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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.

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

Terri [00:01:19] Welcome back to another episode of The Fasting Method podcast. This is Terri Lance and I am, of course, joined by Megan Ramos today. Megan, how are you doing?

Megan [00:01:29] I'm doing all right. Incubating this baby who is having a growth spurt right now. Super strange feelings in my body I am not used to. [laughs]

Terri [00:01:40] I bet, pushing up those ribs.

Megan [00:01:42] Yeah, I think they're going to start flying out of my chest any moment. So we'll see how interesting this podcast gets. [laughter]

Terri [00:01:50] All right. Well, we wanted to come to all of you today to share a little bit about how the rest of the summer is going to go here with The Fasting Method podcast, to tell you a little bit about our plans, the schedule, and what you can do to stay connected throughout the rest of the summer.

Megan [00:02:08] So usually we take the month of August off from airing new episodes. This gives us a chance to regroup a bit and focus on our fall plans at The Fasting Method and with the podcast. I've also got to get ready for the baby. I know Terri is moving this summer. Nadia's got her young girls home from school, so August is a hectic month for all of us. But we are going to be introducing some unique bitesize episodes this summertime.

Terri [00:02:43] I'm really excited about that, Megan, because I know a lot of people really like the podcast episodes and, you know, those come out at the beginning of the week, but sometimes people are ready for something else at the end of the week. And so what we decided to do is just to sample some shorter episodes. So it won't be more than one of us. It'll be just one of us coming to you for those bitesize episodes. And we're going to maybe pick either a topic, a little bit of a hot topic that we want to address. You can imagine mine might be mindset topics. And some of them might be a couple of Q&A questions, but they're going to be just really brief episodes and we want to see how this goes - if people like having an extra little dose of the TFM podcast in the week, if there's a particular format

that works best - so we're going to be sampling that out. And August is our first month to sample that out.

[00:03:36] The other thing that I know we're going to be busy doing in August, as you said, kind of planning for the fall and all of our own personal projects, but also in order to have new episodes come out in September and October, especially this year with Baby Ramos on the way, we need to do some recording ahead of time to have new episodes to come out. So we will not be off in August, we will be busily making what you'll be listening to for the next few months. It's a good time for us to regroup, give you some repeat episodes that are some of our favorites that we think have the most impact for people, and then, you know, come back to you with the new ones in the fall and also those bitesize episodes in August.

Megan [00:04:25] Some words of wisdom from Terri and I, going into the month of August. I've noticed over the years that this can become quickly the most catastrophic month for individuals when it comes to not just fasting but making food choices that they feel are reflective of the healthy version of themselves they're aspiring to be, August more so than any other time of the year. The summer gets busy, it snowballs, and we're totally out of our routine. You know, we're going into month three of it in August, and there's also a big rush to get a bunch of stuff done before we get back into the regular work, year, or structure of the fall. And our kids are back at school, grandkids are back at school. So don't let August be a slippery slope for you. It doesn't have to be. And over at The Fasting Method in our Community, we're really dedicating this summer to practical skills to help you stay consistent, even in the mayhem of things. So your schedule with travel and friends and family visiting might not look like you can do the therapeutic fasts, but there's so much that you can do. And this is going to be the huge emphasis at The Fasting Method in August - supporting one another through our Community, through all of these events. You know, our 30-plus live meetings a week are going to largely be focused on a variety of skills - fasting, meal timing - and little hacks that you can do to help make August a successful month.

[00:06:12] You know, we understand people can definitely accelerate things come the Tuesday after Labor Day when we're back to normal, but we don't want to be starting from scratch or feel like we're starting from scratch. So the Community is a really great way to get involved. I'm going to be leading a monthly challenge in August, helping people navigate these ebbs and flows. So we put out a new lesson every week, and there's an active Community forum where you can engage with me in real time, in real life throughout the month. So I really want to help you make sure that August is not this wash. We just want you to be able to turn up the fasting dial in September. We don't want you to feel like you're restarting. And there is so much you can do, even if you can't fit into your standard cookie-cutter fasting protocol that you're used to doing.

