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Megan [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

[00:00:13] This podcast is for educational purposes only and it is not a substitute for professional care by a doctor or other qualified medical professional. You should always speak with your physician or other healthcare professionals before doing any fasting, changing your diet in any way, taking or adjusting any medications or supplements, or adopting any treatment plan for a health problem.

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[00:01:13] All right. And now we'll get started with today's episode.

[00:01:19] Hi, everyone. It's Megan Ramos here with another episode of The Fasting Method podcast. Today I'm joined by my co-host, Dr. Nadia Pateguana, for one of our Q&A episodes where we answer your questions. Before we get started, I want to let everyone know we have received a lot of questions. We're doing our best to get through as many as we can. We're going to try to tackle six this episode.

[00:01:45] So, Nadia, are you ready to get the party started?

Nadia [00:01:49] I am ready. Let's go.

[00:01:51] Okay, so this question is perfect for me to answer, I think.

[00:01:55] My baby is now six months old, happy and healthy, and I'm still struggling to get back into fasting. Is it possible there are still fluctuating hormones at play here with lack of consistent sleep, or do I need to give myself a bit more grace and start from the very beginning? I know I can do these fasts because I've done them before and I know I feel amazing.

[00:02:17] Okay, I think you-- you're right in all of your hypotheses and thoughts.

[00:02:23] Before I answer your question, I do want to take the opportunity to remind everyone that, you know, during pregnancy and lactation, it's a really important time for you and your growing baby. And so we do not recommend fasting, for ethical and physiological reasons, to anyone that is pregnant or breastfeeding.

[00:02:42] So this person here did not mention whether or not she's still breastfeeding her six-month-old baby. So if you are still breastfeeding, we just advise that you look for-- if you need expert help on the nutrition side of things, please take this time to eat really good, healthy, whole foods with the proper guidance (if you need it) from somebody who specializes in this field. Remember that this is a super important time for you to recover and also for your baby to grow. It is not a time for you to focus on fasting or burning fat, although you may be eager to do so, and I understand why you would be. But it is really,

really important that you remember that this period of your life only lasts for, you know, a couple of years at most.

[00:03:30] I did breastfeed both of my girls for almost two years and it was (looking back now) really some of the best times in my life. It was the time that I felt those moments with my child were so important. And although it was very, very challenging to breastfeed and I'm not saying that everybody finds breastfeeding easy, I do think that for a number of reasons (and I'm not going to get into all of them here) it is super important that you focus on proper nutrition during lactation and that you do not fast.

[00:03:57] Now, if for whatever reason at six months old you've already completely weaned your baby, then it may be time for you to start considering fasting again. And I think you are totally right on all of these points.

[00:04:11] Number one, yes, your hormones are still fluctuating. You may not even have a consistent menstrual cycle yet, and so you can't even use that as a really good guide for you yet. And that's normal. It's normal that at six months postpartum, you wouldn't have a regular menstrual cycle yet, at least a lot of people do not. So that makes it challenging, of course, because you don't have that same cycle to sort of guide you in your feelings. You may not always be feeling the same way. It might be fluctuating, as you said, quite a bit. So meaning that some days you feeling like you're craving more of this, and some days you're feeling more bloated, and some days you're feeling more irritable. It's not very consistent. So that's, for sure, likely still happening.

[00:04:55] Number two, you're right, if you're not sleeping-- and this for me is one of my five pillars of health. Sleep is so important and it's so hard to get consistent sleep when you have a six-month-old because it's likely that your baby, whether you're breastfeeding or not, it's likely that your baby is still feeding throughout the night. So you're not sleeping consistently, as you said. And so that does make fasting and even food choices super hard because if you're not sleeping well, your stress hormones are higher. And if your stress hormones are higher, then your blood sugars tend to be higher and your insulin is higher. When insulin is high, I call this the insulin beast. When the insulin beast is in the house, it's super hard to make good food choices and it's super hard to fast.

