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*The Art of*  
**INTERMITTENT  
FASTING**

How to lose weight, shed fat, and live a healthier life

**CONNOR THOMPSON**

# **Art of Intermittent Fasting**

How to Lose Weight, Shed Fat, and Live a  
Healthier Life

By Connor Thompson

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# Introduction

Congratulations on downloading this book and thank you for doing so.

The following chapters will discuss everything that you need to know to get started with intermittent fasting. This is a great diet plan that focuses more on the time to eat foods as opposed to the actual food you are eating. There are also a wide variety of options when it comes to using the intermittent fast so you will be able to make it work for your lifestyle.

This guidebook will provide you with all the information that you need to get started with an intermittent fast. We will look at what this fast is all about, the health benefits that come with it, how to eat on this diet plan, and much more. We will also answer some common questions about fasting so that you are fully prepared to get started.

The intermittent fast can be a great option for those who have had trouble losing weight in the past and who want something that will actually work well for them now. Make sure to check out this guidebook to help you to get started with intermittent fasting today.

There are plenty of books on this subject on the market so thanks again for choosing this one. Every effort was made to ensure it is packed full of useful information so please enjoy!



# Chapter 1: How Our Modern Diet is Failing Us



We all know that we need to eat healthier. We also know that we need to limit how much soda, juice, processed foods, sugars that we consume. But even though we know these things, it doesn't mean that it is as easy to follow.

According to a recent food and health survey done by Psychology Today, 52 percent of Americans believe that it is easier for them to figure out their taxes than to figure out how to eat healthily. Plenty of people have trouble with the current tax code, which means even more people are having trouble figuring out how to eat a diet that is good for them.

We live in a country that is fighting a battle with obesity. More than a third of the population in the United States is considered obese, and many are also considered overweight. However, these statistics do not show the complete picture. Two out of three adults are considered overweight or obese, meaning that most people will fall into this category.

Why are these statistics so dismal? There are a lot of factors that contribute to obesity. One big culprit is the standard American diet. There has been a huge decrease in the quality of our diets as we went from a nation that relied on food from local farms to a nation that mass-produces most of our food. This transition has increased our food consumption because it is so readily available now.

In addition, many foods that are readily available and easy to eat are high in fat, sugars, and calories. All of these things contribute to added weight. From the sugary snacks that we find in the break room to all the fast food chains that are around us, the quality of food and the amount we eat has changed drastically. We can literally eat unhealthy foods non-stop if we wish, which is why obesity is so prevalent in our culture.

The first thing we should look at is the quantity of food that we are eating. The number of calories that each person needs varies from person to person. Factors include your genetics, activity level, overall health, height, age, and gender. However, the benchmark number that is used on food labels is about 2000 calories each day. This number is already fairly high for those who live a sedentary life. It is also possible to eat 2000 calories or more in just one sitting if you go out to eat.

While eating out quickly pushes us past calorie limits, it is also possible to eat more even when we eat at home. It is important to learn how to start eating what we need to function, rather than eating because something tastes good, or we are bored, tired, or sad.

To calculate the average amount of daily calories that are consumed by Americans, organizations examine the amount of food available per person as indicators for the amount of food that is consumed. Inside the United States, this ends up being around 3800 calories each day. Even when you account for the fact that some of this food is wasted or discarded each day rather than consumed, the average American still consumes 2700 calories each day. This is way more than anyone will need, even if they are leading an active lifestyle, which many Americans are not.

Now, we need to also discuss the quality of the food that most Americans are eating. Growing up, most of us learn from our parents and teachers which foods are good and which ones are not. Fruits and vegetables are seen as

good, and sugars and sweets are bad. The rest of the foods may not have been as good for you, but they were fine in moderation. Even though we were taught about healthy eating at a young age, in practice, it is much harder to follow this advice.

According to the U.S. Department of Agriculture, the top six sources of calories for most Americans are grain-based desserts, yeast bread, chicken, soda/sports and energy drinks, and alcoholic beverages. Note that healthy fruits and vegetables are not listed. Out of this top five list, most of the foods that Americans consume are refined grains and sugars. It is estimated that only 8% of the average American diet consists of fruits and vegetables.

According to a study done by the United States Department of Agriculture (USDA) in 2010, nuts, meats, and eggs make up 21% of these diets; oils and fats are 23%, and caloric sweeteners make up 15%. The food that is not that good for us makes up a good 61 percent of our diets.

