

14 DAY FAST IT OUT CHALLENGE
WINTER 2022
Piedmont Women's Heart



TABLE OF CONTENTS

Book List..... 4

Podcast Resources..... 4

Online Resources..... 4

Glossary of Terms 6

Helpful Graphics..... 8



WELCOME!

Congrats on partaking in this challenge! Intermittent fasting has been shown to improve your health, slow the aging process, and even help with weight loss or weight maintenance. We will learn about weight management from a hormonal balance perspective and WHEN we are eating, not just WHAT we are eating.

Fasting is an ancient tradition that cultures across the world have used for thousands of years as a way to promote spiritual development along with physical and mental health.

This ancient practice is about much more than food, as it teaches you the difference between hunger and craving and that your real physical needs are actually much less than your perceived needs (in all areas of life).

This challenge is structured for beginners and advanced fasters in mind. We will practice time-restricted eating. This involves consuming all of your meals within a period of 4-12 hours in a day. Over time, time-restricted eating can lower your blood sugar levels, make you more sensitive to insulin, and reduce your blood pressure.

RESOURCES

BOOKS

- The Obesity Code- Dr. Jason Fung
- The Diabetes Code- Dr. Jason Fung
- Delay, Don't Deny by Gin Stephens
- Fast, Feast, Repeat by Gin Stephens
- Intuitive Fasting by Will Cole
- The Longevity Diet by Victor Longo

SOCIAL MEDIA

- Dig Deeper Health- Fasting Support
- Delay, Don't Deny Facebook Group

PODCASTS

- The Intermittent Fasting podcast- Gin Stephens and Melanie Avalon
- Intuitively Intermittent Podcast
- The Obesity Code Podcast: Lessons & Stories From the Intensive Dietary Management Program
 - Yo-Yo Dieting (rebroadcast): <https://podcasts.apple.com/us/podcast/yo-yo-dieting-rebroadcast/id1578520037?i=1000530185185>

YOU TUBE VIDEOS:

Dr. Fung-

- Women and Fasting: <https://www.youtube.com/watch?v=o9YXEgMheEo>
- Perfect treatment for Diabetes
- <https://www.youtube.com/watch?v=1a2Fsf8e4l&list=WL&index=32&t=9s>

Cynthia Thurlow: <https://www.youtube.com/watch?v=A6Dkt7zylmk&t=4s>

Thomas DeLauer-

- Fasting Over 40:
- <https://www.youtube.com/watch?v=njM2swblCYg&list=WL&index=1&t=3s>
- Foods to Break a Fast:
- <https://www.youtube.com/watch?v=NvQWxhVv8Dw&list=WL&index=18&t=51s>
- What is Autophagy: <https://www.youtube.com/watch?v=X8t9mPOu-MM>

GLOSSARY OF TERMS

ADF: Alternate Day Fasting

AUTOPHAGY: literally meaning “self-eating”; The natural, regulated mechanism of the cell that removes unnecessary or dysfunctional components. Dr. Yoshinori Ohsumi won the Nobel Prize for his research on the mechanisms autophagy in 2016.

CLEAN FASTING: Adhering to fasting appropriate drinks while in your fasted state- having ONLY water, black coffee, pure black tea or green tea with no added ingredients or sweeteners

DIRTY FASTING: Including foods or drinks during your fast that can break your fast and kick you out of a fasted state.

EATING WINDOW: The block of time you choose to consume your food.

EXTENDED FASTING: Fasting for longer than 24 hours

FASTING WINDOW: The block of time you choose to abstain from food.

FAT ADAPTED: the long-term metabolic adjustment to ketosis, a state in which your body burns fat for fuel instead of carbs. Fat adaptation is said to result in decreased cravings, increased energy levels, and improved sleep.

INSULIN: A hormone released by the pancreas in response to food intake, to take sugar out of the bloodstream and put it into the body's cells. The release of insulin stops fat burning in cells.

INSULIN RESISTANCE: A state in which the body's cells become resistant to insulin, requiring the pancreas to produce more and more insulin to lower blood sugar and shuttle fat into cells. This can create a state of constant hunger and weight gain, as well as fluctuating energy levels and blood sugar swings. Insulin resistance is often involved in diabetes and obesity.

GHRELIN: A hormone produced by enteroendocrine cells of the gastrointestinal tract, especially the stomach, and is often called a "hunger hormone" because it increases food intake.

