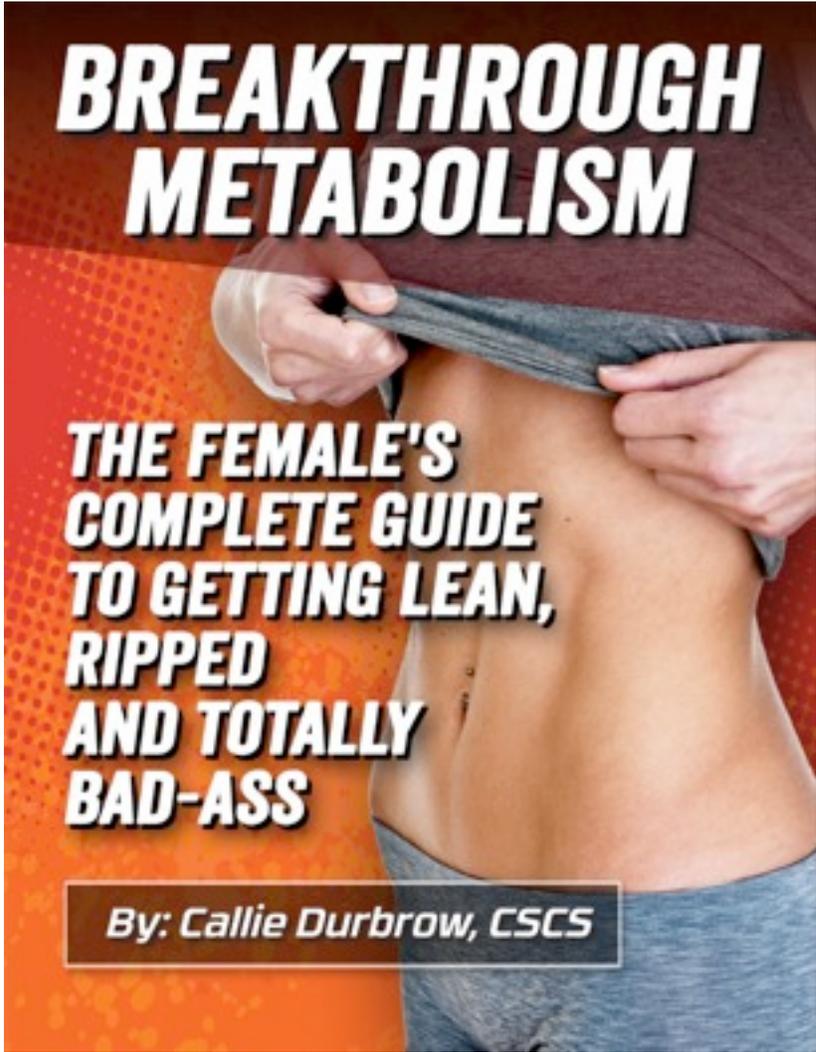


BREAKTHROUGH METABOLISM

A woman is shown from the waist up, lifting a dark-colored t-shirt to reveal her toned midsection. She is wearing grey athletic shorts. The background is a gradient of orange and red with a halftone dot pattern.

**THE FEMALE'S
COMPLETE GUIDE
TO GETTING LEAN,
RIPPED
AND TOTALLY
BAD-ASS**

By: Callie Durbrow, CSCS

Table of Contents:

- Introduction and My Story
- Problems Most Women Have
- How to Fix Your Sad, Broken Metabolism
- Diet Myths You Must Avoid
- What is Intermittent Fasting and Why it Works
- 10 Benefits of IF For Women
- How to Integrate into the IF and Bad-Ass Body Lifestyle
- The Basics
- The Fasting Period
- During the Day Eating Period
- The Night-Time Eating Period
- How Much to Eat
- Cheat Days and Why They Work
- What I Do Personally
- Shopping List
- Supplements
- Quick Start Guide
- Training
- FAQ
- Quick Start Check List
- About the Author

Introduction

I won't bore you too much with the details of my life story. I want this book to be about you and the success that you can achieve through this diet and lifestyle.

