

Intermittent Fasting (IF) has quickly become one of the most popular trends in the fitness industry.

From how easy it is to follow, to the many health benefits that have been proven over time - this new diet is a great alternative!

What makes it easy?

The main thing that makes it easy is that a large portion of the “fasting” window happens when you are sleeping!

How does it work?

Intermittent Fasting is surrounded by the "starving" principle. Although the body is not truly starving, it acts in a way that forces fat to be burned and muscle to be built.

The protocol is simple - there are two windows - the 4-8 hour eating window and 16-20 hour fasting window.

During the fasting window there should be ZERO calories consumed, all intake of food/calories should be between that 4-8 hour eating window.

This means, no - you cannot have a coffee with a bunch of sugar/half-half added, or a protein shake immediately after leaving the gym, IF IT IS IN YOUR FASTING WINDOW.

Now, you may be asking "What do I do if I get extremely hungry during that fasting window?"

The answer is simple - you may consume regular coffee, green tea, and/or mineral water.

This will present you with a "full" effect and help you get to that eating window much more smoothly!

Intermittent Fasting Increases:

- Human growth hormone: The blood levels of growth hormone may increase as much as 5-fold. Higher levels of this hormone facilitate fat burning and muscle gain, and have numerous other benefits.
- Cellular repair: The body induces important cellular repair processes, such as removing waste material from cells.
- Testosterone: The hormone that contributes to muscle building and strong bones.
- Leptin, the hormone that regulates fat storage as well as hunger signals, and ghrelin, another hormone that tells your brain the body is hungry, are also normalized by routine fasting.
- Metabolism
- brain-derived neurotrophic factor (BDNF.) - activates brain stem cells to convert into new neurons, and triggers numerous other chemicals that promote neural health. This protein also protects your brain cells from changes associated with Alzheimer's and Parkinson's disease

Intermittent Fasting Decreases:

- Insulin levels: Blood levels of insulin drop significantly, which facilitates fat burning
- Triglycerides levels - decreasing your risk of heart disease
- Inflammation and free radical damage - this will be important during the recovery stages of your training and overall health
- Weight gain and metabolic disease risk

** Please speak to your doctor before following ANY program. Blood sugar is decreased during fasting.

CalAesthetics Protocol

We highly recommend using our Custom Meal Plans combined with this method to consuming your diet. All you have to do is combine the foods into just a few meals

Men:

Complete 6 days per week, you may choose one day out of the week to eat anytime.

Week Days:

~17 Hours no eating (generally 9 pm - 2 pm of next day)

~7 Hours eating (generally 2 pm - 9 pm)

The longer the fast, the better. Stay between 16-20 hours of fasting.

Weekends:

~16 Hours no eating (generally 11-12 pm - 3-4 pm of next day)

~8 Hours eating (generally 3-4 pm - 11-12 pm)

The longer the fast, the better. Stay between 16-20 hours of fasting.

CalAesthetics Protocol

We highly recommend using our Custom Meal Plans combined with this method to consuming your diet. All you have to do is combine the foods into just a few meals

Ladies:

Complete 3 days per week, the other 4 days follow the proper diet through out the day.

Week Days:

~18 Hours no eating (generally 8 pm - 2 pm of next day)

~6 Hours eating (generally 2 pm - 8 pm)

The longer the fast, the better. Stay between 16-20 hours of fasting.

Weekends:

~17 Hours no eating (generally 11 pm - 4 pm of next day)

~7 Hours eating (generally 4 pm - 11 pm)

The longer the fast, the better. Stay between 16-20 hours of fasting.

To Gain/Lose Weight:

Step 1:

Input information into calculator (if following my CalAesthetics program then activity level is "Extra Active")

<http://www.calculator.net/calorie-calculator>

Step 2:

Find out if you want to gain or lose weight

Step 3:

Intake correct amount of calories as displayed (more specifically - follow the diet programs we provide you with)

Step 4:

If you purchased the CalAesthetics Customized Meal Plan program, combine multiple meals into one MAIN meal to be sure you are consuming the correct amount of calories per day (see below on when you should be combining these meals)

*Drink at least 1/2 gallon of water during 16-20 hour fasting window

*Eat as many vegetables as possible during your eating window!!

Daily Schedule Example:

In this example, you will be fasting from 9 PM at night until 2 PM the next day. You will be taking in ALL your calories from 2 PM to 9 PM.

Recommended	
7:00-8:00 am	Wake up and drink 2 glasses of water
8:30-9:00 am	Drink coffee tea/carbonated water (if needed)
1:00 pm	Workout
2:00-4:00 pm	1st Meal (combine multiple meals from Custom Meal Plan)
5:00-6:00 pm	Snack/Small Meal (combine snacks from Custom Meal Plan)
8:00-9:00 pm	2nd Meal
11:00 pm	Sleep

Recommendations

I personally like to workout at lunchtime and then eat at 2 PM after I've completed my workout and showered and changed clothes.

You can adjust the schedule to fit your lifestyle by moving the fasting and eating windows forward or backward.

For example, if you want to fast from 7 PM at night until, 12 PM (noon) the next day, you can do that. You will then be eating all your calories from 12 PM (noon) until 7 PM.

Or

If you want to fast from 10 PM at night, until 3 PM the next day, you can do that. You will be eating all your calories from 3 PM until 10 PM.

The point is to do whatever works for you and your lifestyle.

If you get hungry during your fasting window, drink **ONLY** black coffee, tea, mineral water, or water.

No sodas (including diet sodas), no sugar, no cream, no juice, no protein shakes, no calories.

You'll easily adjust to the fasting schedule after a day or two and realize how simple it is, so stick to it and see the results!

Happy Fasting!

- Brendan