

Glow 15 COURSE

TRANSCRIPT

Module 3: Week 1 IFPC

This week we're going to get into the meat of the program. I'm so excited! The topic we're going to talk about is intermittent fasting, and protein cycling. We put it together, IFPC. We're going to talk a lot about it today. We're also going to talk about rhythms. You may say, "Why are we talking about rhythms? What do rhythms have to do with what we're here to do-- which is lose weight, gain energy, feel our very best, and activate this little process in our body called autophagy. Why do we care about rhythms?"

Well, all of life has to do with rhythm, right? The ocean has a rhythm to it. Our heartbeat has a rhythm to it. Every cell in our body has a rhythm to it. When you utilize the rhythms of your body, of nature, it actually improves your health and your well-being. We're taking this idea of getting into the rhythm of your nutrition through intermittent fasting and protein cycling.

I'm going to tell you a little story about fasting before we get into exactly how you're going to do this part of the program. For me, it's been very important to always keep the level of inflammation in my body down, and I'm sure it is for you. One of the very best ways to keep the inflammatory process down in our bodies is to fast.

When I was in my late teens and early 20s, I started to embrace fasting. I would start with just one day a week of juice fasting. I would drink vegetable juices. Sometimes I would drink watermelon juice. I would try all these different juice fasts, and built up from one day a week, which I would typically do on a Sunday, to two or three days. It would typically be a juice fast. Sometimes I would do a water fast, where all I would drink the entire time was just water. I'd drink different types of waters, and sometimes I would do different kinds of fasting where I would incorporate lemon juice.

Fasting was a very important part of my health routine, and I found that there was nothing more powerful to get healthy than to use fasting as a tool. You know, fasting has been part of our lives as far back as it goes. Every religion incorporates fasting as well, Christianity, Buddhism, Hinduism, and Muslim.

We all are using fasting as part of our health and spiritual practice, and so to understand a little bit more about fasting, you have to know the different types of fasting. The reason I'm spending so much time on fasting is because so many of you have written to me and said, "I don't want to do

fasting," or, "I'm scared of it," or, "How do I actually do it?" For someone who has been fasting for over 20 years, I think I have the answers for you.

There are a lot of different types of fasting, and I want you to become familiar with all of them so that you can choose what works best for you. We'll start with the intermittent fasting, it's the type of fasting that Glow15 emphasizes. An intermittent fast is a fast that takes on average about sixteen hours. Intermittent fasting and scheduled eating sort of sit together. If you're intermittent fasting for sixteen hours, you're scheduling eating for eight hours.

Let me explain to you how I do that. At around eight o'clock at night, I like to stop eating. I begin my intermittent fast, and by the time I'm in bed and asleep, let's say 11 o'clock at night, I've already had two or three hours where my body is not in a postprandial state. I'm not having to digest food, and I'm starting to easily relax and get ready for sleep. I'm fasting while I sleep, and when I wake up in the morning, 6:30 or whenever, it's allowed my body to repair and rejuvenate so much more effectively than if I were to have gone to bed with a full tummy. That's the very first benefit I always experience when I do intermittent fasting.

The next part, which is really great, is I skip breakfast. I'm one of those people that just doesn't like to eat breakfast, and so now with intermittent fasting, I have permission. We've heard for many years breakfast is the most important meal. For some of you it may be the most important meal, but here's the thing, it doesn't have to be. You have the permission and there's the science that really points to how incredibly important it is to allow your body to rest and fast.

That's what I do, I don't start eating until about lunch time. That's how I get my sixteen hours of intermittent fasting.

The next type of fasting I want to talk to you about is just fasting in general. What does fasting mean? A fast could be anything from twenty-four hours, which a lot of people do. You can fast and get tremendous benefit from a twenty-four hour fast. A lot of people are doing five day water fasts, which I just got off of recently. It's another way to really rejuvenate, activate your autophagy, and get the benefits from fasting.