Growing up I was an athlete; I played soccer, basketball, participated in karate and gymnastics and was generally active. I went on to play soccer and basketball in college. During that time my workout regime was pretty great. Being a soccer player I was lean and had great endurance. I lifted weights 3 times a week and was explosive and flexible at the same time. This all happened by no real planning of my own, I just trained like an athlete. I jumped, sprinted, lifted weights and trained in intervals by default on the soccer field.

After I graduated from college I ran into what many former athletes do. What do I do with my competitive spirit now that I'm done playing sports? So, I did what many athletes that I knew were doing. I took up running.

It was a great way to pass the time and to "keep in shape," or so I thought. I was running a minimum of 3 miles per day, often times more. I was lifting weights but not as regularly. What happened to my body in this time? Looking back it's very easy to see. I became slower, more flabby and soft (even though I didn't have a lot of body fat, I didn't look lean and athletic) and I had much less energy.

After a few years of working as a personal trainer, I was getting back into the gym, lifting weights and doing some different things with my nutrition. I was also taking a very close look at my clientele and what their situations were like.

As it turns out, the majority of people were coming in with very similar situations. Here is what most new clients were telling me:

- I usually do cardio for about 30 to 45 minutes
- I don't do any strength training (this is usually because of feelings of intimidation, lack of knowledge or fear of getting bulky)
- I weigh myself 3-4 times per week
- I eat cereal for breakfast, a sandwich for lunch and pasta for dinner
- I drink 2-3 cups of coffee every day and I drink 2 bottles of water
- I sleep 6 hours a night
- I work in an office or a lab for 8-9 hours each day

These comments are taken directly from very real clients of mine. This may sound a bit like your lifestyle. You may be wondering what's wrong with this? If you are, then I'm excited for you because I'm about to open some doors to a lifestyle and a body shape that you never knew existed. You may also be thinking that you understand most of these things are incorrect when it comes to fat loss but you're not sure how to change

them. I'm excited for you too, because you are going to embark on a thrilling journey of fat loss, body reconstruction and most importantly, lifestyle transformation. Over the last 8 years as a personal trainer and fat loss coach I have seen a lot of the trends listed above in my female clients. Once I get them in the door and get them to buy into our system of training and learning how to reshape their bodies, the results are amazing.

The one thing that is a lingering problem is the nutrition. Why is that?

Well, when you commit to a training plan you have structure, accountability and someone to guide you with correct exercises, form and progression along the way.

There are lots of ways to screw up your nutrition. There are 23 extra hours in the day that you're not in the gym and staying accountable to your trainer.

There are so many diets and nutrition plans out there. Low carb, high carb, carb backloading, intermittent fasting, Paleo, Vegan, 5-6 small meals each day, Ketonic, and the list goes on.

I'm not here to bash any type of eating plan or say that one is better than the other. They are all a means to an end and they all work.

The problem becomes figuring out which one to choose. Confusion and becoming "over-informed" can be your biggest problems. Trying to figure out which style of eating works best for you, jumping from one fad to the next and basically just never seeing results....sounds familiar, right?

So why do you stop? Most of the time it's because you don't see any results. How motivating is it to continue on a certain path of eating when you never see changes?

Here's where all of that stops. I've spent years researching, testing, tweaking and developing the most effective and easiest to follow nutrition plan. The best part is that it's designed specifically for women. This is not a men's nutrition plan developed by a man and then "edited" for the goals of a female.

This is your ticket to the bad ass, sculpted body that you've always wanted but never knew how to get. Here is your road map to success. We all hear about how nutrition is close to 80% of the battle when you want results. So why don't people do it right?

They usually just don't know what to do. Now you can eliminate all of that. Simply follow the plan outlined and get ready to transform your body into the ultimate bad ass.

Problems that Most Women Have

Before we begin this program I need to address some of the problems that most women are struggling with. This has come from years of researching and training clients, primarily women ages 25-45.

As we get older, our metabolism slows down. That's just a fact of life. Often times there are issues at work well before we hit that dreaded age of 30.

I know this has happened to you. It might even be happening to you right now, hence you reading this book. You work out, you eat right and you are doing "all the right stuff" but the fat is just not coming off. We're going to fix that once and for all.

I'm going to be blunt in this section of the book. It's not my nature to beat around the bush and with my training clients I take the same approach. I'm going to tell you right now that your training is probably not intense enough, you're doing too much cardio and your eating is not as healthy as you think it is.

