

ALL YOU NEED TO KNOW ABOUT INTERMITTENT FASTING



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BONUS

**THE ONE BIG SECRET TO
MAKE I.F. EASY & MORE
EFFECTIVE**



WHAT IS INTERMITTENT FASTING?

Intermittent Fasting is a type of diet you can use to lose weight. It is becoming very popular nowadays because more people are becoming familiar with it. It can be used as a fast and effective way to reach your goal. Intermittent Fasting is known as a period that you fast for so many hours and then eat for a limited amount of hours. For example there's a 16:8 ratio which means you can only eat between the hours of 12 pm and 8 pm. This diet does not specify what foods you can or cannot eat, but instead limits the amount of hours that you can eat during the day.

Fasting has actually been around since the dawn of time, as ancient hunters and gathers did not have the abundant food options we have today, so if they did not catch anything that day, they fasted instead. This allowed humans to evolve to function without eating for long periods of time, to the point where the time of eating in a fast is actually almost more natural than eating three meals a day.

This diet can take a while to get used to since it is normal for humans to eat either three meals a day with snacks in between. It would be a good idea if one would slowly get used to IF instead of jumping into the diet cold turkey because people can feel sick, nauseous, or light-headed if it is introduced too quickly. There is no criteria on what you eat during this lifestyle, however it is not a good idea to constantly eat junk food and no protein or healthy fats. When on an Intermittent Fasting diet just go the extra mile and eat good, healthy food because it will pay off in the long run.



WHO IS INTERMITTENT FASTING FOR?

Intermittent Fasting is for anyone who is in good health, is an adult, is not pregnant or trying to conceive, and does not have an eating disorder or a past with one. Any adult can do this especially if you are trying to lose weight in a fast amount of time. It is recommended for people who struggle with normal diets and are looking for an option that will take the stress off their shoulders. For many, the mental portion of a diet is the most difficult, however intermittent fasting eases the mental stress of a diet for reasons we will discuss in more detail later on.

This diet has changed so many lifestyles and is definitely taking a turn for the best in the modern day fitness world. It is truly amazing what this diet has done for people including: helping people lose weight, feel healthier, become more active, have more energy, and obtain a much healthier lifestyle than before they made the transformation. If you have a mother or father who may be a bit overweight and needs a boost of confidence, try telling them about this diet because it can make them feel so much better in such a short time.

This diet can also be looked at as a detox, a good example would be if you did not want to watch the calories over the holidays and needed a reset, you could do Intermittent Fasting. You do not have to keep doing this over the next couple months unless you absolutely love it and want to, but use it for maybe a week or two then start eating healthier on your own.



WHO CANNOT USE INTERMITTENT FASTING?

Intermittent Fasting is definitely not for everyone to try. Why would someone not want to do Intermittent Fasting? It truthfully has so many benefits to your health and has been proven to change so many lifestyles as well. There are many groups of people who are not advised to do the IF diet such as: children, teenagers, pregnant women, people with eating disorders, and if you and your partner are trying to conceive. However if a person did fall under the categories listed above it is highly recommended to see a medical professional about if one can do Intermittent Fasting. To start, children should not be doing the diet because they are still growing and this could mess up their growing process, if they need to lose weight it is suggested they cut down on sugary foods or drinks. It is the same situation for teenagers because they still need the nutrients in order to grow, although they can do small fasts for 24 hours or less but nothing more than that. Next we will move on to pregnant women, it is not recommended for someone who is pregnant because there is a baby inside of you who you are also supplying nutrients for. You are feeding you as well as your baby so therefore going on a diet you want to lose weight with, should wait until after you have given birth.

The next group of people not recommended to do the Intermittent Fasting diet are people who have or had a past with an eating disorder. Eating disorders should be taken very seriously because they can result in extreme weight gain or weight loss and even death. This is highly discouraged because of the reasons stated. The last group who is not encouraged to do the IF diet is anyone who is trying to conceive because your body is not on a regular routine which can decrease your chances of getting pregnant since it is not in its normal habit.



It is also important to understand that this diet is safe overall, but there are some side effects that you should be aware of. Of course the first one being hunger, especially when you begin you will feel hungry during those fasting periods. You may also experience a slight decrease in your overall performance as your body adjusts to this new style of eating. These side effects are really only temporary as your body will quickly adjust to the diet and it will feel normal. Although if these feelings and side effects persist, you should set up an appointment with your doctor to understand the root cause of the issue.

WHAT ARE THE DIFFERENT TYPES OF INTERMITTENT FASTING?

