

MODULE 3: THE AWESOME BENEFITS OF
INTERMITTENT FASTING

NEWBIE FITNESS ACADEMY

TODAY'S GAMEPLAN

- ▶ Fasting and blood sugar/Insulin levels
- ▶ Fasting and testosterone
- ▶ Human growth hormones (HGH)
 - ▶ Dangers of visceral fat
- ▶ Oxidative stress
- ▶ Autophagy

QUICK RECAP

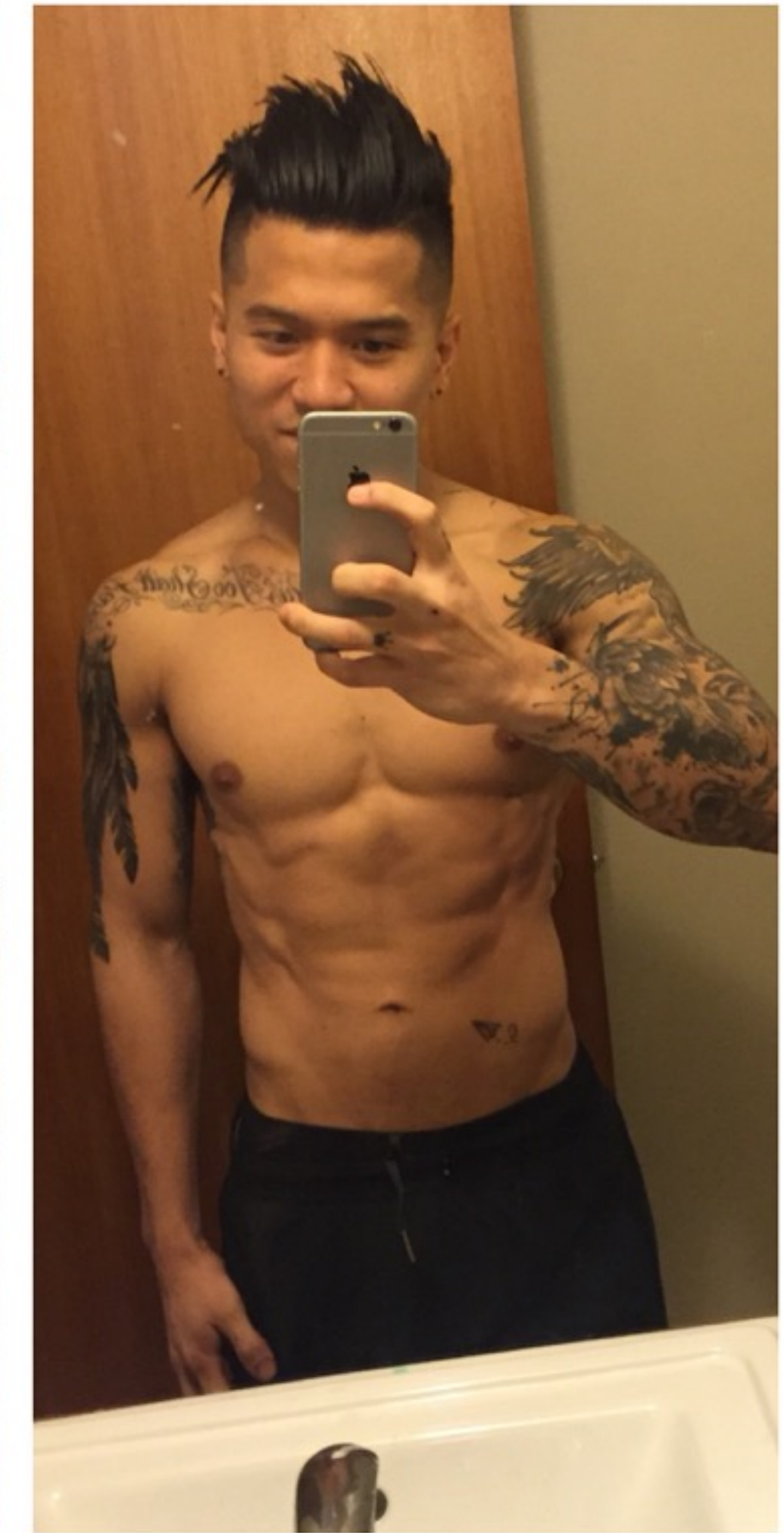
- ▶ Intermittent fasting - it works!
- ▶ Fed and fasted state.
 - ▶ Fed = fat storage mode
 - ▶ Fasted = fat burning mode
- ▶ Mind blowing case studies
- ▶ Debunked common fasting myths

