

# The Ultimate Guide to Intermittent Fasting

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By Rosie Bank

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**By Rosie Bank**

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So, do you want to be up to date with the newest trend in weight loss, nutrition, disease prevention, and health? Ta da, here is your ***User's Guide to Intermittent Fasting***. A quick Google search revealed a whopping 67,900,000 hits on this subject.

*Yup, everybody is talking about it.*

Intermittent fasting (IF) is a huge body of knowledge, pun intended. Here I shall give you some of the important highlights about this approach to eating and not eating. I will also include some resources since you may want to learn more. And I will help you know if you might not even need to fast, and if you do, what are the benefits and challenges.

What you will learn in this Special Report:

1. Calorie restriction
2. Specific health benefits
3. Types of IF
4. Personal variations
5. The science of IF
6. Benefits of whole foods plant-based
7. Metabolic fitness
8. Author's experience
9. What about hunger?
10. Listening to your body
11. Front-loading calories

## What's in a Name?

We professionals in the field of health and nutrition recognize when an old diet gets repackaged with a new name. For example, in general, most of the [keto diets](#) are versions of the old Atkins plan. Different practitioners tweak the details of a given diet theory in order to lay claim to their innovative approach. This is an extremely common practice. Gimmicks aside, it has been said that there really is nothing new in the diet world.

The current rave about intermittent fasting is a refinement of the old [calorie restriction](#) approach to weight loss. When I was a chubby kid I tried to learn as much as I could on weight loss through calorie restriction. At its most basic level – many nuances and variations notwithstanding, and which I will address – weight loss that results from intermittent fasting comes from restricting calories. But there's more to it than that. For example, reducing calories just to lose weight, without considering what kind of calories you are consuming is far from a complete approach to weight loss and improved health.



Figure 1 Plants and whole grains are linked to a lower-calorie diet.

Even before Intermittent Fasting was used to describe this approach to eating and not eating, fasting has been around forever. It's [described in the bible](#). Calorie restriction has been correlated with [many health benefits](#), including longevity, resistance to disease, heart and blood vessel health, insulin sensitivity, healthy blood glucose levels, gut health, and more, which will be discussed below. This information was available in scientific literature even before the current popular trend of IF.

## It's About Time for Your Health

Michael Greger, MD, offers [a course on his website](#) on the topic of intermittent fasting for weight loss and improved health. From one of Dr. Greger's videos:

"He who eats until he is sick must fast until he is well."

This is a *double entendre*, one meaning being that one can eat too much, feel stuffed and sick, and need *not* to eat in order to get well. The other meaning is that after long periods of eating unhealthy food and becoming ill (as in chronic, lifestyle-induced diseases), fasting is an effective way of helping our bodies cleanse and be restored to health.

This cleansing process is called *autophagy*. In the complete absence of calories, our [bodies will purge toxins](#), and regenerate healthier cells. A practical definition of how to become healthier is to reduce the toxic load on the cells throughout our bodies. Fasting helps accomplish this.

There is evidence that one place in our bodies that gets significant health benefits from autophagy and IF is our gut. [Resting our metabolism](#) by not eating food for extended periods can help with a variety of gut challenges. Restoring the gut microbiome and helping this living colony to become balanced ([good versus bad bacteria](#)), which can happen as a result of IF, is a hallmark of improving health.

Another example of the benefit of IF and autophagy is the health of your liver. In the case of fatty liver disease, IF can encourage the liver to release the toxicity from a buildup of fat; in a healthy body fat cells do not appear in liver cells. In an unhealthy body, excess belly fat has impregnated the

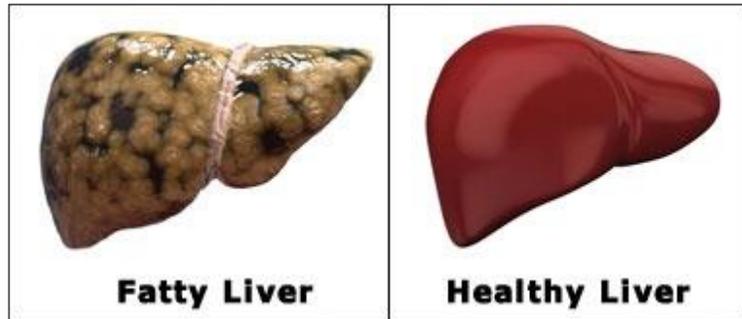


Figure 2 Fatty liver disease is the result of excess abdominal weight and a poor diet, not alcohol.

internal organs. This is then called visceral fat. (Viscera is another word for the abdominal organs.) Excess belly fat, that includes visceral fat, is also called killer fat, or central obesity. It is part of [metabolic syndrome](#), which, according to the information on the [Mayo Clinic website](#), is a precursor to diabetes and heart disease. Reducing excess fat around the gut dramatically reduces the risk of fatty liver.

Intermittent Fasting, [along with a healthy diet and exercise](#), can induce significant improvements in the liver. Because IF promotes releasing excess weight, it is obvious that less abdominal weight is directly correlated to less visceral fat.

To be clear on our terminology, *fasting* means not eating anything at all. An alternative to fasting is *mimicked fasting* which allows for black coffee, unsweetened tea, and broth. For those unwilling or unable to abstain from food completely, mimicked fasting can be an option because broth provides some (but reduced) calories, and coffee can help curb your appetite. (In the rest of this article, “fasting” can mean a full fast or mimicked fasting.)

