



# INTERMITTENT FASTING FOR WOMEN

THE 30 DAY WHOLE FOODS ADVENTURE LOSE  
UP TO 30 POUNDS WITHIN A MONTH!

The Ultimate 30 Day Diet  
to Burn Body Fat. Your Weight Loss  
Surgery Alternative: Become  
The Greatest Version of Yourself Now!

ASHLEY DAWNSON





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*Intermittent Fasting For Women: The  
30 Day Whole Foods Adventure Lose  
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# Lose Up to 15 Pounds in 2 Weeks

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**Lose Up to 15 Pounds  
in 2 Weeks**

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## ***Introduction:***

This book is going to change your life! I know you just started reading, but I'm serious! My book is designed to impact your life in the most positive way possible from a holistic standpoint.

You probably decided to buy this book because you want to become a better version of yourself! You made the best investment to invest in your health and wellness. I got good news for you, and that is your life will be transformed once you start taking action and implementing these strategies I discuss within this book.

Are you tired of being bombarded by countless infomercials that endorse new diet fads? I'm pretty sure you've heard it all from, ketogenic diet, paleo diet, vegan diet and even the raw food diet. Now I'm not criticizing or taking jabs at any of these mentioned diets, and I do truly believe in most cases these diets do work effectively to a certain degree.

But you see there lies an inherent problem with all these so called "diets". People tend to go on them and start seeing some results, but before you know it they start gaining back those unwanted pounds simply because they couldn't uphold their regiment. To add insult to injury a lot of these diets tend to be more costly and run a expensive bill that cannot be sustained on the average working person's budget.

Well, I'm here to tell you that intermittent fasting won't cost you anymore than you are already spending. This diet in particular is designed to help you burn unwanted body fat fast and sculpt your way to your ideal physique in conjunction to exercise.

But, before we start discussing the basics we need to get your mindset right! Something not discussed a lot within the health and fitness industry and that is having a good sense of self-awareness before you start any diet. You see the inherent problem I previously mentioned with all these diets is that people cannot uphold or continue on with certain diet regiments.

Why? Because people treat diets like prescription drugs! Once results are derived and an outcome is finalized people tend to go back to their old ways of living and relegate their newfound diet fad to the back burner.

You see there is an inherent problem when you interface with a diet and consider it a short term fix. True transformation takes place from the inside out and when you become aware changing the way you eat is not a matter of going on a short term diet, but a total lifestyle change!

That's right you need to transform your lifestyle or modify it in order to achieve long term sustainable results! You need to incorporate intermittent fasting as apart of your daily living, and in order to do this you need to shift your short term thinking to long term.- This is not a prescription drug.

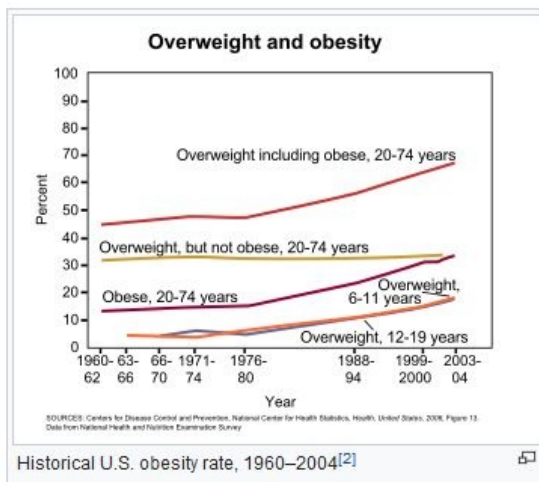
### ***Obesity Epidemic – In Industrialized Societies***

Studies have revealed that people found in the industrialized world (first world countries), in particular here in North America have extremely high obesity rates. *The Journal of the American Medical Association (JAMA)* estimates that



nearly **35.5%** of women living in America are obese.

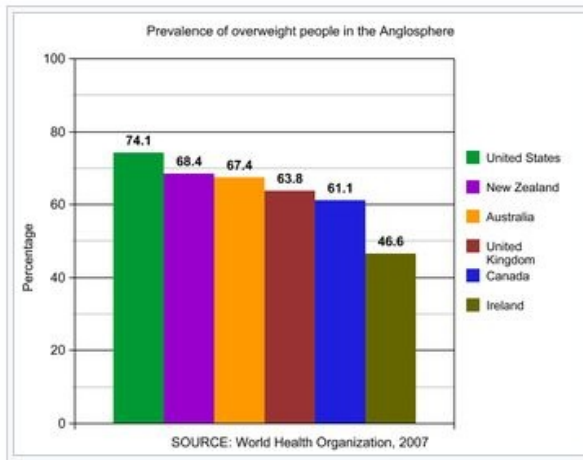
This rate has grown considerably over the past few years especially ever since the advent of instant foods, fast foods, refined carbohydrates and of course sugary drinks, pastries and other snacks.