INTERMITTENT FASTING BENEFITS

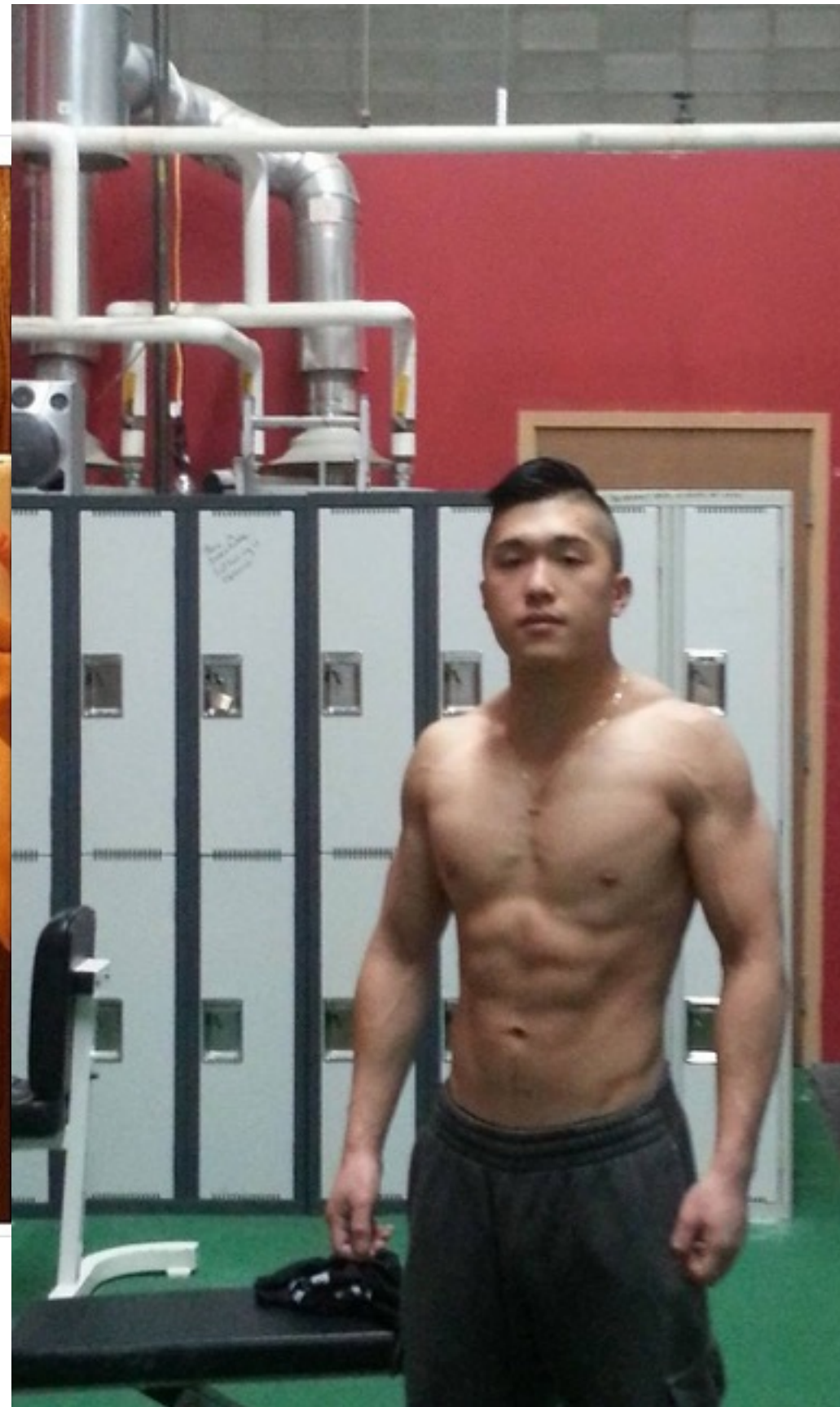
- ▶ According to research:
 - ▶ 3-8% weight loss over 3-24 weeks [\(1\)](#)
 - ▶ Lost 4-7% of their waist circumference - belly fat [\(2\)](#)