Don't worry because all of that will be fixed by simply following the plan in later chapters. What happens when you get that pretty under control and you're still not seeing the results that you want?

These are the major reasons women are not getting results.

1. Too much cardio
2. Not enough strength training and specifically not enough heavy lifting
3. Eating too many carbs and not eating them at the right times
4. Eating low calorie processed foods instead of nutrient rich, real foods
5. Calorie restriction for too long

We also need to look a little deeper at some of the physiological functions, or lack of functions in some cases.

Here are just some of the struggles that women encounter and most of them you don't even know about.

1. Elevated estrogen levels
2. Low testosterone levels (yes, this is important)
3. Adrenal fatigue
4. Elevated cortisol
5. Poor insulin sensitivity
6. Inflammation
7. Poor Digestion

What do all of these things mean?

Do you have all of them? Maybe. A lot of these problems go hand in hand and the remedies can cover a lot of the bases for you.

All of the above issues are hormone related. Your hormones are responsible for many different processes and functions in the body. Hormones are like messengers in your body that give orders to your cells for particular functions. They are chemicals that are manufactured by glands and released into the bloodstream.

Most hormones are produced by organs called ductless glands (endocrines) and these include the two adrenal glands, the pituitary gland, the four parathyroid glands, the sex glands and the thyroid gland.

Various endocrine glands secrete hormones into the blood, which carries them through the body. When a hormone arrives at its target organ or tissue, a certain action takes place.

Hormones are grouped based on the functions that they control; the way the body uses food, growth, sex and reproduction, the regulation of the composition of blood, the body's reaction to emergencies and the actual control of hormones themselves.

Most human hormones can be divided into two groups- steroid and amino acid based hormones.

Let's get into each of the issues individually

- Estrogen is the female sex hormone and is a steroidal hormone, which means it readily diffuses across the cell membrane. Estrogen is present at all times in women but it significantly higher during the reproductive age. It promotes sexual characteristics and is involved in aspects of regulating the menstruation cycle. Women need estrogen but levels are often too high.

Here are some other structural changes often brought about by the presence of estrogen:

- Increase in fat stores
- Reduction in bone resorption, increase bone formation
- Reduction of muscle mass
- Salt and water retention
- Sudden estrogen withdrawal, fluctuating estrogen or periods of sustained low levels can cause significant mood lowering
- Body fat stored around the chest and hips

Testosterone is the male sex hormone, the counterpart to estrogen. Even though men are always looking to increase their testosterone levels and it is seen as a very manly thing, it's necessary for women as well. This hormone is responsible for building muscle and also aids in the fat burning process, which is why it's important for women.

Adrenal Fatigue is very simply, your body is overworked, overstressed and overtired. The adrenal glands control most of what goes on in your body and when that is taxed, nothing will be working correctly. Think of this as a system short circuiting. Losing body fat when your system is fatigued and damaged is next to impossible.

Cortisol is known to most people as the stress hormone or the belly fat hormone. This is a nasty issue as most women today are dealing with a lot of stress and have trouble winding down to relax. The most common characteristic of high cortisol is extra fat around the belly area.

Insulin Sensitivity is one thing that most women don't even think about when they are struggling to lose fat. This means that your ability to tolerate carbohydrates is weak and dysfunctional. If you are unable to tolerate carbs, this leads to extra body fat. Most women who are lean enough can tolerate some carbohydrates especially post-workout without an issue. However, for the general population this is not the case. Thus leading to the thought that carbs are the enemy. In this book I'll teach you how to fix this.

Inflammation is most often caused by an improper diet. I'm talking about the inflammation of your organs, joints, muscles, everything. This can make you look and feel a lot older than you actually are and it will really put a damper on your training and recovery. Remember, better training sessions equals better results. The biggest culprits in today's diets are corn, sugar, dairy, soy and grains. These are often things that women consider to be "healthy" but they are just doing more harm than good. If your body is inflamed, not only will your training be awful, you will walk around looking puffy and worn out.

Poor Digestion is a huge factor when it comes to fat loss but it's another one that is severely overlooked. If your body can't break down and process the food that it's taking in, nothing will function properly. This can lead to fat gain, skin breakouts, immune system deficiencies and an overall feeling of fogginess.

