

Intermittent Fasting

Greetings! It has been a bit of time since I have written. Life sure does have its ups and downs! As I enter my 28 th year with Herbalife, I can't help but look back and be amazed.

I took my first tablets and drank my first shake in November of 1995 almost to prove that supplements don't work. I had been ill and in so much pain for years and yet traditional medicine had discarded me, saying nothing was wrong. Today we would say that I had chronic fatigue syndrome and fibromyalgia. I was doing as much research as I could, but that was before "Dr Google" was available. I actually had to use library books. I know. Hard to believe. I got a lot of my information from vitamin catalogs.

At the time Herbalife found me, I had about four productive hours a days. I was in so much pain, I could barely function. I was taking handfuls of vitamins but nothing seemed to make a difference. I got a Work From Home booklet in the mail and called to find out what it was all about. Supplements. Darn. I was taking supplements - a lot of supplements - and they didn't seem to make a difference. My sponsor convinced me to give Herbalife a try. I'm so glad she did.

Within 24 hours of taking my first Herbalife products, I felt better than I had in years. That's when the light bulb went on. Not all supplements are created equal! And so my journey began. I lost weight, felt better, slept better and I was anxious to share my story so that I could help others feel better, too.

Fast forward ... in 2020, my life pretty much fell apart. One thing led to another and I put on 20 pounds. Since I was still taking most of the Herbalife products, I had to figure out what I was doing wrong. I needed to turn this around. That's when I started reading again

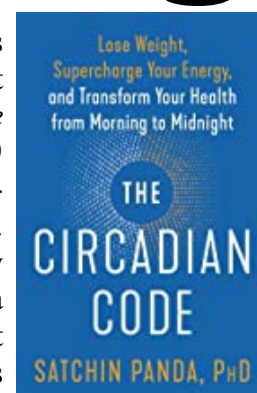
about disrupted circadian cycles and specifically about intermittent fasting or IF. This book called *The Circadian Code* (2018, Penguin) by Satchin Panda PhD was eye-opening when I read it originally. At that time, I was so impressed by the book and his research, I did a newsletter book report on it. I went back and reviewed Dr Panda's work and then asked myself, "why have I not been doing this?"

And so my next journey began.

What's the Difference between Fasting and Intermittent Fasting?

One of the most well known authors regarding fasting is Jason Fung, MD. His book, written with Jimmy Moore is *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day and Extended Fasting* (2016, Victory Belt Publishing). Fasting is "the *voluntary* abstention from eating for spiritual, health, or other reasons. Food is readily available, but you *choose* not to eat" (p. 39). I would add "drinking" to the eating. Some folks don't seem to realize that they can drink a LOT of calories but never think of it as eating. So, in the simplest of terms, fasting means you stop **ingesting** anything but water. Every one, every thing, every cell in your body, needs to rest. It's during rest that our bodies repair and recover from the onslaught of the day. It's critical.

Back to Dr Panda's book, here in America, people typically do not follow a circadian cycle any more. We have lights to extend our day. We have devices that keep us up to date on every trivial little thing. As



"And he (Moses) was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tablets the words of the covenant, the ten commandments" Exodus 34:28 King James version

a result, our body, is constantly on alert. Hormones surge to help us pay attention and process the information. Are you checking your phone in the middle of the night when you get up to pee? Even if we are not physically eating or drinking, the body goes back on alert. When you ingest information that is disturbing or exciting, it can have the same hormonal effect on the body as if you are ingesting calories.

Some people simply ingest calories nearly around the clock. It starts when we get up early. It continues when we are staying up late working or being entertained. Since food and beverages are available 24/7, it's almost as if it's normal to eat around the clock. Always ingesting. Never fully resting.

