The Fasting Method

My Single Best Weight Loss Tip

DON'T EAT ALL THE TIME

Before the 1970s and the obesity epidemic, societies ate varied diets, some even heavily based on refined carbohydrates without suffering from rampant obesity. The Irish loved their potatoes. The Chinese were eating white rice. A lot of white rice. Yet they had virtually no obesity. Think about America in the 1970s. Disco was sweeping the nation. Star Wars and Jaws played to packed theatres. If you looked at an old photograph from that era, you might be amazed at two things. First, why did anybody ever think bell bottoms were cool? Second, there was very little obesity.

What did Americans eat in the 1970s? White bread and jam. Ice cream. Oreo cookies. Sandwiches for lunch every day. They were not eating whole wheat pasta. They were not eating quinoa. They were not eating kale. They were not counting calories. They were not counting net carbs. They were not even really exercising much.

These people were doing everything 'wrong' yet, seemingly effortlessly, there was no obesity.

WHY?

The answer is simple. Come closer. Listen carefully.

THEY WERE NOT EATING ALL THE TIME.

There were three meals per day – breakfast, lunch and dinner. There were no mid-morning snacks. There were no after school snacks. If you tried to get one, your mom would say that you would ruin your dinner. There were no bedtime snacks. Your mom would say that you should have eaten more at dinner.

When you don't eat, it's known as 'fasting' and it's part of a natural cycle. Feeding and fasting. This is the reason for the English word 'Break fast' or breakfast, the meal that breaks your fast. During your sleep, you are (presumably) not eating and therefore fasting. This allows time for your body to digest food, process the nutrients and burn the stored energy to power your vital organs and muscles. During feeding, you store food energy as body fat. During fasting, you burn body fat for energy.

In order to maintain stable weight, you must balance feeding and fasting. If you are predominantly feeding, you will gain weight. If you are predominantly fasting, you will lose weight. It's truly as simple as that. The dietary intervention that has been successfully used for countless generations… intermittent fasting.

Weight gain or loss really comes down to two simple factors:

• **WHAT WE EAT**
• **WHEN (OR HOW OFTEN) WE EAT**

Most diets only address the first point and ignore the second one. Because of that, they fail over the long term. You can't address half a problem and expect good results.