GLUCONEOGENESIS: The process of making glucose (sugar) from its own breakdown products or from the breakdown products of lipids (fats) or proteins. Gluconeogenesis occurs mainly in cells of the liver or kidney. Autophagy is at its highest peak and clearing out dysfunctional cells to rebuild into workable units.

GLYCOGEN: long chains of glucose molecules, mainly stored in liver and fat cells.

KETO: Typically, a reference to the "Keto" diet, in which one severely limits carb intakes (typically to 20 grams of net carbs per day), in order to enter the metabolic state of ketosis.

KETONES: Ketones and ketoacids are alternative fuels for the body that are made when glucose is in short supply. They are made in the liver from the breakdown of fats. Ketones can directly enter the cell mitochondria for fuel, unlike glucose from carbohydrates, which require an intermediate conversion step.

Ketones also generate more energy than glucose, with fewer toxic by-products like reactive oxygen species and free radicals.

KETOSIS: A metabolic state in which the body - lacking dietary fuel (primarily from carbohydrates) - begins running primarily on fats (dietary and/or body fat), as well as a supplemental substrate known as ketones.

LEPTIN: A hormone made by fat cells that helps control the feeling of hunger, the amount of fat stored in the body, and body weight. Your “satiety” hormone.

METABOLIC FLEXIBILITY/ METABOLIC ADAPTATION- the process by which the body alters how efficient it is at turning the food you eat into energy.

NSV: Non-Scale Victories- beneficial health markers that are not related to weight, such as: reduction in inflammation, improved energy levels, clearer skin, increased muscle mass

OMAD: One Meal A Day

TRE: Time Restricted Eating- Only eating within a certain window of time.

Zoom links:

INTRO MEETING- Feb 28, 2022, 06:00 PM

<https://us02web.zoom.us/j/87464114324?pwd=ZW9kaU9ZYmNYZjBrUjJNNFE2TEkwUT09>

Meeting ID: 874 6411 4324

Passcode: 062392

GROUP MEETING- Mar 4, 2022, 12:00 PM

<https://us02web.zoom.us/j/86463595100?pwd=SVkzMzZnbGo0Mm1INDAwcndBek5XQT09>

Meeting ID: 864 6359 5100

Passcode: 659255

GROUP MEETING- Mar 8, 2022 06:00 PM

<https://us02web.zoom.us/j/83057935604?pwd=OHU5YXd0aldwclp4ZXRRajFoTys1dz09>

Meeting ID: 830 5793 5604

Passcode: 307680

ZOOM LNK CONTINUED:

FINAL GROUP MEETING- Mar 14, 2022, 06:00 PM

<https://us02web.zoom.us/j/82587816737?pwd=eEZpY2hhekFCN3hoMFpQVGRURnB5dz09>

Meeting ID: 825 8781 6737

Passcode: 386929

HELPFUL GRAPHICS

What is a "Clean Fast"?

Yes!

- * Water (unflavored)
- * Black coffee (unflavored)
- * Any plain tea brewed from actual dried tea leaves only (black tea, green tea, etc., unflavored varieties only)
- * Mineral water, club soda, sparkling water, or seltzer water (unflavored)
- * Minerals/electrolytes/salt (with no additives/flavors)
- * Medications, as prescribed by your health care provider

Maybe...

We call this the "grey area"

- * Peppermint essential oil for breath freshening only, NOT for water-enhancing (select food-grade and use sparingly)
- * Herbal tea with a bitter flavor profile
- * Vitamins and supplements (There is no easy answer for all vitamins and supplements. Any that are clearly food-like or listed in the "No" column should be taken within your eating window.)

No!

- * Food
- * Flavored water
- * Flavored coffee
- * Fruity, sweet, or matcha teas
- * Diet sodas
- * Natural or artificial flavors
- * Natural or artificial sweeteners
- * Gum or mints
- * Food-like flavors of any type (fruit juices, fruit flavors, etc.)
- * Bone broth, broth, or bouillon
- * Added fats, including coconut oil, MCT oil, butter, etc.
- * Cream, creamers, milk (of any amount or type)
- * Supplements such as collagen, pre-workouts, BCAAs, exogenous ketones, etc.

When living an intermittent fasting lifestyle, the real magic happens during the clean fast!

For a full explanation and the science behind these recommendations, visit:
<http://www.ginstephens.com/all-blog-posts/does-a-clean-fast-really-matter>

YOUR BODY ON INTERMITTENT FASTING



SKIN

Exposure to free radicals can damage skin cells and cause wrinkles, spots, and fine lines. But fasting makes cells more resilient, helping them withstand damage caused by oxidative stress, which could keep skin smoother and firmer.