Let's talk about what some of those benefits are. The immediate benefits that I experience from fasting, and you may as well, is this feeling of increased energy. When your cells are not having to work to digest and break down the food and apply all of those processes in the body, you're able to really repair and detoxify. That ultimately frees up energy, and so the first thing I always experience is an increase in energy.

Secondly, when you're able to sleep better at night and get into this rhythm... we talked about rhythms, we're going to come back to rhythms. When you're able to sleep better at night, utilize your own biological rhythms, again, that's a huge benefit from fasting, you have more energy, more vitality in your waking hours.

The other part about fasting that's really exciting is when you're not thinking about food all the time, you're able to focus your attention on other parts of your life. It's a very freeing and exciting moment when you recognize, okay, it's 8:00, I've shut off that thought process around food. Now I'm just going to focus on other parts of my life, other parts of my day, and then I'm going to give my body the chance to really benefit from its night of sleep. And when I wake up in the morning, the first thing I'm thinking about is maybe meditation. Or maybe it's exercise. Maybe it's what I'm going to do for the day. Maybe it's what I'm grateful for, rather than, oh, what do I need to eat for breakfast? Can I get my breakfast quickly enough, and all of those sort of things. You free yourself from that.

By the time lunchtime comes around if your body is accustomed to intermittent fasting, and we're going to talk about that, you're ready for a meal. You've gotten so much more energy and you've probably done so much more. You've had more focus than you could ever imagine, without the ups and downs that you have when you're perhaps eating different foods in the morning-- such as carbohydrates which spike your insulin and create a seesaw experience.

Intermittent fasting has all these different benefits that you can achieve from doing it simply in your life. It's very, very simple. But what you may not know is that intermittent fasting helps you to burn more body fat. It also helps to increase your overall energy. It's been shown in studies to protect your body from muscle wasting, as well as help to support your overall general health, and to prevent diabetes. It has an impact on cancer and on many neurodegenerative diseases. It's all been shown that

intermittent fasting activates autophagy. There's a connection between the activation of autophagy and these reduction in disease states.

There is a study in the Obesity Journal that speaks to how intermittent fasting helps to burn more body fat. When we talk about burning fat, a lot of us think that caloric restriction is the right way to do it, right? We go on a restrictive diet. We only eat these things, we only eat those things. But intermittent fasting, in this particular study, has been shown to be four times more effective than caloric restriction.

I'm very excited to introduce you to a cell biologist by the name of Valter Longo. He comes from Calabria, Italy, and what makes Valter Longo such a world-renown expert on fasting is the research that he's been doing on how intermittent fasting and fasting impacts cancer. His research shows how it positively impacts an individual who is going through radiation or chemo, our overall immune system, and how it impacts the effects of diabetes. There is so much work that's going on right now on how fasting can transform our health and our lives. I couldn't be more excited than for you to really embrace fasting and intermittent fasting that's right here in Glow15!

I am going to share with you a very special interview that I did with Valter Longo. I want you to hear from him, a truly a world-renown expert on the topic, how he looks at fasting.

There's a couple of things that I want you to take away from this intermittent fasting section. Number one, it is safe, and it is incredibly good for your health. Number two, you can actually support your body in ways that you could never imagine with caloric restriction to reduce weight as compared to intermittent fasting. In fact, intermittent fasting, as we discussed, is four times more effective at reducing body fat.

But what you might also want to know is how do I actually do it? What do I do when I hit a roadblock? What do I do when I get hungry? How do I deal with this feeling of, "I need to eat something right now?"

There are a couple of easy solutions, tricks, or little tips that I want to offer you that should make the process that much easier. You can always go to Glow15.com and you'll see a two and a half

minute video on intermittent fasting with these little tips. If you bang up against struggling with it, I am here to support you.