There are seven different types of Intermittent Fasting including the following: The 5:2 Fasting, Time-Restricted Fasting, Overnight Fasting, Eat Stop Eat, Whole-Day Fasting, Alternate-Day Fasting, and lastly Choose-Your-Day Fasting.

The 5-2 Fasting approach is when a person will eat whatever type of food they want for five days out of the week, and cut down to only consuming 500 (women) - 600 (men) calories for two non consecutive days.

The Time-Restricted Fasting is the **16:8** way of doing the diet, which means one will fast for 16 hours and then only eat during a window of eight hours during the day.

Overnight Fasting is the minimum fasting way to do this diet. For example, if you stopped eating at 8 p.m. the night before you would resume eating at 8 a.m. the next day, this would only give you a 12 hour fasting minimum which is the lowest time recommended for doing a fast.



Another type of Intermittent Fasting is the **Eat Stop Eat**; one would simply do one or two days a week where they would fast for 24 hours straight. Brad Pilon was the one who created this type of fasting but says “When your fast is over, I want you to pretend that it never happened and eat responsibly. That’s it. Nothing else,”

Whole-Day Fasting is a different type as well, this includes fasting for a whole day but breaking it up with lunch or dinner. A person would first eat their lunch or dinner and then not eat anything again till the following day’s lunch or dinner. An advantage to this would be losing the weight but the disadvantages are, staying consistent with this schedule, and not getting so hungry that you give in.

Alternate-Day Fasting is a way when people will fast every other day and only consume about 25 percent of their normal day calories. Eventually people will get used to this type of diet and not be super hungry after a couple of weeks of being on the diet.

The last type of Intermittent Fasting is the **Choose-Your-Day Fasting**. This type of IF is basically a mix of all the types together. For instance, a person might go from fasting 16 hours and eating for eight to fasting for 24 hours two days later. There is so much one can do with the Choose-Your-Day Fasting but it is very important to get all the calories you need to function daily. Make sure that even though you are fasting for a majority of the day, you are still getting your body’s necessary calories.

Studies from the esteemed University of Harvard have found an ideal fasting period that has increased benefits more than all other types of fasting. This is what they like to call “early time-restricted feeding”, which is an eight hour window to eat from 7 am to 3 pm. They originally compared this diet to a twelve hour period from 7 am to 7 pm, and after five weeks the eight hour group had significantly improved insulin sensitivity and dramatically lower insulin levels.



The eight hour group also had a significantly decreased appetite even though they were never eating dinner. Now they have also found four methods that are necessary to receive these extra special outcomes. Their four suggestions are avoid sugars and refined grains, let your body burn fat between meals, consider a simple form of intermittent fasting, and avoid snacking or eating at nighttime. These may seem like pretty common diet tips, however with the University of Harvard studies they have scientific evidence to back up these rules.

WHAT CAN YOU CONSUME DURING A FAST?

This is one of the beautiful things about fasting as compared to a normal diet. When on a standard diet you must watch what you eat and limit the amount of calories you consume at each meal. This may leave you feeling hungry even after you are fully complete with the meal, because the lower amount of calories is not what you are used to. At that point the temptation to give up your diet will already begin, and the odds that you stick with that diet will shrink. Intermittent fasting is no ordinary diet, and this is one of its benefits, but we will discuss even more benefits later in this book. The short answer is that you may consume anything during intermittent fasting, assuming that you are consuming them during the proper time period based on your selection for the type of the diet.

So, let's take a closer look at exactly why you can consume anything you would like during your intermittent fasting diet. As mentioned earlier, intermittent fasting is certainly a different animal than your typical diet of limited calories. That diet limits each and every meal and has you select "leaner" options that what you are most likely already eating.



The beauty of intermittent fasting is that you can eat whatever you would please for little to no penalty. During that time period that you are eating, yes you will most likely be extremely hungry and feel as if you could eat a cow, as that saying goes. However your body can only consume so many calories at one time, so in this case instead of being limited mentally by how much you want to eat versus how much your diet says you can eat, you are in fact limited physically by your body. That way you feel happier as you have eaten until you are full and you ate whatever you wanted in the process. So whenever you break your fast, your options are unlimited and they do not need to be anything healthy necessarily, because it will not increase your overall calorie count. So the beauty of intermittent fasting comes with the privilege of eating whatever you want, as much as your body can hold during that break in your fast time period. Now this is specifically during the break in your fast, not during that extra time in the day whenever you are not eating food. We will discuss those details in great depth now.