Terri [00:07:07] I think another reason sometimes we see this happen at this time of year is, for some of us, we know in a few months down the road there are some holidays coming. We know that tends to be a challenging time. We're ending the summer, which can be a challenging time, and we know we have a few months coming where we're really going to buckle down. And I think some people use August as their 'last supper' kind of mentality - "I'm going to get in all of those things that I won't be doing for the next few months." And then, unfortunately, when they do really start dialing in more in September, they're at more of a deficit or, like you said, just at a more challenging point. So I really encourage people not to let August be the 'last supper' mentality of living it up large.

[00:07:53] The other thing I was thinking, Megan, is getting ready for preparing yourself with some basic skills during this month, getting your time-restricted eating really solid, getting your food choices - the healthy food that works for your body - getting those choices really solid because, also coming up in the fall, we have some more masterclasses that people may be interested in joining. And so this is a time when you can dive in more in-depth with us doing a masterclass and being in the Community during that masterclass. But it's like get yourself ready so that when you get to the masterclass, you're already in a really good place and then you can dive in more deeply into the progress and the things that you want to work on in the masterclass. So really use this last month of the summer to get ready for those opportunities coming in the fall.

Megan [00:08:49] You bring up such a good point. You know, I'm in the masterclass right now as we're recording this episode and I've run several of them now, I've got a little bit of experience, and there is that 'last supper' mentality pretty much at any time of the year going into a masterclass. And I can tell you now I've had enough experience leading into them to know people who are in a good mindset, who have got their hormones a little bit under control with some of these basic practices, they get a lot more out of the course and they make great progress over the course. And a month later, you know, they send me in these great messages about how their A1C came down from 8 to 5.5, how they came off of this medication, how they hit this new body fat percentage low. When you have that 'last supper' mentality, it takes a while to recalibrate your system and to get into a place where you're even mentally able to absorb this information very well. So you definitely will make the most of a masterclass having some basic skills.

[00:10:00] So what I'm talking about is just what Terri has talked about, you know, really trying to eliminate snacking. I'm now calling it the 'Leave It to Beaver' diet. Everybody, go-- your summer homework is to watch an episode of Leave It to Beaver. [laughter] People ate three meals a day, they didn't snack, you know, the kids were lucky to go to school with an apple. Those simple strategies, even if you have visitors and you find yourself eating more frequently or you're traveling, but just those basics of good time-restricted eating and being mindful of your intake of ultra-refined and processed foods can set you up for great success.

[00:10:38] Actually, our last intermittent fasting masterclass of the year is going to be offered right after Labor Day (it starts the Wednesday after Labor Day) because I do have this baby on the way so we won't be doing another intermittent fasting masterclass, but we have some really interesting masterclasses when it comes to type two diabetes, self-sabotage, some really great things that can help you build upon the core masterclass topics as well. So, you know, don't let August be the slippery slope. Little things that you can do can make a big difference.

[00:11:14] Terri, I was recently sharing in one of our Community meetings that I've been eating three times a day, as a pregnant lady, and doing daily 14-hour fasts. That's just how I need to eat because I cannot eat regular-sized meals right now. Even this far into pregnancy, my digestive system says, "Heck no, lady." So in order to get in all the nutrients, I am finding myself in the 'Leave It to Beaver' style of eating. So my husband and I went on a babymoon to Hawaii, and he had recently lost some weight doing 48s and 24s and mixing them up. Then he's going away with this lady who says, "Okay, if I don't eat within the first 90 minutes of waking, I am going to be super sick for the rest of the day." So he was nervous about trying to figure out how he was going to-- should he have meals with me, should he skip meals with me? And I said to him, "You know, I'm fine if you don't want to come down with me for food or join me. I'm cool with that. I got it, especially as a

fasting coach. But if you do, you know, we're going to be super active. We're not going to be snacking on anything. We're not drinking alcohol, you know, at this-- [laughs] definitely not right now. So you're going to be practicing good TRE. So, you know, it might be in your best interest to have breakfast before we go hiking or swimming in the ocean for five or six hours in the heat." Anyway, he joined me for most meals, skipped a couple here and there when he didn't feel hungry, but he still lost two pounds throughout the entire vacation. And he was really amazed. He used to actually work with us, but it's been a long time now, and he said he really forgot how the snacking and grazing you can pick up at home or at the office is just so detrimental because he's like, "Most days, I ate three meals with you. And I lost two pounds. In Hawaii! Like, how wild is that?" So these basic things can lead to such great results.