PERSONAL RESULTS

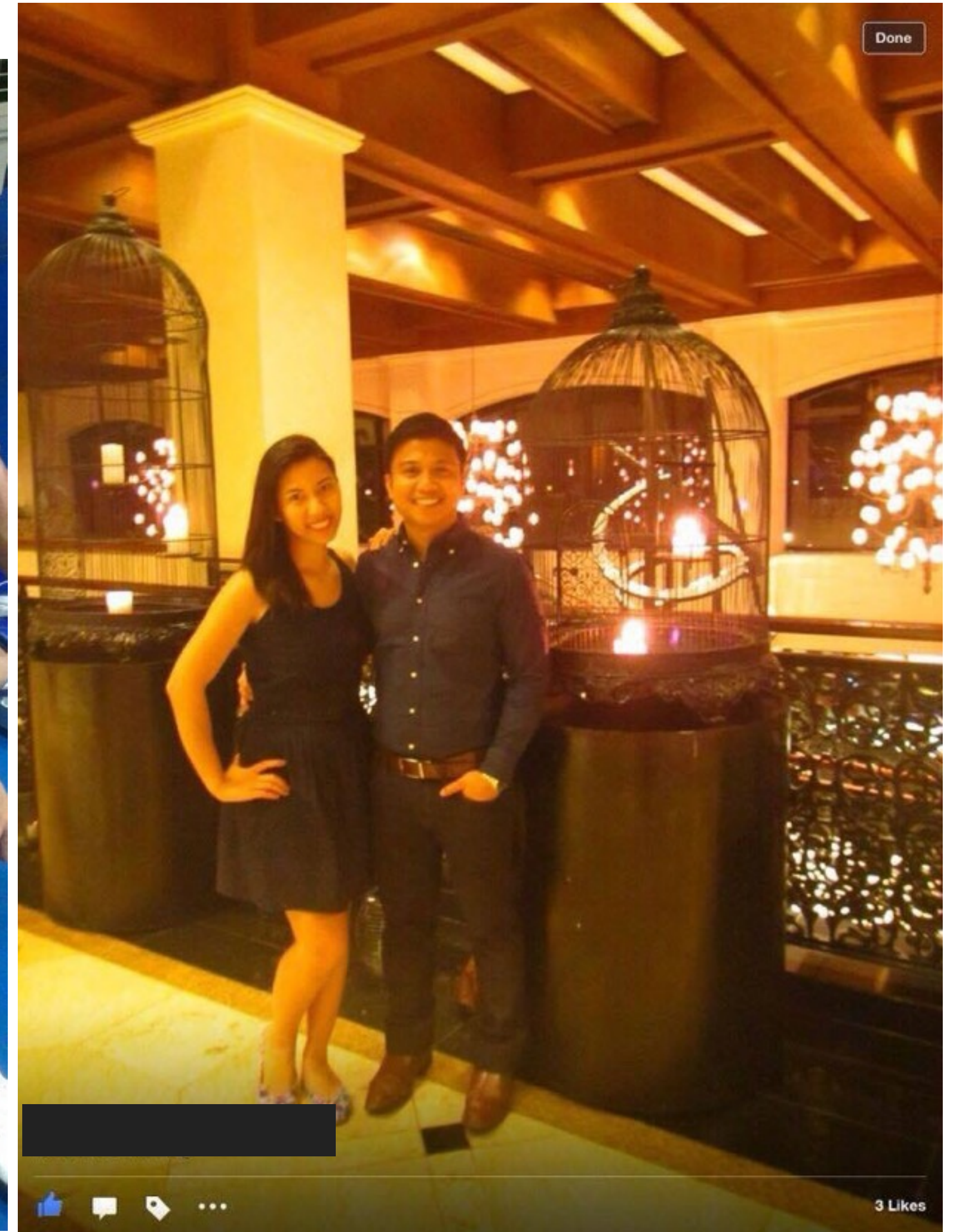
- ▶ 10% body weight loss
- ▶ More fat = more drastic results