Now that you see the light at the end of the tunnel for what you can consume once your fast has ended, let's take a look at what you may consume during that time period in which you are fasting. If you do not already understand what the fasting piece is in intermittent fasting, a fast requires that no calories enter your body. So this means absolutely no snacks, and no liquid calories, however we do have some alternatives that you can enjoy during your fasting period. **WATER!** Water is going to be your friend during the intermittent fasting period, you will be shocked by how much water can hold off your desire to eat food.

Water will really take your mind off food, and your body will naturally be more focused on the feeling that you need to go to the bathroom then of hunger. Have you ever seen people on a diet carrying huge gallons of water around with them?



Well it is for these magical powers that water carries, taking your mind off of the food and keeping your body well hydrated overall. An additional technique related to water specifically is whenever you begin feeling hungry or thinking about falling into the temptation of eating food during your fast, simply drink a glass of water to drown your thirst away. It actually helps and makes a bigger difference than you probably think right now, while reading this book. I highly suggest that you try to implement this technique as you begin your intermittent fasting journey, as well as investing into one of those big gallon of water jugs that you often see among the fitness world. The next tool that you can use during your fast is not as reliable and can have some negative consequences.

No this is not anything that will bring direct harm to either you or your body, however it can cause you to become addicted. What I am beginning to describe is simply coffee, which contains caffeine of course. Now whenever I say coffee I do not mean Starbucks or Dunkin Donuts, which typically have a lot of extra sugar, cream, or other delicacies added into your coffee. I am talking about straight up black coffee, which actually contains zero calories believe it or not. Now I also understand that the taste of black coffee might be an adjustment if you have never drunk it before, but it is another alternative to water that you can drink, and it will give you an extra energy boost along the way. Make sure that you do not over drink the coffee as it can become addicting.

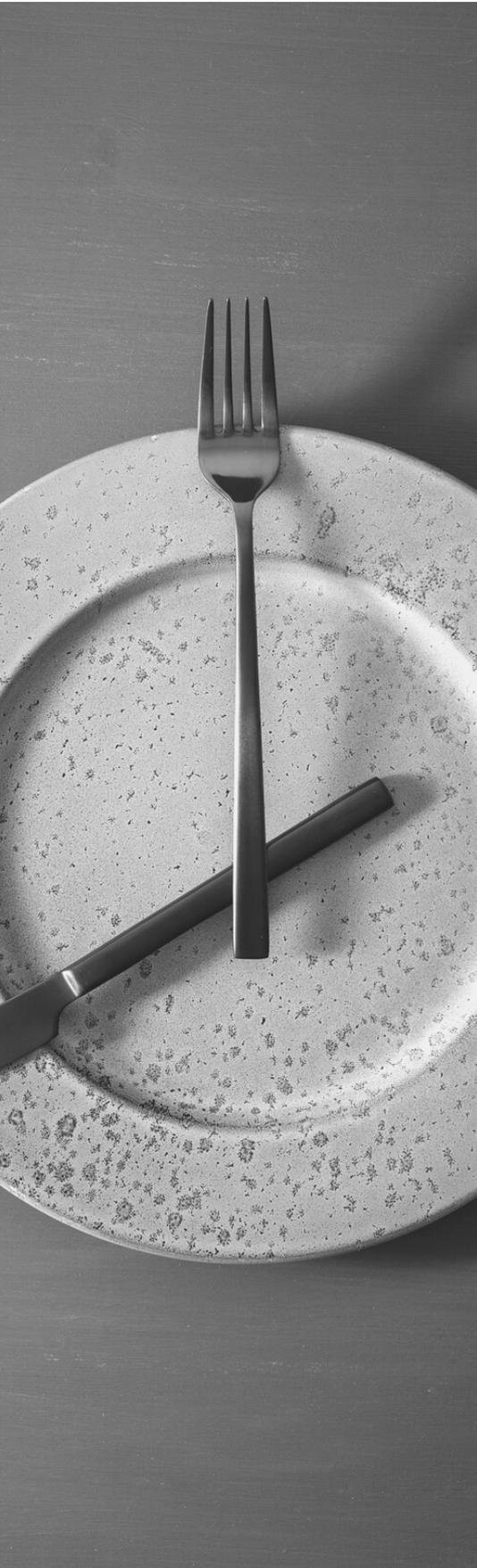
If you get tired of water, and want to stay away from the possibility of a caffeine addiction, we have yet another option for you. This option is tea! It also allows for the most variety of flavor since there are many different types of tea, and yes there are many brands of water but at the end of the day it is still water.