Terri [00:13:18] Absolutely. I also-- you brought up something else in that description that I think might be a great thing for people to take into account in the month of August. Oftentimes, people come to us and they have somewhat of a goal of doing something to increase their activity level - to increase exercise, or movement, or whatever approach they really want to look at it. And I think this is a great month-- for many of us, I know in the US there's a section of the US that have been experiencing extreme, extreme heat, probably in Canada as well, and other parts of the world. Our Australian listeners, you know, coming through to the end of winter or the middle of winter. And so just to really think about, "Can I use this month to get some foundational work going with my movement practices (yoga, stretching, walking, resistance training) in some way?" And I often encourage people-- I think about the New Year's resolution kind of exercise when people say, "All right, I'm going to go to the gym for an hour and a half, five days a week," and they make it there once they're in pain, they're overwhelmed, and they don't go back. So instead, what if you started three or four times a week for 15 minutes? In a couple of weeks, you're probably going to increase it to 20 minutes. You might increase the intensity of what you're doing a little bit. But again, to use this month as a time just to get the foundation started so that as you move into this next season, you can increase that fitting your other goals, but get the foundation going. Use some of this time to really establish that for yourself.

Megan [00:15:01] Some great books that come to mind, of course, is Atomic Habits by James Clear where he talks about, you know, successful habit building comes from working on the 1%, not working at 100% all of the time. Tiny Habits by BJ Fogg - you floss one tooth. I have a coaching client that I am working with and she's trying to increase movement and has a very similar mentality. She's in Toronto. It's very hot there right now. Air quality is not super great with the Canadian fires. So many people are struggling with that right now as well. And so we talked about just doing one stretch a day. Well, that one stretch a day six weeks ago has now turned into a 30-minute exercise routine every morning. And we've tailored it around her fasting protocol, as well, for her. So, you know, these little things that you do, they definitely build up and add up over time. There's so much that you can do with fasting and nutrition over the summer as well that will help you lead up to the big event of fasting more in the fall.

Terri [00:16:11] I love that you mentioned books because anyone who knows and has spent any time with me knows I love to talk about self-help books and resources. And you just reminded me that one of my all-time favorites is Atomic Habits by James Clear but a client recently told me about a book that I'm going to have to read in August, and it's called The Slight Edge: Turning Simple Disciplines into Massive Success and Happiness. And I think it's really that point of it's the little tiny decisions. It's all of those tiny decisions that lead to the success. It's not the big events, it's not the huge decisions. It's all of the little

steps. So that's the book I'm going to tackle soon so that-- just to kind of keep that mindset going, that all of our decisions matter and we can build the foundation during this hectic time as we lead into the next season.

[00:17:04] You know, Megan, another thing that I think sometimes our listeners may not be aware of is another piece of the support puzzle that we have going is our coaching program, and we offer a couple different types of coaching. You know, coaching isn't for everyone, but it is exactly what some people need and want. And so I just want to make sure that we kind of put this reminder up there or this new information out there to people who might be newer to us in that we have two types of coaching in our Community. We have small group coaching, which means you sign up with a coach and you will meet with that coach with several other people and there will be a discussion. You will get to share what you're working on with the coach and the coach will give you feedback. And the other two or three people in that meeting will be hearing you and benefiting from that, and then you will benefit from listening to what they're discussing with the coach. So that's our small group coaching format. For a lot of people, this is not only great for all of the knowledge and processing you get to do, but it's a great source of accountability. These groups tend to meet-- people sign up for those maybe every two weeks, every week, sometimes, for a little while. So it's a great source of accountability and check-in, and you learn a lot by not only your time discussing what's going on with the coach but also in listening to others.