**Figure 1**

Figure 1 displays historical data in the US showing constant increase and linear progression of the obesity epidemic that has plagued America. As you can see not even children are immune to obesity, but have easily become susceptible to excess fat because of poor lifestyle choices, despite having faster metabolisms.

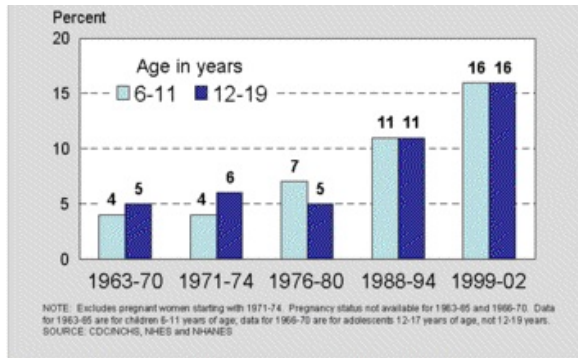
**BUY NOW**



**Figure 2**

Figure 2 shows obesity rates among English speaking nations and interestingly enough America ranks highest followed by New Zealand. Notice all the countries listed are industrialized and practice advanced agriculture including the manipulation of refined carbohydrates which is when foods are stripped of their fiber content, minerals, essential fats and vitamins in order to sustain a longer shelf-life.

**BUY NOW**



The rise of overweight among ages 6-19 in the US.

### Figure 3

Figure 3 displays the prevalence of obesity among children ages 6-19. As you can see not even children can escape the consequences of poor lifestyle choices. You can see an increase of obesity rates from 1960s – below 5% of the population was obese, and from 1999 to the early 2000s over 15% of the population struggled with obesity. Now these are some disturbing statistics, it was bad enough that adults struggled with being overweight, but now even our children face the same problems. Not only that but children are now being diagnosed with “adult onset diseases” which have a strong correlation with obesity.

Now, I talked a lot about obesity rates among children and adults in most industrialized English speaking countries tend to be abnormally high, and you know the reasons behind obesity stem from poor lifestyle choices including lack of exercise and “Frankenstein foods”.

But now let’s do some compare and contrast, do you know which ***industrialized*** country has the lowest obesity rate and why? The answer is *Japan!* – That’s right a country that boasts as one of the world’s leading technological powerhouses with advanced technology, relatively low crime rates, fast transportation and let’s not *forget quality food!*

So why do the Japanese have a much lower obesity rate in comparison to any other country of the industrialized parts of the world? The answer is simple, and that is their source of food! Japanese traditionally consume a lot of whole foods, while their counter parts the Americans eat foods that are heavily processed. It must be noted that American influence on Japanese cuisine is starting to infect Japanese people, but as a whole and generally speaking the Japanese eat much cleaner.

Have you ever stopped to consider one of their most iconic foods, sushi? You can easily break down what traditional sushi is made up of; rice, raw fish or cooked fish, and seaweed. You can easily identify the components part by part and this is what constitutes wholefoods!

Traditional sushi is made up of whole food ingredients, unlike our standard American “Frankenstein foods” that contain fillers, additives, preservatives and

artificial sweeteners. This simple, but profound truth infers quite a lot. The fact is we need to start looking at our diets more closely and identify fake foods from authentic wholefoods.

The correlation between their low obesity rate and consumption of whole foods is indisputable. Not only are whole foods packed with dense calories, but contain the essential vitamins, minerals, fibers, and other nutritional benefits that all human beings need to survive.

Whole foods are plant based foods that have little to minimal processing and have not undergone any acritical alterations.

Obesity is a serious thing. Obesity can be considered a jumping off point to various chronic degenerative diseases. Hence, why its important to lose those unwanted pounds as quickly as possible. When you become overweight you're at risk to a plethora of chronic disease states, such as cancer, diabetes, high blood pressure, stroke, gout, and even arthritis.

The dangers of obesity and being overweight cannot be understated and I hope I was able to give you a quick summary in this introduction to why you need to lose those unwanted pounds as being overweight posses certain health risks and complications that not only effect your self-esteem and body image, but the outcome of your overall health too!

## ***Chapter 1: What is Intermittent Fasting?***

Is intermittent fasting some new health fad that is taking the fitness industry by storm or is there more to it than meets the eye? What if I told you intermittent fasting isn't really something new!? – But people have been practicing it since ancient times! That's right our ancestors didn't have supermarkets, fast food restaurant chains, or any other sources of quickly accessible food, and thus as a result were forced to interface with intermittent fasting on a daily basis.

Food was scantily available and people didn't have the luxury of eating out on a whim or eating at their leisure. For a matter of fact a point I wanted to highlight is people didn't eat out of boredom like we do today! – Human beings are the only creatures on planet earth who eat out of boredom! Animals don't even do it!