Without periods of rest and repair, systems begin to break down. Your gut begins to cause you grief. Your sleep quality suffers. Your mental alertness and ability to concentrate suffers. Did you know that mental exhaustion is a risk factor for dementia? Then you start having aches and pains. Your physical capacity diminishes and you want to just sit. The more you sit, the worse things get. **Do I have anyone's attention yet?** Our bodies are amazing creations that are designed to move and rest. We need to drink water, and yes, and we need to eat, but on occasion and in moderation.

What's the History of Fasting?

The practice of fasting is as old as time. There's another great book by Jay W Richards called *Eat, Fast, Feast* (2020, Harper Collins). As a side note, Jason Fung wrote the forward. The circle on the cover says *How Science is Validating an Ancient Practice*. As a follower of Jesus, Richardson focused on how early Christians fasted. Many of their practices were based on Jewish fasting patterns, that goes all the way back to Mosaic law, "*And he (Moses) was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tablets the words of the covenant, the ten commandments*" Exodus 34:28 KJV. Clearly, fasting is not a new diet or a fad. It has ancient roots and can be the key to your overall health and wellness.

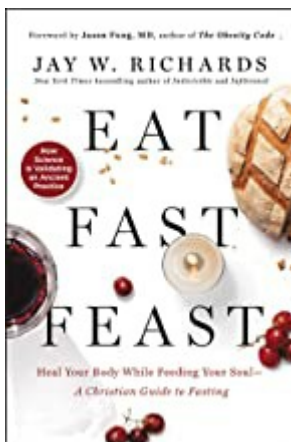
What Exactly is IF? What's TRE?

Most people use the term Intermittent Fasting when referring to limiting ingestion, however, the word *fasting* has a negative connotation, because we think of depravation. A better way to think about how and when to eat is by embracing the phrase used by Dr Panda - Time Restricted Eating or TRE. Basically, you restrict your eating to a certain number of hours each day. **Eat by the clock.** If you start eating at 6 am, then make sure you stop by 6 pm - or whatever time frame you are following that day. Once you get good at a 12 hour TRE, you can work on closing your eating window.

The 12:12 approach to TRE is popular, and by most experts, should be the minimum for everyone except young children and pregnant women. So again, if you start eating at 6 am, make sure you've finished by 6 pm. After that, drink water. I can hear it now, "but I don't like water." Do you like being sick and fat? If not, **learn** to love water. Your body needs pure water to detoxify. If you need something with flavor, try an herbal tea or lemon slice, but drink the water.

For me, 12:12 is where I start. I always pay attention to what time I quit eating the evening before, which is typically 5 or 6 pm. Then in the morning since I am an early riser, I will often just keep an eye on the clock and play a game with myself. I finished eating at 5 pm and it's now 5 am. Technically I could start eating again, but I'm not hungry, so I find something to do. Staying busy always helps. Then after awhile, it's 6 am. I'm a little hungry, so I have some water. Then it's 6:30 - certainly I can wait another 30 minutes. Then I get busy and before I know it, it's 8 am! Then I have something to eat. So that puts me at 15 hours with only ingesting tea or water! You will find that much of that time you were "fasting" was actually spent sleeping so it gets to be pretty painless.

Dr Panda recommends going back to 12:12 after you have accomplished your weight loss or other health goals. He reminds us "Time-restricted eating is never about counting calories; it is just about making you more disciplined about timing. We've found the best results for weight loss come with eating within an 8- or 9- hour window, and you can maintain this pattern until you get the desired results. Most of your body's fat burning happens 6 to 8 hours



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after finishing your last meal and increases almost exponentially after a full 12 hours of fasting” (Panda, p. 98).

Are There Other Ways to Do IF?

Let me count the ways. If you do a little research, you’ll find all manner of different ways to implement IF into your life. Some folks choose one day a week to fast, basically from the time they quit the night before until they wake up the following day. Some folks fast two days a week. Another approach is to choose two days a week to incorporate strict calorie restriction, so keep calories to 500 a day on those “fasting” days.