Okay, so these sound like some pretty bad problems right? Yes they are. And most of the time you aren't even aware of them. I'm not writing about this to scare you and to get you to fire up Web-MD to start freaking yourself out, but I want you to start implementing some very simple lifestyle tweaks which will help improve all of the problems I listed above. As you'll soon see, a lot of the remedies are going to cover many of the issues and once you get these things in place in your life and combine them with the training and nutrition we discuss in this book, you'll be looking leaner, more cut and more bad ass than you can ever imagine.

How to Fix Your Sad, Broken Metabolism:

After reading all of the issues in that last chapter I'm sure you're eager to figure out how to fix them. Remember, you may not have all of the problems but a lot of them are related and once you clean up one thing you can significantly improve other functions.

How to Fix Low Estrogen Levels:

- First and foremost, drop body fat
- Eat grass fed meat, cage free eggs and wild caught fish
- Avoid large amounts of beer and detox your liver. All estrogen compounds pass through the liver and if the liver is messed up from too much booze, you will have an excess
- Avoid soy products
- Get 8-9 hours of sleep per night

How to Increase Testosterone Levels (to lose body fat):

- Eat adequate amounts of Omega 3's
- Avoid traditional cardio training as this has been shown to increase cortisol and cause testosterone levels to dip
- Limit training sessions to 45-60 minutes
- Perform 3-4 days per week of strength training with taxing loads
- Perform 2-3 days of high intensity conditioning such as sprints or hill sprints
- Get 8-9 hours of sleep per night

How to Improve Adrenal Fatigue:

- Get 8-9 hours of sleep per night
- Never train to failure
- Lower your stress (I know, easier said than done)
- Limit your caffeine to 1-2 cups of black coffee each day
- Take 1-2 grams of Vitamin C each day

How to Lower Cortisol Levels:

- Limit your training sessions to 45-60 minutes
- Avoid steady-state cardio for long durations (this has been shown to increase cortisol levels)
- Lower your stress. Give yourself 10 minutes each day to “shut down” and relax and think. No phones, computers or anything electronic
- Get 8-9 hours of sleep each night
- Cut all gluten products out of your diet

How to Improve Insulin Sensitivity:

- Lower your body fat (below 22%)
- Keep carbohydrates low during the day and only consume them at night on your heavy strength training days (you’ll learn all about this in the upcoming chapters)
- Avoid gluten, soy, wheat, grains and sugary foods

How to Reduce Inflammation:

- Reduce stress
- Get 8-9 hours of sleep each night
- Practice intermittent fasting and keeping your carbohydrates low for 16-20 hours each day
- Avoid grains, soy, legumes, wheat and dairy

How to Improve Digestion:

- Practice Intermittent Fasting (16 hours) to give your system a break from processing food
- Eat only 2-3 meals each day
- Use probiotics
- Drink plenty of water (at least 1/2 your pound body weight in ounces)
- Don’t consumer water while you are eating, wait until after

Typical Dieting Myths that You Need to Avoid

- **Breakfast is the most important meal of the day**

I have no problem with breakfast. I love breakfast foods. Breakfast is an important meal, you just won't be eating it first thing in the morning. Right now my breakfast is anytime between 12 and 1pm, my first meal of the day.

During an entire night of fasting your body is in primed position for burning fat first thing in the morning. Your insulin levels are low which puts your body in a great position to use fat as fuel. If you eat first thing in the morning you are spiking your insulin (even if you are eating a protein based meal) and thus stopping that fat burning train in it's tracks.

Growth hormone levels are also high first thing in the morning but again, only if you keep the insulin levels low. Growth hormone is the powerhouse fat burning hormone.

One other sneaky hormone that can actually help you out at this time of the day is cortisol. Most people think of cortisol as the "stress hormone" and that it can lead to belly fat from a variety of reasons including stress, overtraining with cardio, diet and sleep. In the morning however, cortisol is your friend. It will help break down body fat by increasing the release of fatty acids to be used for energy.

- **You need to eat every 2-3 hours**

I think everyone has fallen victim to this old school rule. I'm not here to dispute that eating every few hours can work. I've done it and it did work for me but I became a slave to my food and you can only maintain eating 6 meals of 150-200 calories for so long. For our purposes of creating a lean, beast mode body we will be completely eliminating the frequent eating because the costs outweigh the benefits over the long term.