[00:05:41] So, it doesn't mean we can't do hard things, I know that we can, and it doesn't even mean that fasting wouldn't be still a good approach for you. It totally may be if you're not breastfeeding. It might be time for you to start considering going back to some fasting.

[00:05:56] So, should you give yourself some grace and start from the very beginning? Absolutely, 100%, because to me this means going back to basics. And if you haven't fasted for a while or if things have been just all over the place (and they often are during more stressful periods, even happy, stressful periods in our lives) it's really important to go back to basics, which, to me, means giving TRE the critical importance that it truly deserves. Okay?

[00:06:23] So, what does that mean? TRE - time-restricted eating - full meals, no snacks. Whatever those full meals need to be at this point, it's really important that you get some nutritional advice from an expert, postpartum expert, in order for you to get the right foods that you really need. But really, I do think that it's a really good idea to consider starting with TRE. And then if you're not breastfeeding, if your stress levels and if your sleep are, you know, at least at a decent place, you may start to consider some other fasting protocols for you to start with your whatever goal is. In this case, I think you mentioned

losing weight, so you may start looking at some of the more back-to-basics, looking at gradually going back to some alternate-day fasting protocols.

[00:07:06] I do think six months postpartum, for most people, would be a bit too soon to start looking at those. But, if you're ready and you might be (it's really n=1, as many of our team members say), then, you know, you might start looking at some of the more moderate types of alternate-day fasting protocol, such as a 24-hour, alternate-day fast, possibly. I'm not quite sure that you're there yet.

[00:07:36] So, for now, I would definitely say look at TRE - the critical importance of time-restricted eating, full meals, no snacks - and that might mean three meals a day for you at this point, or maybe less, depending on where you're at. Okay? So just very general here, but the take-home message is if you are breastfeeding, take your time. Focus on that. Focus on growing your baby and healing, okay?

[00:08:01] Back to you, Megan.

Megan [00:08:03] The next question says, "Hi. I was listening to your podcast and I heard you say that when you enjoy your potatoes sometimes, you put vinegar on them to cut the carb load. What type of vinegar are you using? Is it apple cider vinegar with the mother or regular white vinegar? And how much vinegar do you use?"

[00:08:23] So we talk a lot about protective factors. The Obesity Code by Jason Fung does not condemn real-food carbohydrates. It essentially says to eat them in smaller portions and make sure you consume them with protective factors. And I know this is something that Dr. Fung and the rest of our team-- you know, we think it's a really big misconception that this is a book about ketogenic diets because it's truly not villainizing all carbohydrates such as tubers, root vegetables like sweet potatoes for example. But when you do have these things, they can't take up half of your plate of food. They should be a quarter of a plate or less, and you shouldn't be eating them naked. So not you physically [laughs] naked, but the carbohydrate itself naked.

[00:09:18] Dr. Fung talks about this in The Obesity Code. We talk to all of our Community members and coaching clients about this till we're blue in the face that when you do have these carbohydrates, you need to dress them up. You can dress them up with fat, fiber, protein, and, in certain cases where applicable, vinegar. So something like potatoes, we've really got screwed up here in North America because when you go out to a restaurant or in your prior lifetime when you make a meal at home, I mean the starch makes up like half or a third of your plate, which is just wild. There is so much starch. And then like there's this little scoop of broccoli or something. [laughs] It's really tiny and sad. We need to get those switched around. When you do that, then the fat and the protein, and the animal sources or animal protein that you're having-- when the vegetables, the fat that you're cooking them in, the fiber that you're eating them with, they're protective factors. They're going to slow down the digestion of the carbohydrates. They're going to minimize the glucose spike and insulin surge.

[00:10:22] Now, when we eat something like tubers, though, it's really easy to add vinegar to them. And it has a profound impact on your blood sugar response by doing so. And it does not need to be raw, unfiltered apple cider vinegar. You can literally use any vinegar you want - white vinegar, malt vinegar, red wine vinegar. I mean, whatever essentially floats your boat, you can have. So there are some additional health benefits to having raw, unfiltered apple cider vinegar with the mother. There's some immunity-boosting stuff, some

gut-healing stuff, digestion improvement, you know, some really neat things, so much so that I will typically take apple cider vinegar and water most mornings. I think it's quite beneficial. But when it comes to eating your meals, you can have this vinegar in whatever form or whatever type that you like on top of your starch. Really, really big impact.

