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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

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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 a very special guest - my co-author of The New York Times bestseller, Life in the Fasting Lane - Eve Mayer. Eve, welcome to the show.

Eve [00:01:35] Megan, thank you so much. And I love it when you call me a "New York Times bestseller." [laughter] One New York Times bestseller to the other.

Megan [00:01:44] It was really cool. It was the most positive thing, I think, for me, to come out of COVID. It happened right at the start of lockdown, but it was really nice. It was a little bit of a silver lining in 2020 to have this book be so successful because that meant we were going to help so many people.

Eve [00:02:02] Absolutely. So if you don't have Life in the Fasting Lane, [laughter] yeah, y'all got to get it, or go to the library and get it.

Megan [00:02:10] Well, you know, just to sort of recap how this book came to be. Someone got you hooked on fasting, or introduced you to fasting. And I know you thought it was crazy at the beginning, but then you had such great results. And what happened was I'd come into the clinic one day and our other author, Dr. Jason Fung, he walks into my office and he said, "This woman's coming from Texas. Her name's Eve. She's got this crazy story and we're going to have lunch with her," on this particular day. I forgot it was like the next day or the day after. And we met you [laughs] at this awful restaurant, [laughter] but our clinic was in the worst place ever. And I think we all had, like, burnt steak. It was the worst thing. [laughter]

Eve [00:02:57] That's exactly what we had.

Megan [00:02:59] And I was so blown away by your story, which is really the primary outline for our book. So that's my side of things, but we want to hear about yours. How did Life in the Fasting Lane come to be for Eve?

Eve [00:03:14] Well, I think it's weird that the book was started by a book, right? So it was The Obesity Code, which Dr. Suzanne Slonim, a dear friend of mine, suggested to me,

and I thought, "Oh, geez, why do I really want to read a diet book?" Like, "I've read some before. I've tried every diet, I've done everything." Like, "This sounds lame." But I respect her a lot, so I decided to read it. And as I read the book, I just got more and more angry and did a lot of anger fasting, right? Like, this guy has got to be a joke, you're kidding. Like, everybody has told me, every doctor has told me, every bariatric surgeon that I had been through had told me I needed to just eat less and more often, and smaller meals, and exercise, and all these things. And now here was Dr. Jason Fung and The Obesity Code saying kind of the opposite in a lot of ways. And I was just like, "This guy's a joke. This can't be real."

[00:04:21] So I think I fasted for a day and it went fine. And then I got really angry and I fasted for ten days. I didn't know what I was doing, didn't do it appropriately, you know, probably didn't have enough electrolytes. I cried every day, at least a couple of times, got very emotional and it worked. And I lost a bunch of weight and I felt pretty good, besides the emotional breakdowns, which had to do with the anger. I didn't die from not eating for ten days, I didn't waste away, all the things-- I just had in my head that if I didn't eat for five days, I would die. Like, I really just thought that that fact was true, which made no sense. There was plenty of fat on my body to use as energy, and I just never viewed it that way.

[00:05:11] And so I was amazed when it worked, and that's when I reached out to y'all, I think, initially, on Twitter and got excited and decided to come see you and Jason. Now, I have a whole story before that, right? I have all the failures and all the diets and all the surgeries and all-- everything before that, we can certainly talk about, too.

Megan [00:05:33] It was, I think, your vulnerability and your humor and sort of just talking about your past and being so open with it. Like, you've had bariatric procedures, like, all these weight-loss surgeries that everybody thinks are the answer, and it's just not. And you just had this incredible story. And that's what Jason said to me, "She has this incredible story. We've got to turn it into a book." One of the questions we get any time a book comes out of all of this is how does it differ from the others, especially the first one - The Obesity Code. Jason really wanted to share your story because it is the story that everybody deals with inside, but nobody really talks about - the journeys, the ups and the downs, and how it affects all aspects of a personal life.

[00:06:25] So there's a whole emotional component, too, in this whole journey that people have gone through that is never looked at in any of the books, or any of the literature, nothing anyone talks about. And, you know, we go in and we talk about the science of why something works versus why something else doesn't work, and, you know, some practical advice about how to do it. And I think that's what makes Life in the Fasting Lane so special. It's a great book to help people get started, and one where they can just see themselves in all aspects of your story.