If you look back in history, the warriors and hunters of our past were not sitting down to eat every 3 hours. They were working, hunting and fighting off predators. Fast forward through the years of body builders and Olympic athletes in the 40's and 50's. They were eating 3 times per day. As supplement and food companies evolved in the 70's and 80's the notion of eating every 3 hours to "stoke your metabolism" became the norm. It was all about selling products.

So what does that mean for you? Eating every few hours is a pain in the neck. You have to pack a day's worth of food, bring it to work, drop what you are doing to get your 3 hour snack in between meals, time your lunches no matter what you are already doing and your body is now completely reliant on that timing of food. You're actually not hungry, you have just trained your body to believe that you are.

Physically it's also very demanding on your digestive system. Your system never gets a chance to rest and your liver gets so overwhelmed with toxins that it can't metabolize fat properly. Even if you're eating healthy foods, it's still extremely taxing and not worth the long term punishment and eventual slowing of your metabolism.

- **Your body will go into starvation mode if you don't eat for a long period of time**

This is another myth brought about by food and supplement companies to sell more products and get you on board with fancy protein shakes and snacks to "keep your metabolism up" during meals.

Your body can go long periods of time without food and most often it creates a more productive, clear and healthy mindset.

Physically your energy levels are higher because your body has not shifted into the parasympathetic mode of digesting food.

You will not lose muscle and start to store fat due to a slowing of your metabolism. Recent studies show that your body can maintain a steady metabolic rate with no issue for as long as 92 hours of fasting.

- **Carbs will make you fat**

Any food eaten in excess can lead to increased body fat. Carbohydrates are not the enemy. Specifically here we will be focusing on eliminating grain, white carbs and most dairy sugars. Carbohydrates are necessary for brain and body functions but you need to be sure you're eating them at the right times and paired with the right macronutrients (more on this in later chapters). Any excess carbohydrates that are not burned as fuel can be stored as fat but with correct timing, training sessions and daily fasting you will never have this issue again.

- **Fat will make you fat**

This was the fad of the 80's and early 90's. Low fat diets were king and we saw how that turned out. America is now one of the fattest countries in the world. Just like carbohydrates, any excess of calories can lead to fat gain but the key is to pair your macronutrients up correctly and keep your daily intake at the correct amount. Fat is a healthy source for energy, it aids in digestion and brain functioning and provides insulation for our organs. It's also quite tasty in the form of nut butters and avocado.

- **Your body can only digest a certain amount of protein**

This is another myth that you'll hear from the 22 year old kid selling you worthless supplements at GNC. Protein intake is dependent on your body weight, lean tissue and your workouts but the body does not have a digestion limit. The one factor we will look at with this program is that protein does spike insulin so we need to be aware of the nutrient timing to ensure we keep insulin levels low during the day. That just means keeping protein under 20 grams during the early eating phase. Again, more on this later.

- **Eating after 7pm will cause you to gain weight**

Eating too much will cause you to gain weight (fat). If you eat a ton during the day and *then* a ton after 7pm, you will get fat. With correct timing of your food intakes and fasting periods you'll see that you can eat large amounts of food late into the evening and actually get leaner and more ripped.

What is Fasting and Why it Works:

Intermittent fasting is a concept that has been highly discussed over the last few years. It has also been challenging all of the norms and the typical "eat every 2-3 hours to stoke your metabolism" theory.

I'm not here to debate the merits of the different types of diets. As I mentioned earlier in this chapter, they are all a means to an end. When you are on a diet you are trying to get to an end point. That end point is different for different women, some are trying to lose a good deal of weight, some are trying to reshape their bodies and add some lean muscle and some are trying to lose that "stubborn fat" (more about this lovely gem later in the book).

Most diets work if you put in the work. The problem becomes when you then try something different. Your body reacts in a variety of ways, most commonly to put back on the weight that you lost during your dieting phase. That sucks and we've all experienced it because you can't sustain a typical diet forever. That's all about to change.

Enter intermittent fasting.

This concept and nutrition plan is a diet of course, but it's a lifestyle. Many people that I have coaching and myself included have been integrating intermittent fasting for years and with incredible results. You'll see some case studies on this later in the book as well.