[00:11:23] Now, if you're someone who does not necessarily like putting vinegar on potatoes or you're going to be eating something else that might be a smaller portion, you know, of a real whole food carb - something like, say, carrots, for example. You might have a carrot stick or two [laughs] at your meal. It might be a little weird for you to put vinegar on it. So what are other ways to incorporate vinegar? Well, like I do in the morning, adding the apple cider vinegar to water. You can do that before any meal. So that is a way to add vinegar and add in that protective factor to your meals without actually putting them on the food that you're eating if it doesn't feel like it's going to compliment it very well. Alternatively, too, if you do eat plants, you could have a salad or something where you add in a vinaigrette or use vinegar as a type of dressing. So that is another strategy we talk about with our members and our clients going into the holiday season, eating out at relatives' homes, not having total control over all of the food that's going to be there. Well, fill up on some vinegar where you can because every household has vinegar. Any vinegar is okay to use.

[00:12:38] So that is my spiel and it makes a big difference. I had this one patient, and he was not listening. He would occasionally, once a month, eat French fries on their own. They would go to this park place and he would just get the fries. He wouldn't be eating them with any animal protein, any other fiber. It drove me nuts because he was eating them totally naked. So we made a deal that the next month when he was going, he would douse them in vinegar. So they doused them in malt vinegar and his blood sugar levels went up only two-thirds of what they usually did. So there was a 33% reduction in his blood sugar levels compared to the previous months of him having this monthly indulgence. And then he repeated the experiment and as his blood sugar levels got better, even his response got even better, too, but it still made a big difference whether he added that vinegar or not.

[00:13:40] So the way we used to eat these things, you know, no one started out eating chips without vinegar. When you travel to Europe, they'll often have oil and vinegar for you to dip your bread in at meals. There's reasons for these sort of old-school approaches to eating that are very lost on us here in North America today.

[00:14:00] All right, Nadia, back over to you for the next question.

Nadia [00:14:04] All right. Good stuff.

[00:14:05] So the next question says, "My question for you is about how much I should be eating on the days that I am not fasting. For example, I fasted for about 45 hours total. When I eat on Thursday, is it okay to eat only dinner again at one meal or should I be eating lunch and dinner (two meals) before doing another 42-hour fast?"

[00:14:28] I think this is a great question. I'm glad that I get to answer this question because this is something that I get asked all the time. And I know it gets really confusing because I know a lot of you have heard Dr. Fung, particularly, in many YouTube videos talk about, "If you're not hungry, don't eat. Just keep fasting." And that is true in some cases. If you're planning on doing, for example, a 42-hour fast, and at 42 hours you're not yet hungry and you feel like fasting longer and go on to 45, as you mentioned, or 48, or you

may even end up fasting for an extra day than planned, I think that's, for most people, absolutely fine, as long as you're well hydrated and you feel well. But if you're planning on doing a consistent, alternate-day fasting approach (we call this alternate-day fasting protocols), I personally like to call this or remind people I have written something called a 60/40 protocol. And the reason why we often talk about the 60/40 protocol is because I do think-- and we-- most of us that have experienced-- have been fasting for a long time and have worked with a lot of people, we find that people do best when they have a really good balance between eating days and fasting days.