Yes coffee has a lot of variety as well, but unfortunately those different types of coffee include many extra calories that would break your fast. Drinking tea can also enhance your concentration, ability to focus, and determination at work. So it really has all the benefits of coffee without any possibility of addiction. It is also likely to be a cheaper option than coffee since you can buy tea packets in bulk allowing for a lower price overall. There are also claims of specific types of tea that are designed to either make you more concentrated, or put you to sleep, and many other options. Those are not really necessary, but are just different things you can experiment with to help you get through your time of fasting. So the morale of the story here is that drinking tea is just another zero calorie option you can enjoy if you ever get tired of water or black coffee.

WHAT ARE THE BENEFITS OF INTERMITTENT FASTING?

Believe it or not, there are many more benefits that are attached to the intermittent fasting diet than a regular diet that you may know. In this section we will take a close look at exactly how intermittent fasting effects your body's health with some evidence to back our claims. The first changes that you may not notice, but occur on the molecular level are that your insulin levels drop significantly which actually helps facilitate your fat burning. It also increases the HGH or human growth hormone in your body which also helps facilitate fat burning and helps with muscle gain, if that is another result you are looking for.



The process of intermittent fasting also helps improve the cellular repair processes in your body, making you stronger and healthier. Finally, there are quite a few beneficial changes made in your genes that help protect against long term diseases. These benefits are only the first section of ten that we will be discussing.

Now each diet is designed to help you lose weight and lose fat, or else it just would not be much of a diet. Now this idea of fasting actually helps boost your metabolic rate, which in turn helps you lose weight and belly fat specifically. Studies have shown that people have lost up to seven percent of their waist circumference during the process of intermittent fasting. As mentioned earlier it also reduces your insulin resistance, which means you are less at risk of Type 2 diabetes. I doubt that many other diets can guarantee you that.

This next reason will be discussed in much greater detail in the section below, however it is that intermittent fasting can reduce oxidative stress in your body. We will discuss more mental stress, however this shows that the stress levels reduce throughout your entire body on a molecular level, not just a mental level. The reduction of this stress also helps reduce how quick you age and helps prevent your body against many chronic diseases. Not only does it help with your stress, but it helps your heart health as well. Heart disease is actually the world's current biggest killer. Since it helps your body regulate your blood pressure and blood sugar, it also helps improve your heart health, making you less at risk for heart diseases.

Besides these very minute benefits of helping regulate specific functions in your body, intermittent fasting has some very broad benefits as well. Overall, intermittent fasting helps with various cellular repairs processes, it helps prevent cancer, it is good for your brain, it may help prevent Alzheimer's disease, and it may extend your lifespan and help you live longer in general.



These conclusions were made by studying rats, which may sound dumb however the results helped the study immensely. The results were so clear, that the rats that fasted lived 83% longer than those who did not fast. So if you did not believe the benefits we laid out in front of you, there are many scientific studies to back up these conclusions as well. For more specific studies, simply google intermittent fasting studies online and many more will pop up. So if you are not keen on the idea of fasting just yet, these benefits will certainly help you buy into the process. Up next we will discuss further more as to why you should try intermittent fasting.

WHY DO INTERMITTENT FASTING?

I do not know what you have heard about intermittent fasting prior to reading this book, so just keep an open mind as you are reading what we have to say here. In my opinion, intermittent fasting is all about the mental game of dieting. As we discussed briefly in the consumption section, this technique is more about the mental game than the physical game. A standard diet includes simply eating less and cutting foods out of your system, but intermittent fasting is much more free. Yes you are staying below a calorie limit each day, and yes you want to try to eat as many healthy foods as you can, but it is not as strict. Since you are only eating during a set amount of time, your body will quickly become full of food. A standard person can only eat so many calories in one sitting, and if it is full of dense nutritious food, then you will feel full even faster. Now foods full of fat will not make you feel as full so watch out for that problem, you do not want to exceed your daily caloric intake from little foods adding up. So let's take a closer look at the mental aspect of intermittent fasting.