Before I get into the science and exact concepts of intermittent fasting I want you to think about your childhood and children in general. They actually have it right. Do kids eat every 3 hours, by the book, getting in their protein and healthy fats at every sitting?

Nope.

Kids are intermittent fasters by nature. I remember as a kid I would wake up and have a small breakfast before school or before camp in the summer. Then I would eat lunch and that was pretty small too. The biggest meal was at night, with the family, after practice and games and whatever else we had going on. Maybe I had a snack before soccer practice but everything was small. I wasn't concerned with the timing of my food and typically I just ate when I was hungry.

Now with this program and intermittent fasting there is a bit more science involved but the point I'm trying to make is that as adults we have become so caught up in eating at the right time and shoving nutrients into our faces every 3 hours but with what result? Are people any leaner than they were 20-30 years ago? No way. We're actually bigger, unhealthier, more stressed, more fatigued, suffering from inflammation, diseases and a lower quality of life.

I don't know about you, but that doesn't sound too appealing to me. I would rather feel free from food and actually enjoy it when it comes across my plate instead of eating when I'm not even hungry because someone says I need to get in protein every 3 hours.

I'd also like to be able to reap the benefits of a nutrition plan that allows me to get leaner, have more energy, clarity, mental focus and will rid my body of the inflammation (that most people don't even know they have) and will improve my workouts and overall quality of life.

For several months, very recently, I followed a pretty strict diet plan. Earlier in 2011 my training business was taking off. I was opening a new training facility and getting that up and running. I was training and eat right but it just wasn't the same intensity and with everything going on with the business I noticed that I was getting a little bit soft. So I got myself set up on a fat loss plan where I was eating 6 times per day and just about 200 calories at every sitting. Guess what happened? I lost fat fast. I also lost muscle and energy.

Did this diet plan work? Sure it did but after several months, even though my body was looking great, I was kind of miserable. I had a food scale out at all times, I couldn't enjoy meals out with friends and when I went to hang out at my best friend's house she had to cook me separate meals. That was very nice of her, but that's not a life that you can live for very long.

I was feeling chained to my food. It was all about eating in the next two hours and my body became such a robot to that lifestyle. As I said, it worked and I lost close to 10 pounds of body fat but I knew it couldn't go on forever if I actually wanted to enjoy myself. That was when I started experimenting with intermittent fasting and from there I developed this system that can simplify your life and allow you to enjoy food and reap the benefits of a fat loss plan that will get you lean, ripped and boost your energy levels along the way.

I don't know about you but I have noticed a trend in most nutrition and diet books these days. They are all geared toward men and have just a little side note that "these tactics can be used for women as well." Then you have to sift through all the mass building, calorie loading plans to get to how it might actually work for you.

Or they might have a separate section for women that's just a few pages and maybe a women's workout mixed in with all the mass building, body building split workouts.

Not here my friends. This is written 100% for women, from a woman's point of view and tested and tweaked for years by women. This is the best of the best but don't you worry, this is no pink weight lifting, salad eating plan. You are going to get lean, ripped and bad ass. Just follow the plan and enjoy life.

Does this sound good to you too? I hope so.

Let's dive in. What is intermittent fasting?

The simplest definition is this: alternating periods of not eating (your fasting period) with periods of eating (feeding period).

The windows of each can vary depending on the plan that works best for you and also depending on the day. Generally speaking 16-36 hour fasts are going to work best but I'm going to give you in depth strategies on all of these in later chapters.

That seems pretty simple, right? Just don't eat for a specific amount of time and then eat and enjoy your food during the feeding window. Yes, it's cool. So why does it work?

Why intermittent fasting works

Intermittent fasting is a lifestyle. It has some very important characteristics that relate to long-term weight loss (specifically fat loss).

1. Fasting allows your body to operate in the it's most efficient state and will in turn stimulate fat burning hormones and suppress any fat gaining hormones.
2. Fasting is a lifestyle, not a short-term diet. You can adjust the fasting periods depending on the day, the week, the time that you work out, if you have an important family event or dinner coming up, no matter what the situation intermittent fasting can work. As long as you hit your macronutrients for the day or for the week, you're all good.