[00:18:32] And then we also do have our executive coaching and those are one-on-one sessions. Both Nadia and I have packages, and I know right now due to Baby Ramos being on the way it is-- you do single sessions rather than a package of sessions. But there are ways to work with us, to work with our other coaches, to really have someone in there helping guide your decisions, helping you to create your plans, helping you to work on the mindset and the behavior things that you want to work on.

[00:19:08] And with that, you also get membership in the Community. So you know those 30-plus meetings that you mentioned, Megan, if you join in a coaching program, you also have all of the support in our Community. So this might be a great time to explore if that's something that you're wanting to do.

Megan [00:19:27] Yeah, I think people don't necessarily understand the coaching program. So most of you listening know that I'm a physiologist by training, so I know my way around a gym. I have a pretty decent idea as to what it is I'm supposed to do, but I'm not necessarily very nuanced at it because I'm not an exercise physiologist at the end of the day. So I have a trainer that I work with and, you know, one part of it is accountability. I am so pregnant. I just kind of want to sit in a very icy-cold room right now until his baby comes. But having the accountability of knowing, you know, my partner, Krystal, my trainer, is going to be there - she's waiting for me - and I'm going to feel good afterwards. And there's these things that pop up that I just don't know how to troubleshoot. You know, I've shared with the Community I have a marginal previa, so it's affected how I exercise. So I don't-- as a physiologist, I don't have the nuanced skills that a prenatal trainer does for helping to navigate this. So I shot her a text, you know, to let her know. She radically changed our workout. We had a great session yesterday. I felt so good and the baby was kicking and obviously, he was having a good time in it. And, you know, I felt really good and I knew I was doing something really safe because I just wasn't quite sure how to navigate this new situation, especially on my own, and I was really grateful to have her as a sounding board.

[00:21:03] It's the same when it comes to group coaching. You have the accountability of knowing that you're going to be connected with like-minded peers and that you've got that expert leadership there. And sometimes, you know, I show up to the gym, my body is all good, I know exactly what it is that I need to do, and I get good confirmation of that from my trainer. And sometimes I've got these things that pop up that I'm not sure how to navigate and she knows me and my system and is quickly able to put me on the right track. And that's what the fasting coaches do too. So, you know, they are a really great tool and a great resource. You know, you can meet weekly or biweekly with your coaches while in the group coaching program. And then for the executive coaching, we tend to focus on people who are working on deeper metabolic issues or deeper mindset issues. And I think that that is also necessary for people that are sometimes, you know, treading in a lot of metabolic illness as well. But then even after that point of getting metabolically stable, transitioning into group coaching for that ongoing navigation and support.

[00:22:12] I've been asked a lot lately, you know, "What is it? What do you do? What can you expect from it?" We don't really think of having a fasting coach or a weight loss coach, in many respects. So I think you can really sort of equate it to the personal trainer strategy, and it's effective. I mean, it's so great to come to work every day and, you know, people are coming off medication. I just had a coaching call with one woman and, you know, a few weeks ago she was hitting the 400s with her glucose and she's now hitting the 100s. And she went out and got all new devices [laughs] because she was convinced everything she owned was broken, just to find out her glucose had fallen into the low 100s! So it's just really rewarding work to be able to do it.

[00:23:01] But that's what the coaching is about. I think it's great accountability in the summertime, too, to help you stay committed to the goals that you're hoping to achieve. And the coaches are really well equipped with a lot of these navigational strategies around the end of the summer holiday traveling. I mean, we've all walked the walk, we've all lived this, we've all had to execute it in our real lives, so we're happy to share that experience and expertise with you.

[00:23:31] Well, all right, everyone. We are going to sign off from our long-form podcasts into early September, but we look forward to being back every week with some of our bitesize episodes or our fan favorites from this last season. And we will see you over at The Fasting Method in our Community.

Terri [00:23:50] Happy fasting.