[00:15:41] So your question is about how and how much you should be eating on your eating days if you're doing an alternate-day type of fasting protocol. That's what you've described very well here. So in order for you to get good results, particularly when it comes to losing weight with an alternate-day fasting protocol, you really want to have a good balance between your eating days and your fasting days. Now, your fasting days may have no meals in them like you've described (NOMAD, as they're called - no meals) or they may have one meal (OMAD, as often people will refer to this acronym. OMAD - one meal a day.) So if you're fasting, for example, like you mentioned, 45 or 48 hours, it might just happen that you break your fast mid-afternoon of the second day and so you end up having one meal to break your fast. The question is, should you fast a full day the very next day and do another 42 or another 48? I don't think that you should do that consistently. That does not fit very well with a 60/40 protocol. The 60/40 protocol stands for a percentile split between eating and fasting days. Because the week has seven days, you can't really do a 50/50 split so we do more of a 60/40 split, meaning that half the week, about half the week, four days you're eating and three days you're fasting, or vice versa. So that's more of a 60/40 type of protocol.

[00:17:08] If you're doing this consistently and if you put this on your calendar, you will notice that in order for you to sort of meet that 60/40, almost 50/50, protocol, at least three days of the week you should be doing two meals, okay? An eating day for us, when we're talking about TRE (time-restricted eating), we're normally talking about two meals about 5 to 7 hours apart. And we've talked quite a bit about this recently. Coach Terri and I did two podcasts where we talked about TRE and the importance of TRE, and the importance of eating full meals, and the importance of eating enough.

[00:17:45] So if on occasion it just so happens that you do one meal and then you fast again for a full day, I don't think that's going to cause any concern or any harm. But consistently, if you're doing a consistent alternate-day protocol, you will have better results if you have a really good balance between eating days (which normally means two meals) and fasting days.

[00:18:06] Now, if you're doing an alternate-day protocol that's slightly different than a 42 - two meal, no meal, two meal, no meal approach - which is one that people often do and we call that, sometimes call that, the gold standard. If you're doing my favorite protocol, as I call it, the two 48s, for example, then, yes, you may break your fast with one meal on the first day, but then you would eat two meals the next day before you go on to doing another 48-hour fast.

[00:18:33] So that-- if you put that on a schedule, that might sound confusing as you're hearing me, but if you write this down and you do no meal, then break your fast one meal, then have two meals, then, again, start over - no meal, one meal, two meal, two meal on the weekend - you will see that that will fit into the 60/40 protocol.

[00:18:53] And that is-- if you look through our resources (under Programs > Quick Guides), you will find some intermittent fasting schedules, example schedules for you to look at, and you'll see that most of these schedules, if not all, follow this almost 50/50, 60/40 type protocol where you will eat two meals about three days of the week and then you'll be fasting maybe the other four, whether it's one meal or no meal.

[00:19:18] I hope that makes sense. So, yes, you can have a meal to break a fast and then keep on fasting, but if you're doing that week in, week out, your, you know, your body will not have a very good balance between eating and fasting and you may not have the results that you're looking for.

[00:19:35] Back to you, Megan.

Megan [00:19:38] All righty. The next question is, "When you're new to fasting, what is the best way to start?"

[00:19:46] The best way to start is going back to the basics of how our grandparents and great-grandparents grew up, eating three meals a day with no snacks in between. This is insanely hard in this day and age because food is just everywhere. It's all over your house, it's all over your office, it is just everywhere - everywhere you go. You can't even buy a coffee without being bombarded by snacks and treats. So grazing and snacking is by far the worst habit that all of us have. And even with the absence of doing longer therapeutic fasts, if we all just stopped snacking and stopped grazing, went back to three meals and did daily 14-hour fasts as a result of that, well, we would have half the rates of obesity, metabolic disease, metabolic-related cancers. I truly believe that this is just the most important thing, is if we cut out snacking. And it's the most difficult.

[00:20:49] So what we recommend is you focus on this. Master this. We call it time-restricted eating. We've done a ton of podcasts on it towards the end of 2022. So I would really recommend going back and listening to all of the great benefits and strategies about time-restricted eating (or TRT for short), but that is the best place to start off, working on these mini fasts in between meals and after dinner overnight. So once you've mastered that, you'll it's really easy to naturally give up a meal. Most people give up breakfast. Some people choose to give up dinner instead. But what this results in is 16 to 18-hour fasts where you're just having two meals a day (again, no snacking or grazing). And once that becomes easier, then you can move into some of the 24-hour fasts or longer fasts if you wish to do so.