The time of day that we eat can matter as well. Most Americans live a busy lifestyle, and they do not have the time to sit down and eat a well-balanced meal. Instead, they eat on the go, usually at some place that is unhealthy, or they eat at night when their metabolisms are slower. In addition, many Americans are sitting on the couch and eating unhealthy snack foods while watching television. Sometimes food is so abundant that we eat non-stop.

It is important to learn the necessary steps to limit how much food we are taking in each day. It is tempting to eat foods that are easily available. But, if you want to regain your health and stay in good shape, it is important to step away from the typical American diet and choose something that is healthier and better for you.

When you hear about fasting, you might think of people who go for weeks without eating due to religious reasons. You might think that it is unhealthy or that you won't be able to do it since you love food too much. But intermittent fasting is different from religious fasting, although they do share some common ideas.

Intermittent fasting is about restricting your calorie intake during certain parts of the day or not eating as much on certain days. Your body still gets the nutrients it needs, but you eat fewer calories, therefore making it is easier to



lose weight. Some of the different types of intermittent fasting will be discussed later on in the book.

The reason why this diet is successful is that it is effective at reducing the amount of fat that is in your body as well as the number of calories that you are consuming. Since you are reducing the time frame in which you are allowed to eat or lowering your calorie intake during certain days of the week, it is much easier to lower the calorie count overall.

You can also choose how long you would like to do the intermittent fast. Some people choose to do it for a month or more while others fit it into their lifestyles, so they stick with it long term.

# Chapter 2: What is Intermittent Fasting



Now that we have taken some time to look at how the American diet is making us unhealthy, let's look at an eating style that will make it easier to lose weight and become healthier. This chapter will discuss what intermittent fasting is all about so you can understand how it may work for you.

Intermittent fasting consists of a dieter cycling between periods when they are allowed to eat and periods where they are supposed to fast. This type of diet doesn't necessarily say which foods you can eat but specifies when you should eat. Of course, if you want to lose weight or get a better health, it is better to eat foods that are good for you and nutritious. However, with intermittent fasting, it's not going to specifically list out which foods you can and cannot have.

There are different types of intermittent fasting methods, but all of them split up your day or week into eating periods and fasting periods. What you may

be surprised to know is that most of us already fast each day when we are sleeping. You could extend the natural fast time for a little bit longer. For example, you may decide to skip breakfast and have your first meal at noon and your last meal at 8 pm. This would be considered a form of intermittent fasting.

With this method, you technically fast for sixteen hours each day and then only eat during an eight-hour period of the day. This form of fasting, also known as the 16/8 method, is one of the popular options when it comes to intermittent fasting.

Despite what you may be thinking right now, intermittent fasting is actually easier than you think. It doesn't take much planning and countless people who have gone on this diet report that they feel better and have more energy when they are on a fast. In the beginning, you may struggle a bit with hunger, but it won't take long before your body adapts and gets used to it.

The main thing to remember is that when you are in the fasting period, you are not allowed to eat. You can still drink beverages to keep you hydrated. Some of the options include tea, coffee, water, and other non-caloric beverages. Some forms of this fast will allow for a bit of food during the fasting periods, but most don't. And if you like, it is usually fine to take a supplement while you are on this fast, as long as it doesn't contain calories.

### **Why fast?**

The next question that you may have is why you should consider fasting in the first place. Humans have actually been going through periods of fasting for many years. Sometimes they did this because it was a necessity since they were not able to find any food to eat. Then there were also times that the fasting was done for religious reasons. Religions such as Buddhism, Christianity, and Islam mandate some form of fasting. Also, it is natural to fast when you are feeling sick.

Although fasting sometimes has a negative connotation, there is really nothing that is unnatural about fasting. In fact, our bodies are well equipped to handle times when we have to go without eating. There are quite a few processes inside of the body that changes when we go on a fast. This helps our bodies to continue functioning during periods of famine.

When we fast, we get a significant reduction in insulin and blood sugar levels, as well as a drastic increase in what is known as the human growth hormone. While this was something that was originally done when food was scarce, it is now used to help people to lose weight. With fasting, burning fat becomes simple, easier, and effective.

Some people decide to go on a fast because it can help their metabolism. This kind of fasting is good for improving various health disorders and diseases. There is also some evidence that shows how intermittent fasting can help you to live longer. Studies show that rodents were able to extend their lifespan with intermittent fasting.