During the fasting periods some major hormone players are being manipulated. When you want to lose fat you must regulate your hormones accordingly. Most people don't know how to do this and that's why they only see results up to a point. That's not your fault though, this is pretty high level stuff but I'm going to make it simple and allow you to manipulate your hormones (the good and bad ones) every single day to make your body a fat burning machine.

During the fasting period growth hormone, glucagon, insulin and cortisol are all manipulated and will achieve optimum balance. All of these combined will help you reach your metabolic potential and allow for faster fat loss and a better feeling body.

Some benefits of hormone manipulation in the fasting phase are:

1. Burning fat- during the fasting phase growth hormone and glucagon are elevated. This combined with the decline of the hormone insulin will help your body burn fat at a faster rate.
2. Anti-aging- you'll experience an elevation of growth hormone, removal of toxins and an increase in sex hormones that can not only help you feel better but will promote anti-aging.
3. Improved ability to resist fatigue and stress- cortisol is controlled during a fasted state and the body will become more resistant to fatigue and stress
4. A more energetic state- brain neurotransmitters are boosted through blood circulation and increased production of cellular proteins. This promotes energy, alertness and vigor.

10 Benefits of Intermittent Fasting for Women

1. **Reduce cravings-** with most diet plans you have trained your body to eat at certain times. You have probably also trained your body to eat certain types of foods. Some starchy food at dinner, a piece of chocolate after dinner because you "need" something sweet. With intermittent fasting cravings can be virtually eliminated. When you go through periods of fasting you are letting go of your obsession with food, eliminating the feeling of having to eat every 2-3 hours. Over time you continue to make smart food choices during your feeding windows and cravings for sweets, salty foods, whatever your triggers are, will be gone. You'll also see later in this book how you can seamlessly tie in any cravings that you still have right into the meal plan and still lose fat.
2. **Less feeling tied to food-** As I mentioned in the above section, you have probably tried the standard eating every 2-3 hours because that's what keeps your metabolism up. This is a very old school way of thinking and yes, eating every 2-3 hours can work but to what detriment? Did you feel tied to food? Chained down by the clock, making

sure you eat at the right time because all of a sudden you're totally starving? I've been there, done that. It's awful and even though I did lose fat when I ate like that, it wasn't a great way of life for me and I know it's probably not for you either. With IF you don't have to pack a cooler full of food to bring to work, you don't have to time your lunch out perfectly if you're going out with co-workers, and you don't have to rush home after the gym to start cooking that last meal of the day. Flexibility is a huge benefit to IF and as you'll see in the applied section of this book, you will learn to enjoy food again.

- 3. Improved production of growth hormone-** Losing fat and weight all comes down to eating less calories, right? Yes and no. That's really only half the battle. The other half is the hard part that most women struggle with and they don't even know it. This is the battle of the hormones. In order to really lose fat and keep it off, you must manage your hormones and stimulate the ones that burn fat. The big ticket here is growth hormone. GH has been shown to be the best fat burning, anti-aging and muscle building hormone that your body produces. Recent research suggests that you can boost GH production up to 6 times more than average with some short term fasting. Growth hormone helps your body burn fat and ensures that fat cells don't even form, it helps you build muscle and also helps you look younger.

- 4. Allows you to control your appetite-** How many times have you heard that you need to eat breakfast first thing in the morning, that it's the most important meal of the day? So you start eating breakfast and over time your body starts to feel hungry at that exact time. Then you start getting hungry right before your 10am snack. Weird, huh? Not so much. Hunger is not so much a physical response but often times a cognitive one that's developed by environmental factors (you). You are training your body to be hungry and you're manipulating the ghrelin in your body. What is ghrelin, you ask? Just another hormone that needs to be controlled (luckily, we can do that). Ghrelin is a hormone that's produced in the hypothalamus, kidneys and pituitary gland and synthesized in and released by the stomach. It precedes, predicts your mealtimes and induces hunger. The ghrelin schedule in your body follows your eating schedule almost to a T so after a few days of fasting you will change the ghrelin response thus reducing the "hunger feeling" every few hours and allowing you to control your appetite.

- 5. Easy way to reduce calories and overeating-** With IF you're going to be eating 2-3 times each day. With all the factors listed above and your brand new appetite control, you'll be taking in less calories. The other cool thing is that you can manipulate your fasting windows to give you a bit of wiggle room if you went over your daily requirements the previous day.

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