Eve [00:07:00] Well, you know, I loved The Obesity Code and I loved the science, but sometimes I was overwhelmed. Like, sometimes it was a little bit over my head. I needed the information and then I would get lost in some of the science, and I wanted to add on to it. I wanted to tell that story of what it felt like to be 300 pounds, how I went down the journey of every diet and every magazine article and three bariatric surgeries. It was not one, but three. And I'm not saying that the bariatric surgeries didn't help me lose some weight. They did. They did help me lose some weight. I had Lap-Band twice and then I had gastric sleeve once. They helped me lose some weight. They did not help me lose all the weight that I wanted to lose. I would lose weight and then I would gain some of it back. They weren't a lasting solution for me, they were just what I had. They were like what I

thought was the desperate measure that after, you know, 20 years of trying to lose weight and trying to be healthier, I was broken and there was just no other choice for me. And so I kept on seeking different doctors who would tell me, you know, what the choices were. I also went to a lot of therapy, and hypnosis, and meditation, and everything that if I could just fix my hunger, if I could just be less hungry and feel better about setting goals, that I would do it. Like, I was so great at setting goals in every other area of my life - in love and family and business - I just didn't understand why I couldn't do it with my weight. I felt broken.

Megan [00:08:44] All of the other strategies out there are all based on the principle 'eat less, move more' - reduce your calories in, increase your calories out. They're just packaged differently. Some of them, you count points. Some of them, you eat a special dietary plan. You eat premade meals, you look at these fish diets or these smoothie diets or these meal replacement things, but they're all founded on the same principle. And it's kind of like going to Costco and walking to the toilet paper section. You've got the Kirkland brand, the Charmin brand, the Royale brand. It's all toilet paper, it's just branded differently, right? Kittens, bears [laughs] - it's all the same thing. At the end of the day, the kitten toilet paper and the bear toilet paper do the same thing. And that's what we get with all of these calorie-restriction-based diets. But that's what they tell us to do. Those are the guidelines. Those are the recommendations. It's what our doctors, dietitians, and nutritionists, largely, tell us to do. It's just insanity to do the same thing over and over again and expect different results, but that's something that mainstream healthcare and these government organizations that helped set these guidelines, they just don't recognize yet.

[00:10:01] And I'm wondering, for you, with your experience, trying all these things, having these invasive procedures, doing all this stuff, and spending all of your time, like, time and money for a long time trying to conquer this. You know, we talk about fasting really targeting the hormones and the root cause of the problem, but so many people have that fear that history is just going to continue to repeat itself with fasting. How did you transition from those diets into fasting, and deal with those past ups and downs of calorie-restriction dieting?

Eve [00:10:36] So with The Obesity Code, as soon as I read it, I dove into fasting, like I said, right, I did this ten-day thing, which I don't recommend unless you're being monitored, you have something like The Fasting Method, you're at a fasting retreat with people you believe in, you have education. I did these things at first without that and I regret doing it like that, but it did prove to me that it worked. And then I went and learned more from The Fasting Method, and learned more online, and learned more from you and Dr. Fung on what I should really be doing and how I should be doing it, and got much healthier in my process.

[00:11:14] I remember one thing you told me that really pissed me off and turned out to be true, [laughter] like, really pissed me off. It was so emotional for me when I did fasting, and one thing you talked to me about was magnesium, but that's not what pissed me off. [laughter] What pissed me off was, I said, "When is this going to get easier?" (I don't know if you remember this) and you were like, "It usually takes about two years to, like, really have your fasting muscle built up and really be comfortable. Like, Eve, you're (Gosh, I don't know how old I was at the time) in your forties and you've been doing all these other things, these other ways, and you can't really expect that fasting is just going to be easy overnight." For some people it is, but, obviously, for me, it was not. Like, I read about the people who are unicorns and they're like, "I feel better fasting than eating," and I'm just so frustrated that I can't be those people.

