



THE FASTING PODCAST **WOW**: EPISODE 80 – Beware OMAD One Meal A Day

# EPISODE 80: BEWARE OMAD – ONE MEAL A DAY

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



Host: Julie Phillips, CNHP





### What is OMAD?

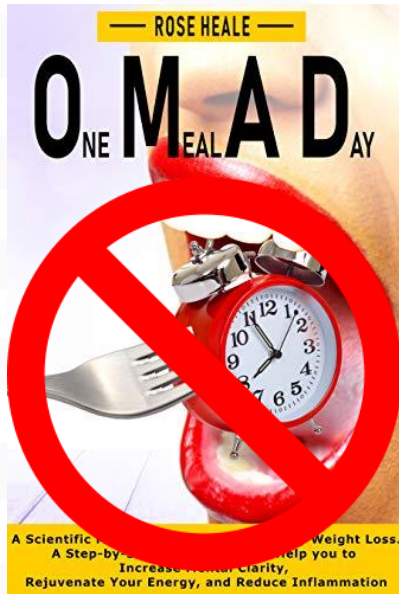


- Eating only 1 meal a day, no snacking, 23:1 (23 hour fast)
- Some consider it an extreme form of time-restricted eating or intermittent fasting
- Clean OMAD: food/drink all natural & organic whenever possible
- Low carb OMAD option
- Pig out OMAD – do NOT recommend!
- ADF alternate day fasting can have OMAD every 2<sup>nd</sup> or 3<sup>rd</sup> day



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### Potential Benefits



- Most likely less time, work and cost than eating more often
- Can lose weight and inches
- Typically 23 hours to burn consumed food, glycogen stores, and get around to burning toxin laden fat
- Good chance of getting into autophagy
- Depending on what was eaten, can get into stem cell activation
- May get into increased youthful human growth hormone to help preserve muscle and bone
- Well known benefits of intermittent fasting may apply with this being the longest window of time-restricted eating



### Concerns from Clinical Studies



WEIGHT  
GAIN

- Based on a Harvard 2010 study OMAD over-eating mice-based:
  - RNA-dependent protein kinase (PKR) normally finds & fights virus
  - PKR causes inflammation & also shuts down protein synthesis
  - PKR does these things not just for virus, but also over-eating
  - Mice with PKR **gained significantly more weight** than mice w/o PKR
  - Mice with PKR **had significantly more inflammation**
  - So, over-eating with OMAD can backfire on you
- Journal of Metabolism reviewed OMAD vs 3MAD for 2 months:
  - OMAD group had significantly higher levels of fasting glucose the next morning indicating not using their fuel properly
  - OMAD group had decreased insulin sensitivity – serious concern
  - OMAD group had increased ghrelin – the hunger hormone
- American Journal of Clinical Investigation – concerns about possible blood pressure & cholesterol increase



### More Concerns

- May be difficult mentally for some
- Hunger can be a problem for some
- Can trigger or worsen eating disorders
- Can be difficult to sustain with feelings of deprivation
- Can impinge on social life and family meals
- Can hinder sufficient energy for desired amount of exercise or activity
- Can hinder being able to take medications with meals
- Can be tempting to overeat and eat junk food
- Often done late in day with less time to burn off & can impact sleep
- Other potential side effects identified by a famous holistic doctor include binge eating, low energy, brain fog, shakiness, chills, nausea, possible GI upset or diarrhea and mood changes





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### Options to Consider



#### MY VOTE

- TMAD in 5-7 hr window
- 24-hr fast once/week
- 72-hr fast once/quarter
- 7-10-day fast 1/year

- No matter what, how about all natural & organic whenever possible?
- If you still choose OMAD, what if it is only 1 or 2 non-consecutive days per week, just occasionally or to break a plateau?
- Consider TMAD 2 meals a day perhaps with a 5-7 hour eating window with smaller meal to break the fast with lean protein and low carb with possible bone broth, larger meal in few hours
- TMAD in a 5-7 hour window allows time for water between meals and time to digest and burn off food and eventually fat
- TMAD can help with handling of insulin and getting more nutrients into the body than typical OMAD
- TMAD more conducive to avoiding hunger challenges and having fuel for exercise
- See **my vote** for weight loss and health gain on the left





## Possible Next Steps

- ✓ Direct questions to [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)



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