MUSCLES

You always lose muscle and fat tissue when you shed pounds. But fasting ramps up fat burning, so you may lose more fat and less muscle than on other diets—and more lean muscle mass keeps your metabolism revved.



BRAIN

Fasting may increase cognitive function, promote new brain cell growth, and even boost your mood. How? Periodically restricting calories signals the brain to produce protective proteins that seem to strengthen its connections.

HEART

Fasting can lower levels of bad cholesterol by up to 32% and triglycerides by up to 42%, and also has a positive impact on blood pressure. Added together, those things could slash your risk for heart disease.



CHOLESTEROL



TRIGLYCERIDES

PANCREAS

After a meal, your pancreas secretes insulin to absorb glucose from food and use it for energy. But fasting makes the body more sensitive to insulin, so you need less of it to process the glucose. This promotes more stable blood sugar levels and protects against type 2 diabetes.

LIVER

Early research suggests fasting might fight fatty liver. That's because it signals the production of proteins that control the liver's absorption of fatty acids and prevent excess fat from being stored there.



BELLY

After fasting for 12 to 14 hours, the body shifts from burning glucose for energy to burning fat—including stubborn belly fat. One study found eating 500 calories every other day (and eating normally on the others) was as effective for weight loss as traditional diets.

22

SOURCES OF LEAN PROTEIN

Protein is key to maintain muscle and lose fat.

And here are 22 protein sources to do just that!

1. chicken *17 grams per 3 ounces*
2. grass-fed beef *17 grams per 3 ounces*
3. ground turkey *18 grams per 3 ounces*
4. pork tenderloin *26 grams per 3 ounces*
5. bison *21 grams per 3 ounces*
6. venison *19 grams per 3 ounces*
7. jerky *13 grams per 1 ounce*
8. eggs *6 grams per 1 medium egg*
9. canned tuna *20 grams per 3 ounces*
10. salmon *19 grams per 3 ounces*
11. shrimp *19 grams per 3 ounces*
12. black beans *8 grams per 1/2 cup*
13. chickpeas *7 grams per 1/2 cup*
14. lentils *9 grams per 1/2 cup*
15. quinoa *8 grams per 1 cup*
16. milk *8 grams per 8 fluid ounces*
17. cottage cheese *13 grams per 1/2 cup*
18. greek yogurt *20 grams per 1 cup*
19. edamame *22 grams per 1 cup*
20. tofu *20 grams per 1 cup*
21. tempeh *31 grams per 1 cup*
22. whey protein *26 grams per 1 scoop*