[00:12:07] But when you told me it was going to take two years to really feel comfortable, it turned out to be true. It took me two years of practicing with intermittent fasting. And I didn't do tons of long fasts after that. I did one, guided by you, which was amazing because I had coaching from you every day with this ten-day fast that we did, and we did it all on video and recorded it. You can see it at fastinglane.com [link in notes], but I couldn't believe something would take two years long. And I don't know why. Like, it took me time to gain weight; it took me time to get to 300 pounds. There's no reason that it shouldn't take me time to learn new ways to do this.

[00:12:43] So my transition was with a lot of anger [laughter], a lot of therapy, a lot of coaching from you. It was not a smooth process. And then in the midst of all this, I wrote this book because, I don't know, I feel like it's really easy when we hear these stories-- and I've come around a little bit and I'm happy now for people who have an easy time fasting and, like, I can accept that that is actually true and they actually love fasting more than eating, and they've had all this success, and they've lost all this weight, and it's been easy for them. I accept now that's true. I used to not. But for me, it wasn't true. Like, it was very difficult, but it was the solution to the thing I had been struggling with my entire adult life. I don't know a lot of things worth doing that aren't somewhat difficult.

[00:13:37] On the other hand, the weight came off more quickly than anything else I'd ever done, and stayed off permanently. Well, I mean, I'm not going to say, "Permanently." I have gone up and down, right? And we can definitely talk about COVID and-- I think you always think that when you lose weight, it's forever and you're just done, but that was not my situation. So now I can't even remember the question you asked me. [laughter] It was a really good question.

[00:14:00] What was my process? I think that for me, I needed to mentally go through this and adjust. And when I stopped my eating addiction, I had to deal with so many mental issues or frustrations that I had usually dealt with with my eating, by food. And that was hard. It meant more therapy, it meant more work on myself, it meant more meditation and reflection. Whereas I think when you're eating, at least for me, when I was eating lots of little meals per day, there would end up being some bingeing, a lot of times. And the last meal of the day would not be a little meal because I was still hungry. And I guess having them throughout the day was just making me hungrier. And so it would lead to bingeing, and that bingeing was the way I would deal with my mental issues. I didn't really deal with them. I didn't really understand what I needed in life or who I was. So it was a pretty deep process for me.

[00:15:02] I do like fasting more now. It's been-- I guess it's been four or five years now that I've been doing this. It's pretty easy. I don't mind it. It's not a big deal, whereas it used to be such-- in the beginning, the first couple of years, it was such a big damn deal. And now I look back and I'm like, "What? What was--" I guess it was all the years of dieting, like-- I don't know, Megan, you tell me. Why was it such a big damn deal?

Megan [00:15:27] Well, I think something that you wrote in the book that I talk about all the time is that when you realized that food was your best friend - you celebrated with food, you nurtured yourself with food, when you were bored, you hung out with food - and you had this realization and it was just like, "Oh, my gosh," you know, "How do I fill these voids?" or, "What do I do when I celebrate? How do I celebrate without food?" And that leaves you feeling really lost. And that's sort of where the two-year thing came in.

[00:16:01] My relationship with food took several years to work itself out because food was also my best friend, and I didn't realize that till you wrote it in our book, but I struggled with that. I had to find ways to celebrate myself that wasn't pizza, you know? I had to find ways to enjoy theme parks without funnel cakes. You know, I had to find ways to console myself when I had a fight with my significant other, or I had a really bad day at work, or a patient in the nephrology department passed away. All of these things in life happen, and when we think about it, we go for food. Even nurturing others. I was nurtured with food from my parents, my aunts, my uncles, my grandparents. And when I've got people around, I find myself instinctually wanting to nurture them with food, and, no, that's not okay. You know, this year we have some people coming over for Christmas that are different. You know, we're living in California now, we don't have family here, we're unable to go home. My father-in-law is coming, but we have other friends that are coming. And I find myself, you know, wanting to fill their stockings up with things that I grew up with my stockings full of because they don't live this lifestyle, but I don't really want to do that to them because I want to show them that there are other things that can fulfill them, you know, on Christmas morning. But I find that instinct, you know, it's like, "Oh, it's their Christmas. This is time for indulgence." And it's just like, well, that doesn't really go with who I am today and my lifestyle. So it's just so weird. Like, we are just so taught and conditioned to nurture and celebrate and to really let food be our best friend.