CASE STUDY: ANTHONY

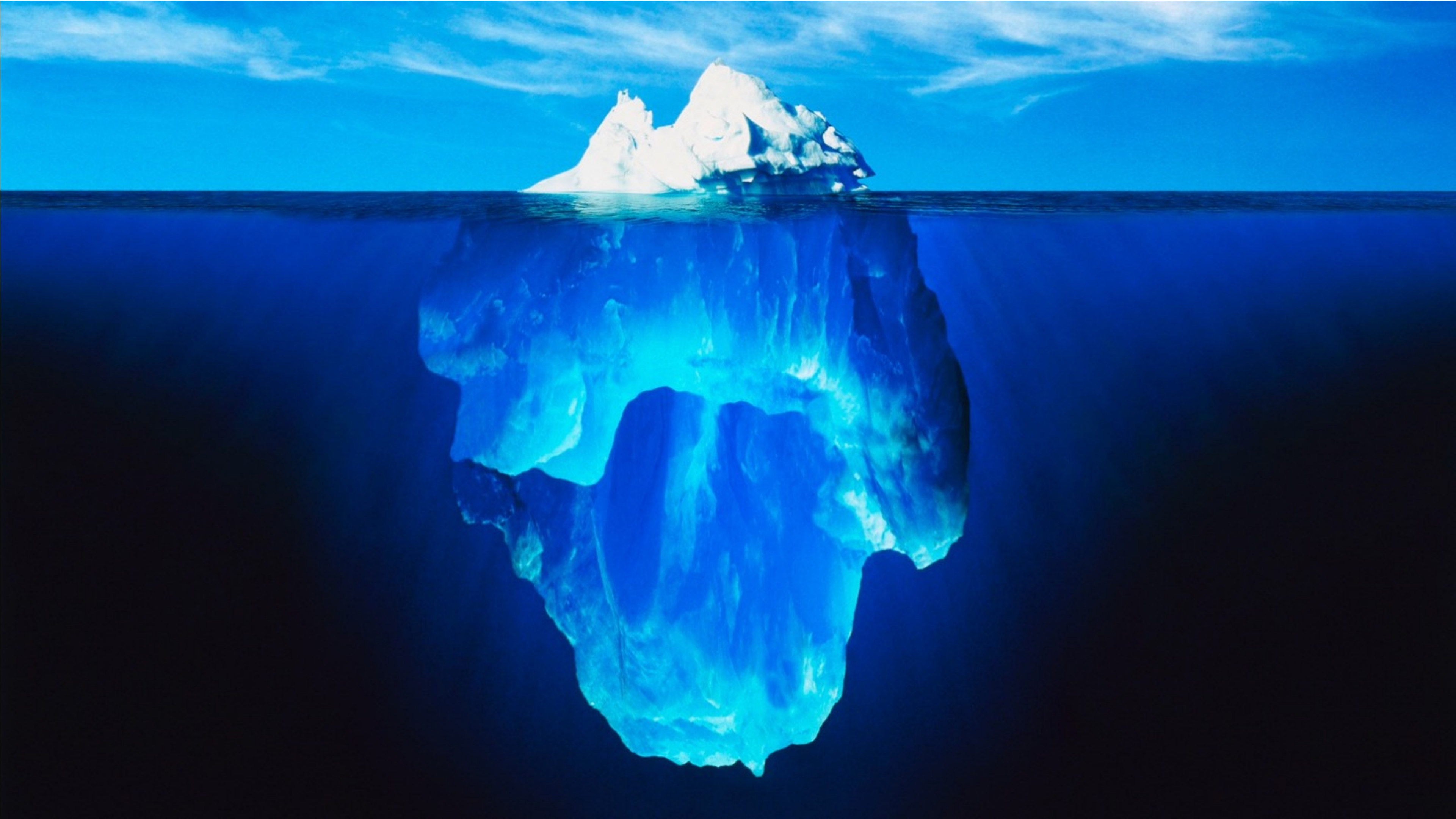


CASE STUDY: KENNETH



INTERMITTENT FASTING BENEFITS

- ▶ 3-8% weight loss over 3-24 weeks ⁽¹⁾
- ▶ Lost 4-7% of their waist circumference - belly fat ⁽²⁾
- ▶ Easy to maintain
- ▶ Every fast is a small victory
 - ▶ Treat every hour of your fast as a mini victory
- ▶ Restrictive diets doesn't fix your behaviour when it comes to food
- ▶ Your body initiates important cellular repair processes and changes hormone levels



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FASTING VS BLOOD SUGAR/INSULIN
LEVELS

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FASTING VS BLOOD SUGAR/INSULIN LEVELS

- ▶ 1 out of 10 people has diabetes in North America
- ▶ Insulin Resistance - when the body doesn't use insulin properly
- ▶ Blood levels of insulin drop in the "fasted" state [\(1\)](#)
- ▶ Insulin - regulates the amount of glucose in your blood
- ▶ Eating increases your blood insulin levels
 - ▶ High insulin levels = fat storage mode

FASTING VS BLOOD SUGAR/INSULIN LEVELS

- ▶ Chronically elevated levels are associated with:
 - ▶ Insulin resistance, diabetes, and other disease
- ▶ Blood sugar dropped 3-6% while insulin dropped 20-31% while fasting [\(1\)](#) [\(2\)](#)
- ▶ IF protected diabetic rats against kidney damage [\(3\)](#)

FASTING VS TESTOSTERONE

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FASTING VS TESTOSTERONE

- ▶ Every time you eat, your testosterone levels drop [\(1\)](#)
- ▶ Growth hormone levels drop as Insulin levels go up [\(2\)](#)
- ▶ Testosterone levels are highest in the morning
- ▶ Testosterone increase by 180% from fasting [\(5\)](#)
- ▶ Growth hormones increase by 2000% after a 24 hour fast [\(3\)](#)