[00:21:43] Nadia, back over to you. I think this is a cool question about the kiddos and you're definitely one-- the one to tackle this.

Nadia [00:21:51] Yes. So I actually picked this question out of the bunch of questions that you guys sent over to us because, even though I do have to give you a very quick disclaimer (like I did at the beginning of this podcast today) about fasting for lactation or pregnancy and breastfeeding, I also have to give you a little disclaimer. We do not recommend fasting for children. We do not have clients in our program that are children. We don't see or treat anyone under at least the age of 18.

[00:22:20] But I decided to tackle this question because I have two kiddos, as Megan said. I have two girls (they're 12 and 9) and I have to tell you that this is absolutely the most challenging-- I just want to say this for the sake of everyone listening. I talked a ton about this yesterday in a meeting, Community meeting, and I talked a ton about this with a whole

bunch of our fellow Community members. This is without a doubt the most challenging-- this has been the biggest challenge of my life, has been deciding what to feed my kids, how to feed my kids, deciding what's best for my kids.

[00:22:56] And so, first and foremost, I am not giving you any fasting advice here, okay? Nor am I telling you how to feed or what to feed your kids because our program, Megan and I, I definitely do consider myself a fasting expert, but I do not consider-- our program is not geared towards children, okay? I just want to make that very clear so that nothing is taken out of context here. I don't want any of you to misunderstand any of what I'm saying and later become really confused and find this to be very contradictory. We do not under any circumstance recommend fasting for children. Not my children. Not your children. Okay?

[00:23:35] But I too, like you, find this to be a huge challenge. And of course, as a mother, this is the biggest focus of my life, is, you know, keeping my kids healthy and happy, of course. So very understandable that you will be-- that you are confused and that you find so much conflicting information, because I do as well. I know you hear the same things that I hear. You know, kids should eat every so many hours and they should eat, you know, a tremendous amount of carbs. What's healthy and what's unhealthy, quote unquote, becomes really blurry and really, really confusing. Okay?

[00:24:11] So, you ask a couple of very, very important questions. I'm just going to give you some of my experience and some of my takeaways, because I'm still learning and I'm still working on this myself. What I think, without a doubt, is that children should be eating whole foods, real foods, whenever possible. I think the biggest challenge, the biggest problem, that we face as parents when feeding our children is the processed food that they are constantly exposed to at all times. Okay? So whether you decide to give your kids three meals, four meals, five meals, snacks, no snacks, that's going to be very challenging. I just want you to know that if you're finding this challenging, I also find it challenging and so does everybody else.

[00:24:59] As your kid starts to grow and, really, even when babies are little, I think that it's really wise to look at the kind of food that you make available to them. This is what I try to do. Choose the best (at least within your control, within your home) and nutrient value, whole foods that you possibly can. When children eat real, whole foods, they tend to be less hungry less often and snack less often. So, naturally, you will see that if your child is eating more whole foods, less processed foods, they will feel like snacking less often.

[00:25:38] I still think that food should be available to children, within reason, because children go through different, as you probably notice-- look back to when your child was a baby, when your children were babies - there were times where your baby wanted to breastfeed more often and there were times where your baby could go a little bit longer. And that has to do with a lot of factors, different factors, including sort of the growth spurts and sort of their natural development. So children-- and also depending on their activity level, depending on hydration, depending on so many things will need to eat more or less. So the best that you can do is provide whole foods and then sort of keep an eye on their eating patterns.

[00:26:25] I definitely think that most of us no longer grew up, as Megan mentioned, in the more primal, more primitive sort of lifestyle that many of our ancestors did, in that they had full meals. They had maybe three meals, maybe even less. I come from a country-- I come from Mozambique, as you know, and all over Mozambique, people still live in very rural

areas and it's still normal to eat, of course, less meals less often than it is in more developed countries. So there are circumstances all over the world where families are eating maybe two, maybe three meals, and sometimes even less. So I do think that children can thrive, they can develop, they can grow by eating full meals and not eating snacks, but I also think that at times children will feel hungrier and will need to-- will feel like they need to eat more often.