Eve [00:17:48] Yeah, I'm from Louisiana, and Louisiana, I think, has some of the best food in the world. Not best for you, but the best-tasting food [laughter] in the world. My mom is an amazing cook and we still, on holidays, celebrate-- I think that's something I learned from you is like that balance between celebrating and having something special. And recognizing that it doesn't have to be Christmas season, it could be Christmas Day, and it could be Christmas Eve, but it doesn't have to be the month of December, which definitely used to be what I would do. I would party, I would indulge the month of December starting, you know, halfway through November because it's almost Thanksgiving, so maybe a little bit longer. And then it would linger because my birthday is in February, so, you know, you might as well just carry it over. And then now you're looking at months and months and months. So I definitely still take the time to feast and indulge in some favorites. And I still love food. I don't get as excited about food as I used to, and that, once again, took years to happen. I'm still excited about it, I'm still a foodie, I still like to eat when I travel, but it's not my best friend anymore. It's, you know, it's not what I turn to as often for comfort. I'm not going to say never, but definitely not as often.

Megan [00:19:11] Let's talk about COVID. So April 7th is when our book came out. I think the world locked down about a month beforehand. There was some good motivation, but then it went on and it went on and it went on. And at first, I thought, "Okay, everyone's going to stay home for six weeks, then we'll move past this." [laughter] And that did not happen. And I think we all kind of tuned out and disengaged a little bit from some of our online communities and connections with other individuals. So, I mean, this is one of our first real catch-ups since all of this craziness started, once we finished doing some press stuff for the book. So what has happened in the last couple of years, and how has it adjusted your routine with eating?

Eve [00:20:01] Well, at first, with COVID-- you know, we had great success with the book. Life in the Fasting Lane was a New York Times bestseller, we were talked about on Good Morning America, you know, life was pretty great. It was all over the place. But I think that I felt sad because we were going to be in-person with a lot of people and help a lot of people about that book, and we didn't get to do any of that. We were all at home and everybody-- not everybody, but a lot of people were trapped due to their particular

situation. My mom was immunocompromised, so we were extra, extra careful and really stayed home most of the time and only saw my parents. And I became very depressed and very lonely. I started a new company in the midst of all this, which was really something that helped me a lot, but I stopped fasting during a period of time of COVID, not the whole COVID, but I definitely stopped fasting.

[00:20:59] And I can tell you, when you don't fast, it doesn't work, right? So it's a really easy thing to figure out. I went back to using food for comfort. I gained weight. I did use it some as my best friend because I didn't see my best friends, and it did give me some comfort. You know, like, I have to admit that there were times that, during COVID, I was so sad that it did give me comfort, but the problem was fasting-- not really a problem, but it seemed like the problem was fasting had changed how I viewed food. So for the first time, even though I gained weight back, I didn't gain all the way back. I gained a little bit of weight back and I, after a period of time, started just trickling fasting back in a little bit, like just ate breakfast a little bit later-- I had gone back to eating breakfast, lunch, and dinner. I just say breakfast a little bit later, just made some better choices that were lower carb, just ate little bit better - you know, whole foods. And then it just (because I think it had been a habit for a couple of years) started coming back on its own because I liked that lifestyle better and the magic of food was kind of gone. It wasn't at the level it used to be.

[00:22:22] So COVID was a really rough time, and I think I was embarrassed because here we had written this book, *Life in the Fasting Lane*, and I just expected to be perfect after that. I just expected that I would never gain any weight back, that I had figured it out, that I had the solution. And I wanted to be a role model, like, I wanted to be a fasting role model of somebody who had struggled and figured it out and was perfect. I felt ashamed that I didn't feel like that role model, but there was no chapter in this book on this situation. There was no chapter in this book on COVID. It was not something we had ever experienced before. It was not something I was equipped to handle. You know, being at home for almost a year with my family, as much as I loved them, was hard. And I did turn to food and I did gain weight, but after a period of time, fasting came back. I lost the weight, I felt better about myself, and it wasn't nearly as hard as it was the first time. It was just a natural progression back to what I had done, and I think I was really surprised that it came back so easily.

