



# WHY YOU SHOULD FAST

## AND HOW TO DO IT

# WHY

Everyone is spending money on fat loss, detox supplements & juice cleanses, but what if I told you that it was all bullshit? It is. It's all bullshit.

You can detox & cleanse all you want, but if you return to your shitty way of living, it does not change anything. You can take all of the magic fat loss supplements, but until you actually teach your body to burn its stored body fat, you'll be running in circles.

Drinking alcohol, eating shitty food & avoiding movement at all costs. And we wonder why most people today are not considered healthy.

The human body knows how to detox perfectly fine, if we let it. By constantly eating from morning to evening, you never allow your body to recycle immune cells, tap into stored body fat or detox at all. We're constantly hindering our bodies from properly detoxing. Then we spend a bunch of money on these 7-day supplements that really do nothing. Because as soon as you return to your normal lifestyle, you're fucked.

To allow the body to detoxify & tap into stored body fat you must work fasting into your lifestyle.

People seem to think that because they fast, they can still eat shitty food. Most people think fasting is just 14-16 hours. LOL.

Now, I'm not hating on the 14-16 hour intermittent fasting lifestyle that's all the rage right now. I eat that way. But, I hardly consider that a TRUE fast, more of just daily temporal guidelines for a healthy way of eating. NOT diet, way of eating. This is a lifestyle, not a fad.

Fasting for 14-16 hours, then bingeing on bullshit and carrying out other bad habits like sitting all day or drinking alcohol, will probably be worse for you than just eating your comfortable, warm little breakfast.

So, why should you implement fasting? I will let you Google all of the benefits that fasting & time-restricted eating yields. Go ahead, I'll wait right here. Look up how fasting recycles immune cells or how it boosts HGH & Testosterone; just to name a few of the outstanding benefits.

I'm not trying to convince anyone, you are either caught up on the scientific literature and accept the truth, or not. But the fact is, fasting is absolutely essential to our health & well-being; it's a fundamental part of our human nature.

I got into fasting in college. I was taking Biochemistry and learning all about fasting from Podcasts and YouTube. I figured I should leverage my access to an expert and asked my professor what he thought about fasting.

My professor looked up at me and told me that he only eats one meal a day. That's it. He then proceeded to tell me that there is just too much evidence that fasting and time-restricted eating lead to more longevity of life. He was healthy, very vibrant and energetic during lectures; this explained why.

Here are the main benefits I have personally experienced: Less need for sleep, more energy & motivation in the morning, higher productivity, Better sexual function, fat loss, lean muscle retention, stable mood & energy, a sense of lightness, more satisfaction & satiety from meals, & a deeper connection with my primal being & spirit.

Primal man did not have a refrigerator. Primal man also did not set aside time to "workout". That would sound preposterous to him. He simply moves to eat. Funny, because just 5 years ago or so, most people would freakout at the thought of you working out before eating breakfast. Our primal ancestors only worked out fasted.

Primal man ran, jumped, wielded weapons, threw, swung, hung, you get the picture. They hunted, then feasted. They did not follow diet plans & they did not plan their workouts. They also didn't spend most of their waking life sitting at a 90 degree angle in a chair, but that's a whole other topic of discussion.

We must fast to simulate a primal lifestyle, like our hunter-gatherer ancestors, to feel the benefits of primal man. To be in touch with your primal nature in today's day and age is priceless. You'll be able to offer much more of yourself to the world, which is the purpose of man.

Getting down to brass tax, by fasting intermittently and only eating within a restricted time window, you facilitate a physiological environment that is more conducive to burning fat, building muscle and staying focused & alert.

You also fine tune your circadian rhythm (sleep-wake cycles), so if you start to wake up early with tons of energy, this is normal. You'll need less sleep.



# HOW

So, here is my personal intermittent fasting guide. This is just one way that I've experimented with fasting, & I've had great results with it. I would suggest this for someone who has never tried any form of fasting before.

As far as what you should eat, do not worry about it to begin with. Give yourself 3 months to adapt to the way of eating. It takes time to adjust, and if you're anything like me (a lover of breakfast), this won't be that easy.

Give yourself time & be patient. Avoid shitty food though. This is NOT an excuse to binge and eat bullshit. You will end up storing more fat and feeling even worse. While fasted you'll be extra sensitive to insulin, so be careful how you break your fasts. I'd recommend an apple, wait 30 mins then eat your first meal.

Your stomach shrinks while you fast, so it's important you don't break your fast with 2 quarter pounders. I mean you can... but I wouldn't.

Pro tip: Drink lots of water while you're fasted, but make sure you put a little Pink Himalayan Salt in your water so you replenish your electrolytes & minerals. This is a huge game-changer that I wish someone told me; especially for fasted workouts.

Most of your fast will be spent sleeping. In the morning hours, I immediately chug water with some pink salt. I also enjoy black coffee, but typically no more than two cups.

Sparkling water is great while fasted too as it has minerals and can produce a more full feeling.

When you begin to incorporate the fasted workouts, I recommend starting with light cardio and slowly acclimating yourself to the point where you feel comfortable performing a rigorous workouts. If you feel light headed, you need more electrolytes & minerals.

# Here's a schedule to gradually build up to daily fasting

## **MONTH 1:**

### **Week 1:**

Fast for 12 hours daily

Example: Eat from 8 AM-8 PM, Fast from 8 PM-8 AM

### **Weeks 2 - 3:**

Fast for 14 hours daily

Example: Eat from 10 AM-8 PM , Fast from 8 PM-10 AM

### **Week 4:**

Fast for 16 hours daily

Example: Eat from 12 PM-8 PM, Fast from 8 PM-12 PM

### **Weeks 5 - 8:**

Fast for 16-18 hours

You get the picture with the feeding / fasting windows

At this point you want to begin working out while fasted

Some days you do cardio, some days you do resistance training, some days you do both; but it's all fasted

Drink water with pink salt before you workout; electrolytes & minerals are easily depleted during fasted workouts

### **Weeks 8 - 12:**

Fast for 16-18 hours daily; one 22 hour fast once a week

Same rules, fast 16-18 daily, push to 18 when you feel like you can. The more often you do so, the better.

Implement a 22 hour fast day on a day that you know you will be productive. I don't do these on the weekends, because personally, I like to relax on the weekend. Tough to relax when you're forcefully starving yourself. Much easier to do so when you're engaged in something, this way you utilize the cognitive edge induced by prolonged fasts.

# On the final month of fasting

Once you implement the 22 hour fast day, you will only BEGIN to realize what it truly is like to fast. What REAL hunger is. This is when you will begin to tune into your primal nature.

By the final month, all of your workouts should be fasted. This way you EARN your food, like we evolved to.

When you embark on this lifestyle of eating in a restricted window of time, you will begin to realize that time is nothing but a construct. Especially on those longer fast days.

The 22 hour days will show you that most people interrupt their day with meal & snack breaks. You'll begin to see how our entire society is surrounded around these meal times. But you are not bound to this anymore, you're liberated. You're a primal being in tune with their primal nature; amongst a plethora of sheep who are not.

You will adapt to living the way a human should live, and functioning off stored body fat, burning ketones for energy vs. glucose which is much more conducive to cognitive function.

I'm most productive on my fasted days.

Fasting is truly a tool to activate the healing powers of your body.

Around month 6, you may begin to plateau with regards to fat loss and certain other benefits you'll feel initially. At that time, hit me up, I'll tell you how & what to eat during your feeding window to enhance your results.

Stay tuned...