Fasting and intermittent fasting can be made so much easier, especially as you're starting to get into it, by just using a couple of small tools. When you're getting ready to intermittent fast, (and dinner is probably between six-thirty or seven o'clock) and you're going to stop eating by 8:00 PM, on the first couple of days that you're beginning intermittent fasting, eat a big dinner. Make sure to eat a little bit more (and this will probably be the only time you hear me say this), than you would normally eat just to get a sense of that feeling of fullness. You will ultimately be getting your body, your metabolic response to be very different. Your stomach is going to be transforming a little bit as you get accustomed to intermittent fasting. Eat a slightly bigger dinner the first night, the first couple of nights as you're getting yourself into this.

The next morning when you wake up, really pay attention to how you feel. Of course, we always want to start our mornings with lots of water, because we lose about a liter of water the night before when we sleep. So you're going to be drinking your water first thing in the morning. Get a lot of water in. Maybe a little bit more than you're used to. Later in the morning if you drink a hot beverage, or whatever it might be, coffee or tea, make sure that if you're feeling, "I'm hungry. I need something," add some MCT oil or a little bit of coconut oil right into your coffee or tea. Start with a teaspoon, and you may say that sounds a little bit weird, but the fat that comes from the MCT oil and the coconut oil is very satiating, and it helps your body go through this intermittent fast. That's a tool that you can use, and a lot of people use it all the time.

In fact, yesterday I was intermittent fasting and had a very busy day. I knew that I needed extra energy. For some reason I felt that I needed a little bit of MCT oil, so that's what I did, and it made a big difference.

For all of you that need something warm, make sure in those first four to six hours before you're starting to eat, before lunchtime, that you're giving your body different temperatures. Drink something hot. Drink something cold. It really doesn't matter what it is.

When you get ready to break your fast, which will probably be around lunchtime, always start with fat first. Your body loves to get fat first, because it's a gentle and natural transition from fasting to fat first. If you go from fasting to carbs first, it's very jarring and hard on your body, and makes it a much more difficult process. I want you to start intermittent fasting and feel, "This was no big deal. I was able to use these couple of techniques that really helped me along the way, and now I'm able to do it, and I'm able to do it every other day." This is what we recommend within the Glow15 program, and we're going to talk about high days and low days.

I want your success, and these are some easy tools to give you the opportunity to unlock the key to fasting. We spoke about how rhythms are so incredibly important in this program. What we do in Glow15 is we have high days and low days. You only intermittent fast on a low day. My recommendation is to have Monday, Wednesday and Friday as your low days, and Tuesday, Thursday, and the weekend as your high days. On a high day, you eat whatever you want when you want it, and you're not really thinking about scheduled eating or intermittent fasting. It makes it that much easier. Glow15 is a program that's about including different foods and activating a special process in your own body that is a tool that we didn't even know existed. It's the missing link to our youth, to our vitality, weight loss, and to reduction of fine lines and wrinkles. That's the entire goal of Glow15.

On a high day you're going to eat what you want when you want it. On a low day you're going to be doing the intermittent fasting each of those days. Let's say on a low day you will be starting to eat around noon, and then on a high day you can start to eat whenever you want.

Let's take a low day, starting with Monday. You've intermittent fasted in the morning, and start to eat around noon. This is the day that you're going to take protein and cycle it. Why is the cycling of protein so incredibly important? Well, let's talk a little bit about protein as an important macronutrient. I want you to get your protein every single day. But what happens is so many of us actually over consume protein. There is a very simple formula that you're all going to be able to do in your homework to figure out exactly how much protein you're going to take on a high day and how much protein you're going to take on a low day.

Take each pound in your body weight, for example, if you're 130 pounds, multiply it by .36. So someone who is 130 pounds should have about 46.8 grams of protein in a day on a high day. So what

does that look like? Well, you know that an egg is anywhere between 5-6 grams of protein. We know that a four ounce piece of chicken is about 28-29 grams of protein, and we also know that ground beef is about 33 grams of protein. When you're thinking about what you need in the day, it typically is less for what we would be looking for on a high day. That's something to bear in mind, and I want you to think about that in each of the weeks that you're doing this program.