Other research shows that fasting can help protect against various diseases such as Alzheimer's, cancer, type-2 diabetes, and heart disease. And then there are those who choose to go on an intermittent fast because it's convenient for their lifestyle. Fasting can be a really effective life hack. For instance, the fewer meals you have to make, the simpler your life will become.

### **Why does intermittent fasting work?**

Intermittent fasting is the practice of scheduling your meals in order for your body to get the most out of them. Rather than cutting your calorie intake in half, depriving yourself of all the foods you enjoy, or diving into a trendy diet fad, intermittent fasting is a simple, logical, and healthful way of eating that promotes fat loss. There are many ways to approach intermittent fasting, but it's basically defined as a specific eating pattern. This method focuses on changing when you eat, rather than what you eat.

When you begin intermittent fasting, you will most likely keep your calorie intake the same, but rather than spreading your meals throughout the day, you will eat bigger meals during a shorter time frame. For example, rather than eating 3 to 4 meals a day, you might eat one large meal at 11 am, then another large meal at 6 pm, with no meals in between 11 am and 6 pm, and after 6 pm, no meals until 11 am the next day. This is only one method of intermittent fasting, and others will be detailed in this book in later chapters. However, you first must understand why this method works.

Intermittent fasting is a method utilized by many bodybuilders, athletes, and fitness gurus to keep their muscle mass high and their body fat percentage

low. It is a simple strategy that allows you to eat the foods you enjoy, while still promoting fat loss and muscle gain or maintenance. Intermittent fasting can be practiced short term or long term, but the best results come from adopting this method into your daily lifestyle.

Though the word “fasting” may make alarm the average person, intermittent fasting does not equate to starving yourself. To understand the principals behind successful intermittent fasting, we’ll first go over the body’s two states digestion: the fed state and the fasting state.

For three to five hours after eating a meal, your body is in what is known as the “fed state.” During the fed state, your insulin levels increase to absorb and digest your food. When your insulin levels are high, it is very difficult for your body to burn fat. Insulin is a hormone produced by the pancreas to regulate glucose levels in the bloodstream. Though its purpose is to regulate, insulin is technically a storage hormone. When insulin levels are high, your body is burning your food for energy, rather than your stored fat which is why increased levels of it prevent weight loss.

After the three to five hours are up, your body has finished processing the meal, and you enter the post-absorptive state. The post-absorptive state lasts anywhere from 8 to 12 hours. After this time gap is when your body enters the fasted state. Since your body has completely processed your food by this point, your insulin levels are low, making your stored fat extremely accessible for burning.

In the fasted state, your body has no food left to utilized for energy, so your stored fat is burned instead. Intermittent fasting allows your body to reach an advanced fat burning state that you would normally reach with the average, ‘three meals per day’ eating pattern. This factor alone is the reason why many people notice rapid results with intermittent fasting without even making changes to their exercise routines, how much they eat, or what they eat. They are simply changing the timing and pattern of their food intake.

When you begin an intermittent fasting program, it may take some time to get into the swing of things. Don’t get discouraged! If you slip up, just get back into your intermittent fasting pattern when you can. Avoid beating yourself up, or feeling guilty. Negative self-talk will only prolong you getting back to your pattern. Making a lifestyle change takes a conscious effort, and no one expects you to do it perfectly right away. If you are not used to going long



periods without eating, intermittent fasting will take some getting used to. As long as you choose the right method for you, stay focused and remain positive, you will get the hang of it in no time.

Unlike some of the other diet plans that you may go on, the intermittent fast is one that will work. It uses your body and how it works to its advantage to help you to really lose weight. It is easy to get a bit scared when you hear about fasting. You may assume that you need to spend days and weeks without eating (and who really has the willpower to give up their food for that long even when they do want to lose weight) and that it will be too hard for you.

Intermittent fasting is a bit different than you may imagine. Not only is it really hard to go on a fast for weeks at a time, but it is also not good for the body. Your body will often go into starvation mode if you end up being on the fast for too long. It assumes that you are in a time without much food and so the body will work on saving the calories and helping you to hold on to the fat and calories for as long as possible. This means that not only are you hungry, but you are also missing out on losing weight.

You don't have to get too worried about how this intermittent fast will work in the starvation mode. The intermittent fast is effective because you are not going to fast for so long that the body goes into this starvation mode and stops losing weight. Instead, it will make the fast last just long enough that you will be able to speed up the metabolism.

