



THE FASTING PODCAST **WOW**: EPISODE 105 – WHAT ABOUT CRESCENDO FASTING...

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The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Crescendo Fasting

Host: Julie Phillips, CNHP



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“Gradual” for Both Men & Women

- Almost any definition you find for “crescendo” has the word gradual in it
- Crescendo fasting is usually promoted for just women
- There is a widespread belief that intermittent fasting can cause hormonal imbalance in women if done too often or too long
- Women with the potential of carrying a fetus may be more susceptible to the feeling of hunger than men because of the need to nourish the potential fetus
- When this happens, it can interfere with the hunger hormones leptin and ghrelin (balanced in deep sleep so that is important to healthy fasting and weight)
- A person with these out of balance may eat more or even binge when they are physiologically not in need of food – resulting in possible over-eating or even potential eating disorders
- In study of rats, female rats periods stopped, ovaries shrunk and had more insomnia than their male counterparts – suggesting a possible fertility risk
- A more gradual approach to intermittent fasting may be a healthy alternative





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What is Crescendo Fasting?

- Confine your eating window to only 2 or possibly 3 days per week on non-consecutive days (e.g. Monday & Thursday or Mon, Wed, Fri) – many people like to have more freedom on the weekend (for gradual, start with only 2 days)
- Rather than going radical like a 4-hour or 6-hour eating window, it is usually suggested to use a larger eating window like 8-12 hours, can gradually shorten
- Lightweight activity such as yoga or light cardio on fasting days, with more heavy workouts like HIIT on the non-fasting days – note that the new exercise program from the previous podcast episode (104) would be ideal any days
- Hydration – half body weight in ounces per day optionally pinch of pinkish sea salt in each glass – you won't taste it (pure water, recommended to limit caffeine and consider organic herbal teas including green tea and if coffee used, not to extreme and choose organic – I know of a weight loss coffee I trust)
- Optionally after a few weeks, consider adding another non-consecutive day, review episodes 75 The Clean 5:2 Fast Diet Lifestyle & 79 Alternate Day Fasting



Crescendo Fasting



Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions and feedback or possible participation in the new exercise program, email Julie@JPWOWPrograms.com



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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