Have you ever seen on wildlife documentaries prey such as buffalo or deer walking past content lions? Why don't the lions attack when they are content and their bellies are filled? This is not a strange phenomena, but a simple fact of life and that is animals only eat when they're hungry!- Not out of boredom.

Human beings have acquired the habit of eating for either out of boredom, fun, stress, and other leisure times.

So you're probably wondering what is intermittent fasting and how does it help

you lose weight? Well not only is it incredibly effective for helping you lose weight, but its one of the best all natural holistic healing solutions ever!

But before we get into the basics we need to establish a few things. **1.** Fasting is not self-starvation, but volitionally choosing to use calorie restriction, eat less, and have your meals in less frequencies spread out at certain durations of the day. **2.** By intermittent fasting you are restricting food intake for the first half of your day and than later introducing foods at the latter half. You essentially create windows of timeframes you fast under. **3.** Fasting has existed since ancient times and is completely healthy when done under the right supervision. -You can fast for spiritual reasons, political reasons or health conscious reasons.

Fasting is a completely natural phenomenon that aligns itself with our normal physiological functions. In essence fasting is caloric restriction in short, you are restricting the amount of calorie consumption you take in. But what does this do to the human body? *IF* (intermittent fasting) actually has quite a number of positive effects on our bodies and this is backed by science. By intermittent fasting we extend our life span, reverse the aging process, burns excess fat, enhances cardiovascular and brain health, reduce the risk of stroke, high blood pressure, oxidative stress, and improve insulin sensitivity.

Your probably wondering how on earth can fasting have so much benefits and best of all have no side effects like prescription drugs? Did I also mention that it is the most cost affordable solution for everybody on the planet! -You can start completely FREE.

IF is when you don't eat for extended periods of time unlike what we are taught to do by society's cultural norms, which is eating constantly. You create windows of "fasting", meaning you don't eat anywhere between 6- 10 hour intervals, and the frequency of your eating is kept to 1-2 times a day or even eating every other day.

Now if you are starting out its going to be quite the task to readily jump into fasting for 12 hours straight, however, my advise is to build your way up, and note that the first week will probably be your hardest in regards to refraining from eating because your body is just starting to adapt and make the appropriate adjustments.

So start off with 6 hours windows of not eating anything, and keep the frequency at 2 meals per day. Do this for the first week, and when you enter the second week go for 8 hour windows and keep the frequency of eating the same. Once you've hit the 3<sup>rd</sup> week I suggest either continuing your current regiment or step it up or notch to 10 hour intervals of abstinence and keep the frequency of 1 meal per day.

When you become comfortable you can even take it to the next level and that is eating every other day, meaning you don't eat at all for 24 hours that designated day. Thus, your only consuming food for 4 days out of a 7 day week. This equates to approximately 16 meals within a 30 day calendar month. -Now this is only for those of you who want to follow IF to this extreme, however it's completely fine if you want to do 2 meals per day with 8 hour intervals or 2 meals every other day.

The choice is yours and whichever path you choose you'll notice the weight loss process beginning and you will start to shed those unwanted pounds. By far *IF* is the most effective weight loss strategy that exists because it leverages the body's inherent power and unlocks regenerating, calorie burning, and self-repair mechanisms. Remember no snacking in between any of the periods! -You can have yourself tea or water if you want in between.

I personally eat every other day and keep a 10 hour window and only eat at the frequency of 1 meal, and sometimes 2 meals per day. I didn't do this right away, but in incremental steps as I have previously advised I worked my way up until I was comfortable to live this lifestyle. What did IF do for me?

It had so many health and wellness benefits, I had better mental clarity and



sharpness, I was content, mindful and self-aware of my eating habits especially of emotionally triggered eating, I started losing weight rapidly and in a healthy controlled manner, and best of all my muscle definition sculpted to the point where I had almost no body fat. – I must also advise I exercised rigorously and frequently as well. Exercise in conjunction to IF is the ultimate combo and guaranteed way to lose weight and transform your body.

Below I have created an outline for you to follow from beginner, intermediate to advanced in regard to eating schedule. Please feel free to modify the schedule to your individual and unique needs as you see fit. -Nothing is set in stone this is a template. But remember no snacking in between any of the periods! Later in this book I will cover the best choice food selection, recipes and my personal exercise regiment.

***Beginners IF-*** 6 hour intervals & 2 meals per day.

***Beginners IF Stage 2*** – 8 hour intervals & 2 meals per day

***Beginners IF Stage 3*** – 8 hour intervals & 1 meal per day

***Intermediate IF*** – 10 hour intervals & 1 meal per day

***Intermediate IF stage 2-*** 12 hour intervals & 1 meal per day

***Advanced IF*** – 1 day intervals (24 hours) & 1 meal every other day

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