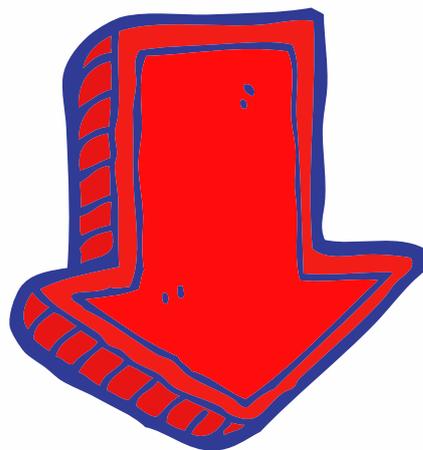


You will feel like you have much more freedom in this diet, besides not being able to eat for those periods in the morning. However most people seem to skip breakfast nowadays anyways, so you should be just fine. Yes you will cut your losses and pay for your freedom briefly to begin your day, but you will be so busy with other tasks that you will not even realize that the time has gone by. So although it will feel as if you have more freedom, I do understand that you basically have no freedom for the first few hours of your day. Once you get beyond that time frame, you have endless freedom to eat as you please during those hours, under the overall caloric limit of course. By this I mean, you can eat whatever foods you would like as long as you stay below the overall calories. If you do not believe me, look up the stories of a man who lost weight while eating only oreos for a diet. The food that you eat during this time does not matter, but the calories add up. This expands your freedom compared to other standard diets, and will make you forget that you are on a diet in general. This extra sense of freedom will bring you more joy along your journey, and will stun your friends by all of the improvements that you have made without cutting out the foods that you love. You easily possess the power to eat as you please with this technique and to lose weight at the same exact time. You will find joy in the fact that you have complete freedom with the foods themselves and that is what intermittent fasting is all about. So now it is time to discuss the physical aspect that explains why you can eat as you please and still lose weight.

The main piece is that your stomach and digestive system in general can only intake so much food within a given amount of time. This is typically how buffet style restaurants make all their money! You go in feeling like you can eat everything in sight, however you can only make it through one full plate most likely. This way your body naturally stops itself from eating a day's worth of calories in one meal, but leaves you feeling full and satisfied afterwards regardless of what or how much you ate.



Since your body will stop you from eating too much, all of the stress is relieved from you mentally, you can eat as much as you would like without feeling bad about yourself whatsoever. Now you may begin to see how the mental and physical pieces of this dieting technique run hand in hand, and each benefits one another. The physical aspect will bring you joy knowing you have not over eaten, and will leave you stress free about your diet. You are working directly with your body to lose weight, instead of fighting your body as most diets do. So at the end of the day, you should do intermittent fasting, because it allows you to relieve your mental stress about dieting, experience a little extra joy along the way, and it lets your body do the work for you by telling you whenever you are done eating.



**Find out the
1 BIG SECRET
to make I.F. easier
and yet more effective**



HOW TO USE HYPNOSIS TO MAKE FASTING EASIER AND MORE EFFECTIVE

So what is hypnosis you ask? Many people have heard of or seen hypnotists before, but that is usually for show and to put people in a trance. So at first you may think of hypnosis as a sleep-like state, however it can be better expressed as a state of focused attention. This will have great effects on your diet and take even more stress off your mind. You will be more likely to focus on your work and tasks at hand and even forget any hunger or cravings you are feeling. We have created the list below to show the benefits of combining hypnosis and intermittent fasting:

- easier to fast
- control of hungers and cravings
- the target weight will be installed in your subconscious mind
- metabolism boost
- your subconscious will help you by making all the necessary changes to go to your healthy weight



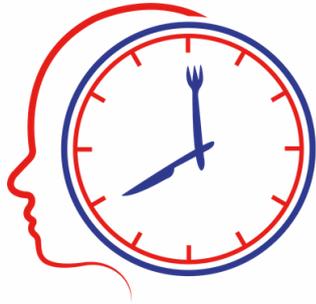
WHY USE HYPNOFASTING INSTEAD OF "NORMAL FASTING"?

Here we explain a question that may have risen to your mind while reading this book. First off, there is nothing wrong with “normal fasting”, it is a great option and works very well compared to a normal diet to begin with. Even though intermittent fasting already makes the diet process easier for you, **HypnoFasting** will take your diet to a whole other level. Using your mind to work more efficiently alongside your body makes it much easier to focus on your work, and work more effectively. It may take a day or two to shift your mindset and dive into the world of hypnosis, however the dividends are huge.

By engaging and using your mind, you are more likely to lose weight quicker and it will make it easier to stick to your diet. In summary, it is better to **HypnoFast** than regular intermittent fasting, because you will have extra commitment from your mind which takes the stress off you, makes you more focused at work, more likely to lose weight, and more likely to stick to your diet in general.

INTERMITTENT FASTING REVIEW

We hope you learned a lot of new details while reading this book, but if you are in a time crunch or want to remember the few main points here they are. Intermittent fasting is a diet that consists of eating all of your calories in a given time period during the day. During those other times that you are not eating, you can only drink liquids with zero calories.



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