- ▶ Visceral fat is a sign that you have low testosterone and high insulin [\(4\)](#)

THE DANGERS OF VISCERAL FAT

- ▶ Almost 9 out of 10 people are not aware of the risks of carrying extra fat around their waistline
- ▶ It is found deeper inside the abdomen, under your abdominal muscle and around the organs like the liver, pancreas and intestines
- ▶ Visceral fat is linked to heart disease, diabetes, strokes, and other chronic diseases



FASTING VS TESTOSTERONE

- ▶ A 180% increase in testosterone in one day.
 - ▶ It's FREE!!!
- ▶ Take little breaks from eating but don't eat less food
- ▶ Don't diet on top of Intermittent Fasting
- ▶ Intermittent fasting just may be the best kind of way to eat for hormonal health

INCREASED GROWTH HORMONE LEVELS

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INCREASED GROWTH HORMONE LEVELS

- ▶ Key role in muscle growth, fat burning, and libido
- ▶ Human growth hormones (HGH) and testosterone are two of the most anabolic hormones in the human body
- ▶ Anabolic = muscle building with respect to exercise
- ▶ Synthetic testosterone and HGH is mainly found in sports
 - ▶ This is NOT an option

INCREASED GROWTH HORMONE LEVELS

- ▶ You can tweak these hormones natural - just fast!
- ▶ Fasting triggers the growth hormone response
- ▶ HGH levels peaked to as high as 2000% right at the 24 hour mark of the first day. [\(1\)](#)
- ▶ Increased growth of brain cells and neurons, improved cognitive skills, powerful detox effects, increased life expectancy, improved blood lipid profiles, decreased cardiovascular risk, lower cancer risk

OXIDATIVE STRESS

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WHAT IS OXIDATIVE STRESS?