[00:27:24] So I think restriction is something that you probably want to avoid when it comes to your children restricting real foods. I highly encourage you to do your best in making real, whole foods available. Not that you can totally-- and I noticed this myself. I cannot totally avoid that my kids are exposed to a whole bunch of junk and processed foods. And when they do eat those more junky or more processed foods, they are hungrier more often and they want to eat more often. So the best thing that you can do is when your child is hungry, to provide them with whole-food options. Okay?

[00:28:03] So I did not-- I know I didn't tell you, "Three meals, two snacks," or, "No snacks," because I don't think that there is a black and white answer to this. And for now, I'm going to leave it at that.

[00:28:13] I do have-- it's funny because Megan can see me. I know you guys can't see me, but behind me-- I was telling my group yesterday I did this for myself. I have not done this presentation anywhere. This is not part of my job, but my whiteboard behind me has a childhood obesity, just full-- like, I've just scribbled all over my whiteboard about, you know, what causes it, the treatments. And this is because I'm trying to figure this out myself, for myself and for my children.

[00:28:43] So this is a very common question. It is one that I sometimes do talk about, but more from a personal standpoint versus a professional standpoint. We are focusing on adults with insulin resistance and metabolic syndrome here. What you want to do as a parent is you want to basically do the best that you can with your own choices and diet so that your children can have really good examples for them to follow in the future. Because right now they are going to have different needs than what you have. So not an easy answer there, eh Megan?

Megan [00:29:18] No. It's complicated and it's really scary. I think actually by the time this podcast-- or maybe not by the time this podcast airs. We do have to have record these in advance, everyone. But I will be gearing up for an embryo transfer to start my family in the New Year and I'm just constantly thinking, you know, now that it's-- right now, Nadia and I are presently around the Christmas holiday. So again, we do have to record these in advance. And just looking at all of the traditions people have with kids and all of the stuff available-- there is a Montessori school across the street from where I live and just seeing the kids coming in with their abundance of holiday treats, it's just a little bit alarming. And it's really made me think, "Oh my gosh, you know, what an example I need to be," because my kids-- you know, that there's this erm-- I just stopped talking mid sentence but there's this incredible, incredible psychologist - Dr. Edith Eger. If you have not learned about this woman, you need to learn about this woman. Her story is unbelievable. She's a Holocaust survivor. She's based in San Diego now. And she says that your kids aren't what you say they should do, your kids are what you do. So you can tell your kids it's good to exercise but if you don't exercise, they're not going to exercise. If you tell your kids it's important to eat well but you're eating sugar, they're gonna eat sugar. And I actually heard her say this on a Rangan Chatterjee podcast. I was walking my dogs and it totally shook me to my

core. And then I went and I ordered all of her books and I did an online course that she was doing. But it was just so eye opening.

[00:31:06] So, you know, thinking about-- there's certain, quote unquote, 'food indulgences' I would let myself have during various holiday periods, and I'm really kind of shifting my perspective on that. You know, do I really want to have that one cup of hot chocolate Christmas Eve anymore? Is that really the identity that I want to have? You know, how would I feel seeing my kid drink that stuff?

[00:31:31] So anyways, it is so complicated. It is really tough and I so feel for parents who have learned about this way of eating after the fact or, you know, learned about how it can affect kids at a young age, kind of afterwards. You know, my parents are obviously very knowledgeable about this now. And, you know, I feel like I see it in my dad, like if he only knew. You know, I've just gone through a few rounds of IVF for egg retrievals because my egg stores are low because I had PCOS when I was younger. And my dad's just heartbroken that this is, you know, what I'm going through now at 38, based on choices. And you just do the best that you can and you just try to be an example and model change but is so hard. I feel so much for parents. There's so much working against you, too, no matter how much good you're trying to do at home. So anyways, tough stuff. We could do a whole episode on this, I think. [laughs]

[00:32:35] I will hop into the next question. "For weight loss, you previously mentioned that 16/8 is not enough. I would like to try the 24s for a month and if I'm still not losing weight, then I'll move to 36s and so on. Please give me some insights about what I need to do, or not do, to successfully fast for longer than 16/8."