With the intermittent fast, you will find that when you go for a few hours without eating (usually no more than 24ish hours), the body is not going to go right into starvation mode. Rather, it is going to consume the calories that are available. If you ate the right number of calories for the day, the body is going to revert to eating up the stored reserves of fat and use it as fuel. As such, when following an intermittent fasting plan, you force your body to burn more fat without putting in any extra work.

Here are few quick tips for success:

First and foremost, it is important to not expect to see results from your new lifestyle immediately. Instead, you need to plan on committing to the process for at least 30 days before you can start to accurately judge the results.

Second, it is important to keep in mind that the quality of the food you put into your body still matters as it will only take a few fast food meals to undo all of your hard work.

Finally, for the best results, you will want to add in a light exercise routine during fast days and a more traditional routine for full-calorie days.

### **Types of intermittent fasting**

There are a few major types of intermittent fasting that you can choose to work with. These fasts can all be effective, and the one that's right for you will depend on your personal preferences, schedule, and lifestyle. Some of the fasting options that you can go with include:

- The 16/8 method: This one will ask you to fast for 16 hours each day and eat during the other 8 hours. So, you may choose to only eat from noon to 8 pm or from 10 am to 6 pm. You can choose whichever eight-hour window that you like.
- Eat-Stop-Eat: Once or twice each week, you will not eat anything from dinner one day until dinner the next day. This gives you a 24-hour fast but still allows you to eat on each of the days that you are fasting.
- The 5:2 diet: You will pick out two days of the week to fast. During those two days, you are only allowed to have up to 500-600 calories each day.

Of course, there are variations of the three that are listed above. For example, some people decide to limit their windows even more and only eat for four hours and fast for twenty on this diet. Most people who go on these fasts will choose to go with the 16/8 method because it's the easiest to stick with and will give you some great results in the process.

Intermittent fasting is simple and effective. It helps you limit the calories that you are consuming and burn more fat and calories than you would with a traditional diet.

## Chapter 3: How Can I Fast?



One thing that a lot of people like about intermittent fasting is that it provides you with a lot of choices. As mentioned, there are a few different ways that you can do an intermittent fast based on your schedule and lifestyle. Some people find that they have a few busy days during the week and so will fast on those days. Others like the idea of limiting their eating window and doing a small fast each day.

The fasting method that you choose is up to you. All of them can be effective and will provide you with some of the benefits that you are looking for. Let's take a look at some of the fasting options that you can go with, so you can choose the right one for you.

### **The 16/8 Method**

This is one of the most common methods that you can use in intermittent fasting. It requires that you fast for about 14 to 16 hours each day and eat during the remainder of the hours. During this eating window, you are still

able to fit in two to three meals without a problem. This is more likely to fit into the eating schedule that you are used to, but it still limits you so that you do not eat all day long.

This method is easier than you think. It is as easy as not eating any snacks after you are done with dinner and then skipping breakfast, or at least having a late breakfast. So, if you finish your last meal at 8 at night and then do not eat anything until noon the next day, you are already fasting for 16 hours. You just have to be careful about the late-night snacks. If you eat them, you will need to avoid breakfast in the morning.

Some people have issues with this because they feel hungry in the morning and feel they need to eat breakfast. You can simply move breakfast to a little later in the day. For example, if you choose to eat breakfast at 10 in the morning instead of 8 and then stop eating by 6 at night, you would still be within the 16-hour window.

If you're a woman, this is the option that you should probably go with. Women typically do the best with these shorter fasts and may want to consider going with 14 to 15 hours between eating because this is more effective for them.

During the fast, you are allowed to drink water, tea, coffee, and other beverages that are non-caloric to help reduce the hunger pains that occur. In addition, you should try to stick with healthier foods during your eating window. It is not a good idea to eat a lot of unhealthy food during this time. Some people like to go on a low-carb diet when they are on intermittent fast because it helps with hunger and allows for better results.

### **The 5:2 diet**

Another option that you can go with is the 5:2 diet. This one asks you to eat normally for five days during the week and restrict yourself to no more than 600 calories on each of the other two days. This is sometimes called "the Fast diet" as well.

On these fasting days, it is recommended that women stay around 500 calories and men at 600 calories. For instance, you will eat normally each day of the week, and on Monday and Thursdays, you will only eat two small meals with a total of 500-600 calories. You can choose any days of the week

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