- ▶ An imbalance between the production of free radicals and the ability of the body to counteract their effects
- ▶ Preventing oxidative stress is helpful against aging and preventing many chronic diseases [\(1\)](#)
- ▶ Free radicals can break apart connections between atoms within important components of the cell
 - ▶ Free radicals can be **REALLY** bad for you
- ▶ Intermittent fasting may enhance the body's resistance to oxidative stress [\(2\)](#) [\(3\)](#)

AUTOPHAGY

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WHAT IS AUTOPHAGY?

- ▶ A process where lysosomes break down waste products inside the cells
- ▶ Autolysis - the destruction of the cell itself
- ▶ Literally means "eating of self"
- ▶ May protect against neurodegeneration, viral and bacterial infections, and even cancer
- ▶ A form of cellular maintenance or cleansing - your body flushes out everything it doesn't need



AUTOPHAGY AND INTERMITTENT FASTING

- ▶ It's "detox" on steroids on a cellular level
- ▶ Autophagy destroy viruses and bacteria, and suppress chronic infections
- ▶ Fasting induces autophagy
 - ▶ The more time you spend in the fed state, the less time you have to ramp up the autophagic process
- ▶ Eating turns it off

WHY IS AUTOPHAGY IMPORTANT?

- ▶ Maintain muscle mass [\(1\)](#)
- ▶ Reduces the negative effects of aging [\(2\)](#)
- ▶ It's the essential aspect of the anti-aging mechanism of fasting [\(3\)](#)
- ▶ Increases neuronal autophagy [\(4\)](#)
- ▶ Increases your testosterone production
- ▶ Autophagy is AWESOME

LIFESPAN

- ▶ Fasting has been practiced for thousands of years
- ▶ Intermittent fasting prolonged the lifespan of rats [\(1\)](#)
- ▶ Rats that fasted every other day lived 83% longer than rats who weren't fasted [\(4\)](#)
- ▶ The human body is very well equipped to handle fasting

CANCER

- ▶ Mice had a 33% lower risk for certain cancer types [\(2\)](#) [\(3\)](#)
- ▶ The common denominator? Autophagy
 - ▶ The mother of all Intermittent Fasting benefits

OTHER AWESOME BENEFITS

- ▶ It simplifies your life
 - ▶ Planning. Buying. Cooking. Eating. Cleaning.
- ▶ It's much easier than going on a diet
 - ▶ Any diet that restricts you from certain types of food is not sustainable
 - ▶ We don't believe in "Cheat Days"
 - ▶ Sensible eating still has to come in to place

OTHER AWESOME BENEFITS

- ▶ It's FREE
 - ▶ You save money because you're skipping 2-4 meals every week
- ▶ You can take it anywhere
 - ▶ Fast on your travel days
 - ▶ You can just keep on fasting when you go on vacation

5 TIPS FOR STARTING YOUR FIRST FAST

1. Don't go from 0-100
 - ▶ Start by skipping breakfast
2. Stay hydrated
 - ▶ Only drink stuff with zero calories like coffee or tea.
 - ▶ No diet soda
3. Start your fast overnight
 - ▶ Try a dinner-to-dinner fast

5 TIPS FOR STARTING YOUR FIRST FAST

4. Change your vocabulary

- ▶ Think of fasting as taking a break from eating

5. Pair it exercise

- ▶ This is the key to maintaining your muscle mass while you fast

TO WRAP IT UP

- ▶ The easiest way to decrease your calorie intake by 10 to 20%
- ▶ You get the benefits of an entire week of dieting while only sacrificing one or two days
- ▶ The benefits:
 1. Reduced blood sugar levels and decreased insulin levels
 2. Increased testosterone and growth hormone levels
 3. Enhanced resistance to oxidative stress
 4. Induces Autophagy

IN THE NEXT VIDEO

- ▶ The Intermittent Fasting lifestyle
- ▶ It's not a diet, it's a way of life
- ▶ Guidelines for sensible eating