Megan [00:23:31] It's like a muscle, and once we start getting in the groove again and getting back to the basics, it gets conditioned and you're able to exercise it and start to feel really good. I think so many people struggled with COVID. You know, even in the Ramos household, we started the pandemic living in Toronto, Canada. We ended it living in the San Francisco Bay area of California. [laughs] So our first year we were in Toronto and I had my support. You know, we had our little group that we had in our bubble, I knew where to walk, I had things set up in my house - a place to work out, a place to meditate. I had all these tools. And then at some point during that year, we decided that we were moving here, or my husband was moving back here because he is from this area and I was going to come with him and we started the immigration thing. And then December happened. We moved at the end of December. And I joke, you know, I'm 38 years old and I'll say, "This move was the most adult thing in my entire life." The emergency immigration situation because things were backed up with COVID, selling our home, trying to find a place to live in a country that I couldn't even visit because the border was closed until we went to move, preparing all of our belongings to cross through customs, arranging car transportation, getting dog travel certificates. Like, it was just nuts! Planning a journey across the country around snowstorms and at dog-friendly hotels and stuff, it was just all totally wild. Getting

temporary insurance set up because my husband's stuff wasn't going to kick in until like February, for us.

[00:25:19] It was just-- it was intense, and I went to snacking. And I thought, "You know, it can't be that bad. All the food in my house is really good food. There's no bad sugars, there's no bad fats." But the weight started to creep up. And then I landed in America where COVID was not a thing, here, and there wasn't the lockdowns, and I got to socialize with people and go out and do things. And the next thing I knew, the scale was up 12 pounds. In me, this woman who just became a New York Times bestselling author and is supposed to be this fasting guru. But life happens. Our journeys are never, ever linear, but we always go back to our basics and we work our way back to where we need to be. You had a big move during this pandemic, too. How did that change your eating and fasting strategies?

Eve [00:26:05] I actually didn't move until just a few months ago, so I kind of felt like COVID was, not over but, better, right, getting better. But, Megan, I didn't know you gain weight. See, that's always my impression of you, that you never freaking gain weight, and that makes me feel so good that you gained weight. [laughter] It makes me feel so good that I was not the only one struggling over here and not the only one doing that because I feel like you're-- because you're this coach and this expert, that you never fail. And I have always felt good when you tell me-- and I know your history-- in *Life in the Fasting Lane*, you talk so much about it and you-- and your failures make me feel so much better about you being a coach because I fail so often at fasting and losing weight and being healthy and all that. And I'm sure we're not supposed to call them 'failures'. Whatever! [laughter] But your experiences helped me feel seen and helped me feel understood.

Megan [00:27:04] Yeah, I think it's, you know, really focusing on the lessons from it. So for me, it's kind of, you know, April, May, April 20 21. And I was like, "Okay, this needs to stop. You need to get your feet back on the ground," and just thinking about, "Okay, what is my process?" And then, "Okay, that's great. I can learn from this process and I can share it with everybody because so many of us are going to be in the same boat and we can all get on our fasting and nutritional footing again together after all this craziness." And very ironically, catching COVID was one of the biggest things to help me get back-- [unintelligible] [laughter]

Eve [00:27:40] Really? What happened?

Megan [00:27:42] I ended up having to do an extended fast for like five days, and I now weigh less than I did before the pandemic. [laughter] So it was a forced extended fast, unfortunately. So the problem ended up being part of the solution. [laughter]

Eve [00:28:01] That's amazing.

Megan [00:28:03] Is just-- it's life, right? It's such a bizarre past couple of years, and it's still a bizarre time, but we're all, you know, getting through it and, well, you know, optimistic for 2023.

Eve [00:28:18] Yes, please let it be an amazing year for everybody.

Megan [00:28:23] So, Eve, you've got a teenage daughter at home, she recently turned 16, and you've got a wonderful husband at home, too. How has changing your lifestyle affected your family?

Eve [00:28:35] My family fast as well. So I'm very fortunate that we'd always fast at the same time. Like, my husband recently has been fasting for 24 hours and I'm more of an 18-hour faster. But he put on some weight during COVID and he decided enough was enough and now he's going to get serious, and so he's been doing 24 hours, 36 hours. And we just naturally, in our way of life, just eat lunch and dinner, and so usually do 18 hours of fasting and 6 hours eating with just two meals and no snacking. And so that's just natural for us. It's really, really weird to have breakfast. Maybe there would need to be like a celebration or a holiday or something like that, or an envie. You know what an envie is? When you're really craving something, you've got the envie for something. [laughter] We really would have to have something like that, really serious going on.