VEGAN PROTEIN SOURCES

— PER 100 GRAMS OR 1 OZ —



LENTIL FLOUR
28g/100g
8g/1oz



PUMPKIN SEEDS
24g/100g
7g/1oz



PEANUT BUTTER
23g/100g
6g/1oz



TAHINI
22g/100g
6g/1oz



ALMONDS
21g/100g
6g/1oz



PISTACHIOS
21g/100g
6g/1oz



FLAX SEEDS
18g/100g
5g/1oz



CASHEWS
18g/100g
5g/1oz



OATS
17g/100g
5g/1oz



SOYBEANS
17g/100g
5g/1oz



CHIA SEEDS
16g/100g
4g/1oz



TOFU
15g/100g
4g/1oz



HAZELNUT
15g/100g
4g/1oz



WALNUT
15g/100g
4g/1oz



WHOLE WHEAT BREAD
11g/100g
3g/1oz



LENTILS
9g/100g
3g/1oz



CHICKPEAS
9g/100g
3g/1oz



RED BEANS
9g/100g
3g/1oz



PECANS
9g/100g
3g/1oz



LIMA BEANS
8g/100g
2g/1oz



MACADAMIA NUTS
8g/100g
2g/1oz



PEAS
5g/100g
1g/1oz



QUINOA
4g/100g
1g/1oz

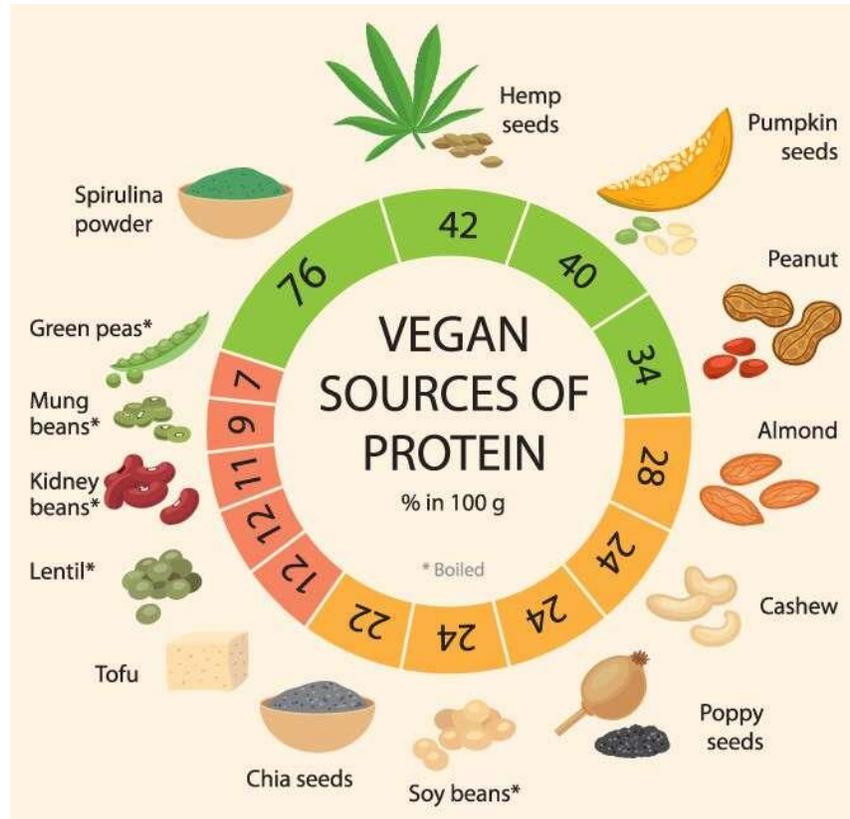


SPINACH
3g/100g
1g/1oz



POTATO
2g/100g
1g/1oz

[PROTEIN CONTENT FOR A SERVING SIZE OF COOKED LEGUMES]



20 CLEANEST SOURCES OF PLANT-BASED FATS

@VEGANFITLYFE



Avocado



Almonds



Dark chocolate



Tofu



Tahini



Coconut oil



Chia seeds



Sunflower seeds



Pecans



Edamame



Flax seeds



Peanut butter



Olive oil



Macadamias



Walnuts



Brazil nuts



Soybeans



Cashews



Pine nuts



Olives

WHAT HAPPENS TO YOUR BODY WHEN YOU DON'T EAT FOR 16HRS

1

Stabilises Insulin Levels
- May prevent or reverse diabetes.

2

Gives You More Energy
- get more done, have more fun!

3

Lowers Triglycerides & Prevents Alzheimer's
- possibly cut your medical bills.

4

Stops Sugar Cravings & Hunger Pangs
- fastest way to lose weight safely.



5

Boosts Growth Hormone
- plays an important part in health, fitness & slowing the aging process.

6

Dramatically Reduce Risk of Chronic Diseases & Obesity
- Say goodbye to dangerous belly fat forever!

7

Reduces Free Radical Cell Damage
- look and feel younger for longer.

8

Better Brain Health
- sharper mind, less risk of disease.

MAY PREVENT DISEASES

Researchers at the National Institute on Aging in Baltimore have found evidence that fasting for one or two days a week can prevent the effects of Alzheimer & Parkinson's disease.

Design by www.brillamay.com
Read the full article here:
www.therenegadepharmacist.com/benefitsoffasting

CELEBS WHO ❤️ FASTING

Wim Hof (Certified superhuman with 20 world records)

Hugh Jackman (Part of his Wolverine diet plan)

Miranda Kerr (to stay in shape for the catwalk)

ENDORSED BY DOCTORS

Fasting releases a significant surge in human growth hormone, which is associated with speeding up metabolism and burning off fat. Shedding fat is known to cut the risk of heart disease and diabetes. Doctors are even starting to consider fasting as a treatment.

LIKELY CANCER TREATMENT

Potentially an effective cancer treatment. All tests conducted so far show that fasting improves survival, slows tumor growth and limits the spread of tumors.



Intermittent FASTING

before 12 pm



fasting window

12 pm - 8 pm



eating window

after 8 pm



fasting window