The typical approach to IF is TRE. You’ll hear folks say that they do 16:8 or even 18:6. That means they abstain for 18 hours and leave a six hour eating window. One practitioner I know does 20:4. That means a four-hour eating window. No thanks. I’ll pass on that one.

Keep Your Body Off Guard

I’ve been working with quite a few folks and we’re finding that for optimal results, don’t do the same thing day after day after day. If you’ve been doing 18:6 for months, try 12:12 for a week. Remember the name of Jay Richard’s book? *Eat, Fast, FEAST*. Flood your body with good fats and lovely proteins. Add in a few fresh fruits and veggies. Maybe a glass of wine? Unless you pig out on crappy carbs, I promise you will not lose ground, and may in fact gain some.

Thoughts on Breakfast

Most of us were raised hearing that breakfast is the “most important” meal of the day. Who actually started that? Perhaps the cereal industry?? I’ve seen others say that you should eat within 30 minutes of getting up. Why? Let’s look at the word. What does it actually say? **Break. Fast.** It doesn’t really have anything to do with the time of day. It has everything to do with when you first ingest food. I met a mom who’s daughter doesn’t want anything to do with eating in the morning. Okay. Make sure she has at least a couple of good meals later in the day. There are enough things to stress about. This shouldn’t be one of them.

What Type of Results Can I Expect?

All manner of good things will happen when you start to embrace this lifestyle. Weight will be

lost, energy restored, insulin levels will drop, cellular inflammation is banished and the list goes on. One of the more jarring things I’ve seen are the BAD things that can happen if you don’t! Dr Panda talks about honoring our circadian cycle if we want to regain our health. He says that many of us are “shift workers” and don’t even realize it. According to the official European definition, you are a shift worker if you are “a person who stays awake for more than 3 hours between 10:00 p.m. and 5:00 a.m. for more than 50 days in a year” (page 7). This includes “shift-work” lifestyles such as new moms or caregivers, students, etc. Not only does shift work disrupt normal/ideal sleep patterns, we tend to make bad dietary choices. The graphic below lists diseases linked to circadian disruption.

What Happens When Circadian Rhythms Break Down?

ADHD

Autism

SAD

Anxiety

Panic attack

Depression

Compromised learning

Nocturnal epilepsy

Bipolar syndrome

ICU Delirium

Migraine

PTSD

Seizure

Mania

Psychosis

Multiple Sclerosis

Huntington Disease

Alzheimer's Disease

Parkinson's Disease

Bacterial Infection

Sleeping sickness

Malaria

Arthritis

Asthma

Allergy

Lymphoma

Polycystic ovarian syndrome

Irregular menstrual cycle

Post-partum depression

Inability to conceive

Morning sickness

Miscarriages

Inflammatory bowel syndrome

Inflammatory bowel disease

Metabolic syndrome

Weight gain/Obesity

Childhood obesity

Type 2 Diabetes

Prediabetes

Stroke

Dyslipidemia

Hypertension

Heart Arrhythmia

Chronic Kidney Disease

Fatty Liver Disease (NAFLD)

Steatohepatitis (NASH)

Ovarian cancer

Breast cancer

Liver Fibrosis

Colon cancer

Liver cancer

Lung cancer

Leaky gut

Indigestion

Heart burn

Stomach pain

Crohn's disease

Ulcerative colitis

Insomnia

Prader-Willie syndrome

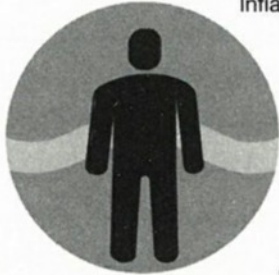
Smith-Magenis syndrome

Obstructive Sleep Apnea

Delayed sleep phase syndrome

Non-24-hour sleep-wake syndrome

Familial advance sleep phase syndrome



Diseases linked to circadian disruption

Let’s start making some changes. Look at not just the timing of your meals, but also at your sleep patterns and what other things you “ingest” at all hours of the day and night.