[00:32:58] Just start gradually. You'll see a lot of the protocols (even that we have online in our blog) will demonstrate a 24-hour fast is something to be done three times a week. You can just start with once a week. And when that starts to feel easier, you can start doing twice a week. And when that feels easier, then you can start doing them three times a week. We don't want to be doing 24-hour fasts more than about three or four times a week when weight loss is our goal. Once those fast start to feel easier, then you move into the longer ones.

[00:33:30] So we really treat this fasting like a muscle, right? You might want to do bicep curls with that 50-pound dumbbell, but you can't start there. You start out with that 10, 15-pound dumbbell. And once that becomes easy, then you graduate to the 17.5 or the 20-pound dumbbell, and so on and so forth. You just keep showing up consistently practicing, and once it becomes easier, then you graduate to the next step.

[00:34:02] Having some of the fasting aids and fasting training wheels can help too. A lot of people shy away from bone broth when they're new to fasting, and I think this is just crazy. If your insulin levels are high, they're really going to come down fast when you change your eating and you start to do some of these longer fasting, especially once you get into the 24s and the 36s. When the insulin comes crashing, you're going to lose a ton of water, you're going to lose electrolytes. It won't always be this way. So why are you going to suffer through your fast needlessly and not rehydrate yourself? I mean, at the end of the day, you're just causing your body stress. We don't want to cause our body stress. Use some assistance, use a training wheel.

[00:34:48] We don't throw a three-year-old kid on a two-wheeler. We put them on a tricycle. Once they learn how to ride the tricycle, you know, once they approach

kindergarten, then we cut off the training wheels. We teach them how to ride the two-wheeler, but we give them that tricycle so they can learn the mechanisms. Their body can adapt, their balance can adapt, they can learn. And then we get rid of the train wheels.

[00:34:50] So just because you're starting off with some bone broth to help your body adapt, doesn't mean that you're going to need it forever and ever and ever, each and every fast. But I think it's really silly that people don't use it at the start. What ends up happening is they'll try for these lofty therapeutic fasting goals, but they're not hydrating, so they keep crashing and burning. Then suddenly it's three months down the road and they've just been chasing their tail in circles rather than leaning into some of the training wheels. Use them. That way, in three weeks, you won't need them anymore.

[00:35:49] When I first started doing 24-hour fasts, I drank so much chicken bone broth that I thought my body odor smelt like a chicken. Right? It was a lot. But what happened three weeks down the road, I didn't need it anymore. All of that broth that I made that was in my fridge had to go to my freezer.

[00:36:07] So give yourself that assistance so you can start building a consistent fasting pattern. If you don't like bone broth, you can have a low-carb, vegetable-based broth. You can have sugar-free pickle juice. You can have olive brine. You could take a pinch of salt and put it under your tongue, or in your glass of water, in your cup of coffee. It's great in your cup of coffee because it cuts down on the bitterness, which enables you to have coffee more black rather than adding in a lot of creamers or sweeteners to make it more tolerable.

[00:36:40] So give yourself permission to use some of those training wheels, just like you would put that toddler on a tricycle. And once you've got your fasting rhythm, then you get rid of the training wheels and you ride that two-wheeler. So, you know, you let this happen gradually. Let yourself use the training wheels. I don't love the terms 'clean' and 'dirty' fasting. I think something's really wrong with that. I wish we could eradicate them from the fasting community. You use them if you need them, and you don't use them if you don't. And that's the best strategy for weight loss.

[00:37:16] All right, everyone, thank you so much for joining us for another Q&A episode. We'll be back soon answering more of your questions, but we will get through them, everybody, so hang tight and we'll see you again next week with another episode of The Fasting Method podcast. Bye for now.

Nadia [00:37:35] Bye, everyone.