[00:29:28] My daughter, too, who is 16, fasts. I know that some people feel maybe that's too young, but she started struggling a little bit with her weight, and I didn't suggest it, it's just what she'd seen me do. Also, she doesn't eat gluten. She has an analogy to gluten - something that you helped her discover through an elimination diet. Thank you so much. And really is too lazy, and I'm too lazy to pack her lunch for school, and they don't really have many gluten-free options, and the ones they have look pretty gross. So she basically just goes to school in the morning, typically doesn't eat unless she feels hungry. Or if she feels hungry, she'll usually have some gluten-free avocado toast. You know, get some good fats in there. Or she'll have a smoothie that she'll make. Otherwise, most mornings she has coffee and she doesn't eat until she gets home from school, which means a lot of times dinner is very early for us, right, around like 4:30. Sometimes we'll eat after that, but not always. So I've been very lucky that my family likes fasting, does fasting, kind of followed when I did it. They never did like multi, multi-day fasts. They were never-- neither one of them were into that, but they definitely do intermittent fasting.

Megan [00:30:42] Thank you for sharing about your family. We get asked about teenagers all the time and, you know, I think parents always have the best intentions, right? Like, my parents are super intelligent people, really successful, super great parents. They did the best they could with the information that they had. They followed all the guidelines from the pediatricians, but, you know, they were told that fast food was food, and they were told that soy-based, corn-starch formula was good, and, like, all of this stuff, and low-fat, skimmed milk. So, I mean, they do-- and so a lot of parents, they do their best. And then information evolves. They learn more and then their kids become interested, and they're struggling because, you know, they grew up eating this certain way and they want to change things. And, you know, people ask us about fasting kids all the time. We don't work with kids, but, you know, think back to grandparents and great-grandparents, and how they grew up. They did not grow up eating a hundred times a day.

[00:31:45] You know, Jason-- he shares this on some interviews, podcast, presentations, but this was years ago, one of his sons. He's like, "You know, the kids get up, they eat, they go to school, they have like a second breakfast, nowadays. There's some sort of snack in the morning, there's lunch. You're expected to send your kids with snacks, too, for lunch, not just their lunch. Then the school provides an afternoon snack, then they come home from school and they have a snack, then they have dinner. Then they go to soccer practice and there's a snack - there's a rotating list that parents have to bring snacks. And then the kids get a snack before bed. Like, when in human history, have children ever eaten this much?"

[00:32:24] When I first started fasting, my parents thought I was a lunatic and had an eating disorder, but my grandmother was my only advocate. You know, she said, "We'd

wake up in the morning. Sure, we'd have breakfast, but there were no snacks. We didn't go to school with a snack. Maybe we got an apple once a week with our lunch. We didn't get an afternoon snack, and we sure as heck didn't get a snack when we got home from school, we had to save our appetites for dinner. Then we ate at 5 o'clock, we didn't eat at 8 pm, and we weren't allowed to snack after dinner because that meant we didn't eat enough broccoli at our meal." They grew up eating three square meals a day. And on family dinners on Sundays, there'd be desserts, and on special occasions, there'd be things like cookies or potato chips, but they were not an everyday thing. And she said, "Once those potato chips and cookies were always in my pantry and they became an everyday thing, that's when I got sick and I developed disease. That's when your dad and your aunts and uncles, you know, started gaining weight and developing disease, when all of this food was available all the time." And there's this constant need to feed kids.

[00:33:33] So my husband, Angel, and I were visiting friends in the UK, and their kids went to the same school that Prince William's kids were going to, his two oldest kids. So this was not your run-of-the-mill, you know, tax-funded school that served socioeconomically challenged individuals. We're talking royalty. We saw Prince William there that morning dropping off his kids when we went with our friends. And they were handing them out breakfast as they walked into the school. All of these kids ate at home, all of them had chefs at home, all of them ate very well at home. Why did they have to have a second breakfast? This wasn't a neighborhood, this wasn't a school where maybe kids didn't have an opportunity to eat. They were literally handing out these breakfast sandwiches to these kids as they're walking into school. So it's just crazy, this constant need to always feed kids.

