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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.

[00:00:42] The use of any other products or services purchased by you as a result of this podcast does not create a healthcare provider-patient relationship between you and any of the experts affiliated with this podcast. Any information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. All right. And now we'll get started with today's episode.

Nadia [00:01:19] Hi, everyone. My name is Dr. Nadia Pateguana and I'm here today to do something fun, something a bit new for me. I've never done one of these Bitesize episodes before, but I'm going to give it a try. So, when thinking about what I really wanted to talk to you guys about, I think it will be no shock to any of you that know me to know that I want to talk to you about... drumroll... TRE!

[00:01:44] So what does TRE stand for? Time-restricted eating. I think that this is something that you, hopefully, have heard about over and over and over again. I am a big fan of repetition. I think I say this in almost every single episode. I think that the only way that we can learn things, I think the best way to learn things, I think the only way that we absorb information is if we just keep hearing the same thing consistently over and over again. And in this particular case, we're pretty lucky because there is a significant amount of anecdotal and clinical evidence that really backs and supports this 'theory', quote-unquote, of TRE (time-restricted eating), and this is the reason why TRE really is the epitome of intermittent fasting, and it is the foundation of what we're trying to achieve here, okay? Every single one of my coaching clients, during our first session, has to sit through an entire lecture of me talking about TRE, time-restricted eating, what it exactly means, and why I think it is necessary that we give it the importance that it truly deserves.

[00:02:46] You have likely heard me say this before, but I've been [laughs] really trying to convince Megan-- I mean, I don't think it'll be too hard to convince Megan on this one, but I really do believe that one day I would love to have the opportunity to do a full masterclass on TRE. That's how huge I think that this step, this most important initial step, in this program and plan that I would like to help you guys with is, okay? So I often say this to my clients - TRE is the epitome of intermittent fasting, it is the foundation of what we're doing here together, it is the Beyoncé of the show, okay?

[00:03:26] What does time-restricted eating stand for? It stands for how we eat, so more of our intermittent eating pattern, more so even than our intermittent fasting. Megan describes it as having two meals with a mini-fast in between. It's really working on this idea that your eating days should look like a day where you consume one, maybe two, maybe three meals, as opposed to having eating windows. You may have heard Terri and I talk about this when we did our large podcast on TRE: Part 1 and Part 2. We did two parts on this so if you haven't heard it, please go back to those two podcasts where we talk about

this in a lot more detail. But one of the very significant things that we talked about and I think made a huge difference within our Community was changing the way that we talked about our eating days. So of course words have a lot of power. The things that we say to ourselves or explain to ourselves I think have a lot of power and it creates a lot of change.

[00:04:27] So thinking about your eating day as how many meals you're going to have rather than how long you're eating window is. I think many people, when they first came into the intermittent fasting world, they thought of their days as either a fasting day, where they didn't eat at all or maybe they had one meal, and then they thought of their eating days as just one large eating window. Maybe they gave themselves 6 to 8 hours of an eating window. And in that particular 6 to 8-hour eating window, they may have eaten throughout the 6 to 8 hours or they may have created two smaller eating windows where maybe they ate for a couple of hours during one eating window and then another couple of hours during the second eating window. A long, long time ago, at some point (and I can't quite remember when or where), I started to realize that this was causing a lot of detriments, and it was a huge setback for the clients that I was working with that were doing really well with therapeutic fasting or alternate-day fasts. And I started to realize that the critical importance of TRE, of time-restricted eating, was being overlooked.

[00:05:34] And so ever since then, you've probably heard me-- maybe even more times than what you would like, but you've probably heard me talk about TRE almost every single day in my meetings, in my individual coaching sessions, and always during this podcast. And for that, I created a strategy that is often talked about in our Community called 'plating'. If I could go back, I would probably call it something else at this point. But many, many years ago I called this mindful-eating strategy to help with TRE, with time-restricted eating, I called it 'plating'. And plating, for me, and I have a blog post on this. If you go to my website DrNadia.com, you will find a blog post there called 'Plating: Mindful Eating Technique'.

[00:06:17] Plating, for me, means that as I get ready for my meal-- not my eating window, I don't have specific eating windows. I eat two meals most days on my eating days, and these two meals are about 5 to 7 hours apart. As Megan calls it, this mini-fast of 5 to 7 hours between these two meals. And the duration of my meal depends. It depends on whether I'm eating by myself, whether I'm at a social event, but the most important thing is *how* I eat. And the way that I eat is by following this plating technique, which means that I will set the table around my plate. So I will eat in an eating place and I will set the table around my plate. I'll put every single thing that I think I want to eat. And that's a whole other conversation of-- what you eat is a whole other conversation. We are talking here about how we eat, so we're using TRE and plating as our guide for how we eat. And so I'll set the table, put everything that I want, including, you know, maybe it's a serving platter with whatever food I'm eating, and the side dish, whatever veggies I'm eating, along with it. And if I choose to have some low-carb fruits or berries or something after my meal, it's around there. If my meal has some nuts in it, it's there somewhere. I may serve my plate. And that's where the term 'plating' came from, is that I would say put everything on the plate or around the plate. And that's where plating came from.

[00:07:45] And then you sit down to eat that meal. You don't look at your clock. There isn't a specific eating window, per se, but you sit down. You don't eat at your desk, you don't eat on your couch, you don't eat while you're watching TV, you don't eat while you're working, you don't eat in your car while you're driving, you don't eat while you're cooking, you don't eat from a cupboard, you don't eat from the fridge, you don't eat from your cute kid's fork as they're shoving their food in your mouth, okay? You eat when you sit down in front of

your plate. Okay, this might sound crazy to you, but this is the way people, our ancestors, have eaten for a pretty long time. And so we started changing all that with, you know, busy lives, busy work, TV dinners and whatnot. I want us to go back to that. Whether you're eating on your own or with your family, friends, etc., you sit and you serve yourself on that beautiful plate and you start to eat from beginning to end.

[00:08:37] And when you're done eating, your meal is finished. And when you get up, or when you're about to get up, you ask yourself, like I ask my kids, "Are you done eating?" And if so, you get up, you clear the table (the plate and everything), and your meal is done. There is no eating window, there's no grazing, there's no mindless eating. Nothing. You just eat your full meal at that table for whatever duration of time you find appropriate. And once you're done, you're done.

[00:09:03] Now, I know a lot of you were going to say, "But what if..." "What if I get hungry an hour later, two hours later?" That's a whole other conversation for another time, because we would then have to address, well, what did you eat? And how much of each of those things did you eat? That's going to have a significant impact on how you feel an hour later, two hours later, until your next meal.

[00:09:22] All right, everyone, I hope you enjoyed this. I certainly did. And I can't wait to do another one of these Bitesize episodes for you sometime soon. Take care.