

GO CLEAN AND LEAN

12-Hour Fast Plan



"Breakfast is the most important meal of the day!" is a mantra that we've been programmed to accept for years by food corporations. They would have us believe that skipping breakfast leads to weight gain, binge eating, and a sluggish metabolism. But what if you could skip breakfast, lose more weight, gain more muscle, and increase your quality of life?

Intermittent Fasting (IF), a diet plan that focuses on **when** you eat versus **what** you eat, is based on a practice used by our primal ancestors.

In the days of hunter-gatherers, no one had 24-hour access to food. They often went for long periods without any food at all (fasting), and were only able to feast and eat abundantly following a successful hunt. Intermittent fasting is practically part of our DNA.

Today, intermittent fasting is the practice of limiting meals to a specific window of time, and fasting the rest of the day. The most popular Intermittent Fasting schedule involves eating within an 8-hour window and fasting the remaining 16 hours per day.

We already practice fasting every day... we call it sleeping. If you have dinner at 7 pm and then eat breakfast at 7 am, you've essentially fasted for 12 hours.

The true magic of Intermittent Fasting, however, is the way in which the body reacts to a fast by burning fat.

DEEP CLEANSING TAKES [a night's] TIME



Turning Your Body Into A Fat-Burning Machine

Our bodies have two opposing states when it comes to food: Fed (insulin high) and Fasting (insulin low).

In the fed state our body is digesting, absorbing food, and releasing insulin. The fed state typically starts when you begin eating and lasts for approximately three to five hours. The insulin released tells your body to start burning energy from the food you've just eaten and to stop burning fat. This is especially true if the food consumed was heavy in carbs/sugar since the body prefers to burn sugar as energy before any other source.

**When You
Eat Food**



**Your Insulin
Increases**



**Your Body Stores Sugar
& Produces Fat in the Liver**

Insulin levels are high during the fed state, so it's very hard for your body to burn fat and excess calories will be stored as fat in your cells.

In the fasted state, because insulin levels are low, our body starts to burn fat from our cells for fuel. Insulin levels are kept low and insulin sensitivity goes up. Because digestion after a meal takes between six and eight hours, it's almost impossible for the body to ever be in a fasted state if we eat three meals a day.

Today's almost effortless access to food and an over-abundance of simple (yet delicious!), processed carbs makes it easy to snack almost every hour of the day, thereby making it nearly impossible for the body to ever be in a fasted state. If you are constantly eating, as is often recommended, then the body will simply use the incoming food as energy and never burn fat. Your body will save that fat for a time when there is nothing to eat.

**When You
Fast**



**Your Insulin
Decreases**



**Your Body Burns
Stored Sugar & Fat**

Fasting allows the body to use its stored energy. After all, that's what it's there for. To lose weight, we simply need to increase the amount of time we burn fat energy (fasting) instead of food energy (fed). That is how our bodies are designed.

Benefits Beyond Weight Loss

Build More Muscle: It may sound counterintuitive to say that eating less can help build muscle, but when you fast your body actually secretes growth hormones like HGH, the human growth hormone responsible for boosting your metabolism and promoting muscle growth, into your system. So fasting does **not** hinder athletic performance, and may actually improve it.

Promote Brain Health: At the National Institute on Aging, scientists found that twice-weekly fasting triggers the brain to protect against neurodegenerative disorders like Alzheimer's and Parkinson's. *"As is similar to what happens when muscles are exercised, the neurons in the brain benefit from being mildly stressed. To achieve the right kind of stress, people might benefit from severely minimizing their food intake."* says Professor Mark Mattson of the Johns Hopkins School of Medicine. Intermittent fasting keeps the brain engaged through a good type of stress.

Normalize Blood Sugar: Studies have shown that Intermittent Fasting can reduce insulin resistance, lowering blood sugar by 3-6% and fasting insulin levels by 20-31%, which should protect against Type 2 Diabetes.

Live Longer: Studies since the 1940s have shown that intermittent feeding patterns increase the life span of rats. Coupling calorie restriction with the alternate feeding pattern seems to extend the rats' longevity. Human evidence is still lacking, but the case for intermittent fasting's benefits is very convincing.

"It's a great liberation. Your food expenditures plummet. And you're not particularly hungry. ... Although it's tough to overcome the idea of going without food, once you begin the regimen, nothing could be easier."

~ Dr. Michael Eades

Tips For a "Fast" Start

- **Stay Hydrated.** Drinking plenty of water (at least 12 cups per day) will make it easier to get through the fasting periods.
- **Sleep Fast.** Schedule your fasting time through the night and at least 8 hours can be a breeze because you'll be sleeping.
- **Change Your Mind.** Think of fasting as a break from eating rather than a period of deprivation. A positive mindset will help you follow an intermittent fasting plan long-term.
- **Move Your Body.** Consistent exercise paired with intermittent fasting will help you get better results. It doesn't have to be a marathon, a brisk walk two to three times per week will boost your body's fat-burning furnace (metabolism).
- **Don't Overthink.** Often, the best plan is to start intermittent fasting when you're busy. If your mind is occupied with other things, you're not sitting on the couch thinking about food.
- **Listen To Your Body.** Our bodies are complex pieces of machinery that learn to adapt. Be gentle with yourself and understand that your body may need time to adjust. Start with a shorter fasting period if necessary, and if you do not feel well or if you have any concerns, then stop and seek help.

10 Day Intermittent Fasting Tracker

DISCLAIMER: This document is for your private use should you wish to complete it. Our intent is that this guide is helpful in revealing the value and correlation of Intermittent Fasting and overall health. Should you choose to create and implement a nutritional protocol, you can use this guide to monitor your results over the next 10 days.

INSTRUCTIONS: Track your fasting below by noting the times of your meals. Limit your eating window to a 12-hour period and reserve the other 12 hours for fasting. For example, if you eat dinner at 6 pm your next meal would be at 6 am the following day. You should consume your entire day's worth of calories during the 12-hour eating window, but you cannot consume any calories for the other 12 hours.

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast										
Lunch										
Dinner										
12-Hour Fast										

Fasting Is Not For Everyone

Those with medical conditions or special dietary requirements should consult their healthcare provider before embarking on an Intermittent Fasting program. Intermittent Fasting is not recommended for those who are underweight, pregnant women, nursing mothers, or children under the age of 18 years. Those with diabetes, who take prescription medications, or suffer from gout or high uric acid may require medical supervision during Intermittent Fasting.