[00:34:34] So, you know, our kids, when we have them, hopefully, we're having some kids in 2023 is to feed them their three meals a day. You know, and they can change things as they get older, and that's fine, but really not to make snacking part of their routine. So I think it's so great that your daughter's recognized that, and has really payed attention to the foods that make her feel good versus the foods that don't. That's really cool. And, you know, she's 16 now and she's going to be thanking you so much at 36, and 46, and-- [laughs]

Eve [00:35:05] I'm so proud of her. The fact that she-- she seems to get there herself on just about everything in life. Like, if I just wait a little bit. If I think, "Oh my gosh, I really wish she got this thing about this," I swear, a few months later, she just gets there on her own. So I'm really grateful, I'm really fortunate, and I'm just so thankful for who she is.

Megan [00:35:31] Well, you've led by a really great example, too, as her mama.

Eve [00:35:34] Aw, shucks, Megan. [laughter]

Megan [00:35:38] What is next for Eve and her fasting journey, nutrition journey, life journey?

Eve [00:35:45] You know, being a person who weighed 300 pounds, my goal was always 195. And I'm right at 195. During this journey over the past four years, the lowest I got was, like, 184, 185. And that was very exciting and I'd love to see that again. But I'm so damn happy at 195. Like, I think I'm really hot, which is important. Don't let anybody tell you different. And I'm healthier than I've ever been, which is also very important, and I'm sure nobody says any different from that. But I would like to stay it this weight. I would like to do as little work as possible to do that.

[00:36:25] So I do go work out three times a week. I do lift weights three times a week now. I used to hate exercise and now I kind of like it. Oh, there's like this hydro massage thing at the gym that I let myself do for ten minutes. It's kind of like a water-massage chair thing. So after I lift weights, I get to do that for ten minutes and that's my reward. So I think maybe that's my motivation for working out now, I'm not sure. But I definitely notice a difference in my mental health. If I don't go to the gym, I'm definitely not as mentally healthy, not as happy. I have more muscles and I like to measure my body composition pretty often and get that information because it makes me feel good about the weights I'm lifting.

[00:37:08] But I, typically, just eat lunch and dinner, and I don't snack, and it's easy. One of the things we talk about in the book is intermittent fasting, different schedules that you can do, and the fact that more fasting is not always necessary. So I think at the beginning, I thought, "Man, if I can do ten days, I'm a champ." Not everybody needs to do that all the time. Like, sometimes if you can just skip breakfast and not snack, maybe you can hit your goals. In *Life in the Fasting Lane*, we talk about being as lazy as possible. [laughter] I talk about that, right? Being as lazy as possible and doing as little work as possible. And that concept has really worked for me.

Megan [00:37:50] Well, thank you, Eve, so much for joining us here today. You've mentioned our book, *Life in the Fasting Lane*. You can get it everywhere you can get books, and it's all over the world. I mean, like, over 30 languages or something like that. And you've talked about the YouTube channel where we have that video series of our ten-day fast. Is there anywhere else where people can go and learn about your journey?

Eve [00:38:13] No, that's enough. [laughter] They can see it there. Read the book. I think it's a really great book. To have Jason's opinion and medical background, and to have Megan's real-life experiences and scientific background, and then just me talking about goal setting and the reality of what it's like to go from being so overweight to being where you want, I think the best resource is the book.

Megan [00:38:37] Thank you, Eve. Thank you for joining us. We hope that you have the best year ahead in 2023. Good health, happiness, hotness, all of the wonderful, wonderful things, but thank you for joining us today.

Eve [00:38:52] I hope next year, Megan, you have cute little babies and I'll be so glad to see them. [laughter]

Megan [00:38:57] We're working on it. I'll keep you posted. [laughter]

Eve [00:39:00] Perfect. Thank you, Megan.

Megan [00:39:02] All right. Well, bye, everybody. We'll be back next week with another episode. Until then, happy fasting.