am the following morning (14 hours). You then consume all your meals within the next period, 9am – 7pm (10 hours).

The above example is my own normal fasting routine.

I have my first meal at 9am and last meal finished by 7pm with 1 meal in between, so I eat 3 meals a day in this 10-hour window.

If you’re a beginner, consider a 12-14 fasting daily fast with a 10-12 hour eating window.



Once you've become accomplished with daily fasting, you may want to consider a longer fast period, say 16-18 hours.

Of course, the good news is that you sleep for a large part of your fasting window, so it is easier than most people perceive, once you get into the swing of it.

The key is simply to discipline yourself to not eat after your eating period ends (avoid snacking while watching late evening tv!) until it becomes a fixed habit.

Important: If you're looking to lose weight, it's not a good combination to do fasting and reduce calorie intake as it can negatively affect your sex hormones. Just concentrate on consuming your normal intake of calories and your body will take care of the rest.

Allowable consumption: during your fasting period you can have as much water as you like along with tea and coffee (preferably without milk/cream). Herbal teas are good too.

### **What happens to your body?**

During fasting, your body starts activating natural processes that create the benefits described on page 25 and 26.

One of those activations is called ketosis, this is a metabolic process that starts to burn stored fat when it runs out of glucose for energy.

With diet and calorie restriction, you're activating your metabolism to slow down. Now of course, calorie restriction will help you lose weight initially but unless you want to spend your whole life dieting (nobody wants that!), it's not a long-term solution.

Regular intermittent fasting on the other hand, activates multiple bodily processes that are conducive to weight loss/management and multiple health benefits.

### **Fancy a binge?**

Fasting is very flexible; you can just choose your fasting hours to suit your objectives and lifestyle.

Let's say you've got a big social event coming and you want to have a big blow-out with everyone else there.

Just take a day off fasting and start again the following day.

If you want a regular binge, say once a week, just pick a set day and do it. So, let's say you fast with discipline 6 days a week from Sunday – Friday and then on the Saturday you can have anything you want at any time.

So, you can just 'pig-out' all day Saturday, eat anything you want, when you want 😊 as long as you are disciplined on the other 6 days.

Now you'll likely gain a few pounds by the end of that 24 hours, however by getting back to your disciplined fasting routine the next day, your body will very quickly get back to its normal composition.



## Longer Fasts

Once you are comfortable with intermittent fasts, you may want to try occasional longer periods of say 24hours, 36 hours or even 3 days. But baby steps first!

I've personally been intermittently fasting since 2017 and it has helped me with my sleep and bowel movements. Yes, I feel super clean.

I've even done a 5 day fast, it took a bit of discipline as you go through certain physical and mental states along the way, but I felt great for doing it.

## Further Research

I would like to mention something about an Italian doctor called Dr Valter Longo who is the author of the book called "**The Longevity Diet**".

Firstly, I will mention that I found out about Dr Longo by reading books by Dr Michael Mosley's 5:2 diet books.

By far the most powerful story I have read about fasting was in Dr Longo's book, it is a story by Jenni Russell (Times of London, 22<sup>nd</sup> April 2015).

The story is on pages 206-207 and entitled: '**Fasting Transformed Me After Medicine Failed**' very powerful!

## Useful links

Book: [The Complete Guide to Fasting](#), Jason Fung MD, Jimmy Moore

Book: [Obesity Code](#), Jason Fung MD

Book: [The Longevity Diet](#), Dr Valter Longo

## References (relating to benefits of fasting on pages 25-26)

All taken from the: **Fasting decoded guide**, published by [KION](#)

## Final word

Once you understand the multiple health benefits of fasting, it's another 'no-brainer' especially if you're looking for weight loss/management and/or general health improvement.

## Recommended habit action steps

- ✓ Start with baby steps, stay flexible and figure out what works best for you.
- ✓ Adopt a consistent **fixed eating window** as part of your daily routine.
- ✓ Try the odd longer fasting period.



# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

## 11. You will likely forget all this...but you can remember it whenever you want 😊.



## Key Charts & Visual Aids

### Your 8 Health Buckets

(each has a continual, very small leak)



### OMEGA