When you have a low day on Glow15, consume a lot less protein, about 5% of your calories or 25 grams of protein. If you think about that four ounce piece of chicken, that's about 29 grams of protein, you want to get less than that. We know that vegetables, much of the food that we eat, has a lot of protein already in it. On a low day, you have to be really aware of how much protein you're taking in.

In general, in the US we have to be aware that there's protein in everything that we're eating, and that it's not about making sure we get enough protein. It's more about making sure that we're not over consuming our protein. It's about positioning our day and our health to focus on getting just the right amounts of protein on a high and a low day. A low day, again, is going to be somewhere between 5%, or 25 grams of protein, and a high day is going to be probably in the mid 40s to low 50s. You take your body weight times .36 to get that number. That will be in the homework so you'll know exactly what that number looks like.

One of the reasons protein cycling is so important is because on a low day when you deprive your body of the amount of protein that it normally would get, you have to use the protein that's in your own body, which in turn activates your youth. When your body isn't accessing the protein from the food that you're eating, it starts to activate autophagy. It uses the protein that's already in your body and gets the cells to start doing the cleansing that I want them to be doing.

This protein cycling (eating 5% of your calories as protein on a low day and then using your body weight on a high day), these lows and highs and ups and downs, has been shown to fight diabetes, cancer, and all sorts of diseases within our body, in addition to enhancing autophagy. Here's a fun little fact: mothers' milk has 6% protein, it's the perfect food to grow our tiny, little babies, and to grow their brains as well. They need the most nutrient dense food, and it's the perfect food that always has 6% of protein in it.

When you're doing a low day, it's really important to keep your protein at about 5%, and on a high day, to keep it at the average. But I want you to do that protein cycling and the intermittent fasting.

IFPC is what we're going to be doing this week. Just get into the rhythm of it. Pay attention to the rhythm in your own body. In the journal that you'll be using, notice and journal when you start to get hungry, and what your thoughts are. We know that food is such an emotional response for us. A lot of times we're eating, we're grazing six to seven times a day, or we're in that constant state of feeding, or postprandial state when our body is trying to digest and really work through all the food. It's hard on our systems if we're putting it into that state all the time. Let intermittent fasting and protein cycling really work to transform your health and your well-being.

There's some homework for this week--intermittent fasting, protein cycling--there's a couple of things that I want you to do. First and foremost, I want you to take your book and figure out exactly how much protein you need on a low day and exactly how much protein you need on a high day. You're going to take that formula, and figure out how much you need to be eating on each of those days. That's number one.

Number two, I really want you to journal this week. Journaling is very important as you're starting to do something that you probably have never done before. Just pay attention to the changes that you're experiencing. For example, me today, I'm in California. I was on the East Coast yesterday. I typically will intermittent fast because today is a low day for me. My stomach is grumbling because it's 2:15 on the East Coast, but it's still before noon on the West Coast. I'll have to just pay attention to that and know maybe today is a day when I switch my intermittent fasting because I'm traveling.

Journaling is a very important part of that. I want you to get that feeling of energy, of well-being, knowing that you can really support your health on a very therapeutic level with this intermittent fasting and protein cycling. Just knowing and paying attention to the little things will make a big difference.

At the end of the week I want you to read through all of those notes, and we'll talk about it. We can talk about it live on Facebook. You can email me if you have different questions. It's a very

important week to really understand all of the nuances of what you're going through, because this is a habit that I want you to have as part of your lifestyle.

In addition to that, I want you to make sure that you've got five different ways that you can support yourself each and every day when you're going through a high or low day. 1.) Don't forget that you always break your fast with fat. 2.) Eat a big meal at night if you need to when you're going to a low day. 3.) Incorporate fat into the beverage that you're drinking in the morning--MCT oil or coconut oil, if you want to. 4.) Drink a hot beverage or something that's nourishing when you would normally be eating early on in the day. 5.) Pay attention to the emotional cues when you're looking for food. Know that you don't want to always be in that post-prandial state, and just recognize it. Journaling will really help you with these tips.

I'm looking forward to hearing from you. I can't wait to see how this week turns out!