May I Have Caffeine?

As for caffeine, here’s what I have learned. A cup of caffeinated coffee or tea, without any thing else added, won’t break your fast. But too much

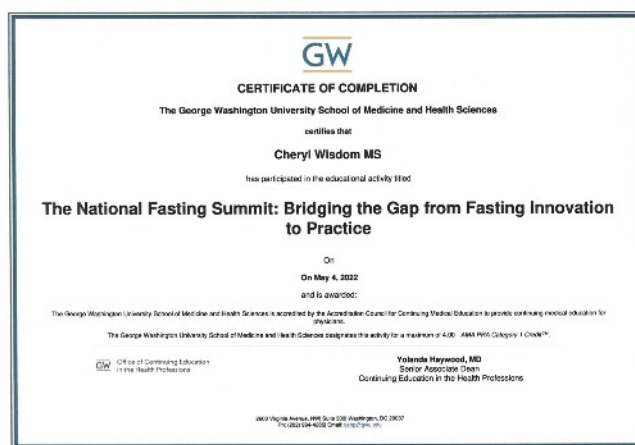
caffeine can. I'm a big tea drinker and so I've been drinking just hot water in between cups of tea.

What About Extended Fasts?

Without getting into an extended conversation about fasting for three days or more, first let me say that several experts do not recommend long term water fasts. Many of the toxins in our environment these days are fat-soluble and stored in fat cells. When those cells break down, the toxins are put into the blood stream but can't leave the body because they need fat to facilitate the detoxification process. If you want to do an extended fast, make sure you have some coconut oil, MCT oil or butter on occasion to facilitate the removal of those toxins.

There is a fasting system called the 5-day Fasting Mimicking Diet or FMD. I went to a training seminar last April to become certified as a Fasting Coach through the American Academy of Anti-Aging Medicine and the George Washington School of Medicine.

The FMD information was excellent. I learned about autophagy, where the body goes into "self-cleaning" mode. The state of autophagy can only be attained after 3 days of fasting. The L-Nutra company created version of FMD, based on the work of world renown longevity researcher Valter Longo PhD. Dr Longo and L-Nutra have created food that can be consumed that will not break your fast, and encourages your body into the autophagy state. It's been amazing. If you would like to learn more about that, log on to my website:



www.SupplementalWellness.com/fasting.

There is a way to dramatically improve your health that goes beyond the benefits of intermittent fasting / time-restricted eating, but that is a great place for all of us to start.

Don't think of "fasting" as depriving yourself. Think it is as the first step in **rejuvenating** yourself!



Have you tried the newest addition to our Iced Protein Coffee product line?

Caramel Macchiato!!

Like the Mocha and House Blend, this has 15 grams of protein! My favorite way to make it is with Vanilla Protein Drink Mix, which brings the total protein to 30 grams!! What a delicious treat! Try some today!

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My Favorite Mug Cake Recipe!

I had a container of Protein Baked Goods Mix that had expired. I never believe expiration dates, so I opened it and started playing with it. Here is my new favorite recipe!

Spray a big mug with coconut oil or coat with butter.

Crack an egg then add 2 Tbsp heavy cream and 2 Tbsp water. Whisk until blended.

Add 2 scoops Protein Baked Goods Mix and 2 scoops French Vanilla Formula 1 along with 1 Tbsp chopped dates, 1 Tbsp chopped walnuts and a good shake or two of cinnamon. Mix with a fork until all the ingredients are moist.

Microwave for 2 ½ minutes then enjoy!!! It's kind of like a pancake. I slather on grass-fed butter. You can also use some syrup or honey. 24 grams of protein! It's a great way to break your fast!!!



A New Supervisor!

Gavin Rodriguez

Congratulations !!!



Many Thanks to EVERYONE for all Your Hard Work! You are changing lives every day with these products and this business opportunity!!!

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