Note – drinking lots of water during any variation of fasting is always a good thing. Doing so helps your body avoid dehydration and helps release and remove toxins. Also, regarding coffee, caffeine can help delay your appetite. I enjoy a delicious mug of coffee in the morning hours before I take my first meal. Coffee can dehydrate you, so always add the equivalent amount of water following each cup that you drink.

One caution of using caffeine while fasting is to avoid stressing your adrenal glands. This is especially a consideration since, while fasting, coffee is taken without the presence of other calories that can help blunt the effect of the caffeine.

You can use coffee during IF, but you should also avoid abusing it. Getting a “bump” of adrenaline from the caffeine can divert your metabolism away from hunger. But because adrenaline is correlated with cortisol, the stress hormone, creating [adrenal fatigue](#) would be counter-productive to the health benefits of fasting. It’s one thing to give yourself a little jolt of energy. You know you’ve taken it too far when the result is you feeling exhausted and depleted instead.

## Making it Work for You

Here are some of the examples of fasting as presented on Dr. Greger's website and online course:

1. The 5:2 plan: eating five days per week, fasting on the other two.
2. Five days per month: A friend of mine lost thirty pounds with this approach and she continues to practice each month. This entails fasting for some period, such as the first five days of the month, in order to kick-start your metabolism into fat burning.
3. Weekly intermittent fasting, such as fasting for one day per week.
4. Alternate day fasting, which is exactly as it sounds. For every other day, you fast for a twenty-four period from a given time. For example, you could eat on Mondays, Wednesdays, Fridays, and Sundays. You can do this by either literally skipping every other day, or declaring certain days of the week fasting days, and making any modifications you choose on the weekends.
5. Specific time-restricted eating (TRE), not eating for 12 to 17. There is no one defining number of hours or window period. A 17-hour example is simply to have a well-balanced and nutritious meal around 6 PM, and then to fast until 11AM the following day. This would result in having two meals per day. Dr. Greger discusses a variety of TRE plans throughout his website ([blogs and videos](#))

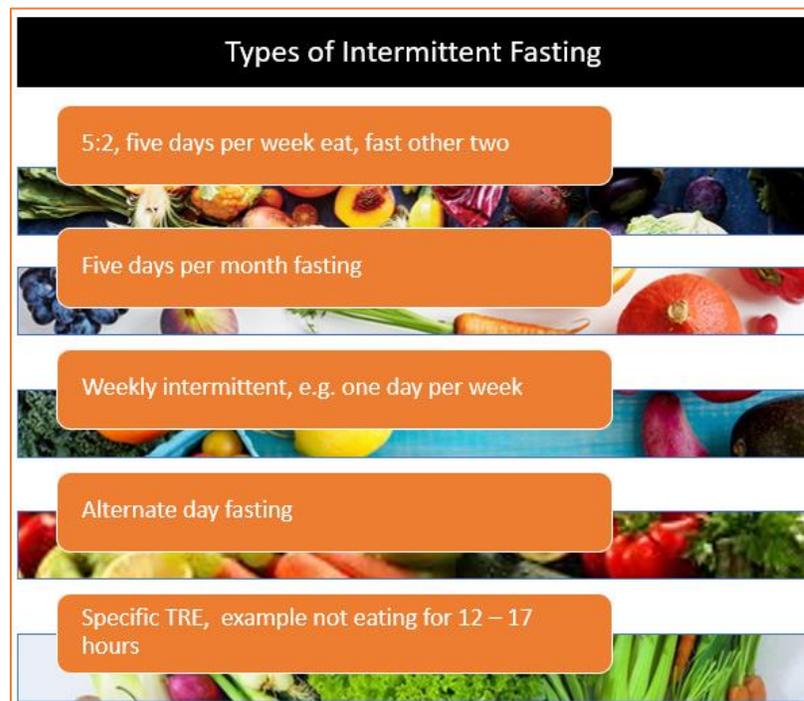


Figure 3 Fasting takes a variety of forms. It is best if you experiment with which approach works best for you.

If you have tended toward snacking after dinner and before going to bed, it is easy to see how this one change to your practices – namely skipping the after-dinner/before-bed snack – would promote weight loss. Variations of this approach emphasize more hours of non-eating. [James Clear](#) describes why it works for him to eat two meals between the hours of 1 PM and 8 PM, and then to abstain from eating between 8 PM to 1 PM. Even he recommends adjusting this window according to your goals and lifestyle.

Since benefits have been shown with each approach, again, keep in mind *your* goals and *your* lifestyle. Some variables are how active you are, your work schedule, whether you want or need to shed unwanted pounds, and whether you are dealing with a health crisis. The whole point to making IF work is to be open to the best approach for you.

## It's Different for Every Body

The approach I have lived with and enjoyed for over ten years is time-restricted eating (TRE). I really liked having a healthy dinner around 6:30 PM, not eating afterward, exercising in the morning, and being hungry for a healthy breakfast between 9 and 9:30 AM. Since this was a flexible and sustainable approach, I felt free to make adjustments depending on things that happened in my life, such as travel, sports, a lunch date, business or social events, and other things that might impact my schedule.

Interestingly, I was so inspired by Clear's enthusiasm that I have been experimenting for several weeks with a longer window of TRE. My fasting window period has been from between 6:30 and 7 PM to between 11:30 AM and 12 noon. This is about 16 to 17 hours of fasting. As a result, I have gone from three meals per day to two. I am thoroughly enjoying this experiment and am pleased to see the number on the scale nudge down with no effort, pain, or suffering on my part. I have adopted this as my new normal.



Figure 4 Eating according to hunger versus just because it is noon, or lunch time, for example, can be a boost to your body becoming energy efficient.

A possible good “take away” for you is to realize that you might discover an eating/fasting plan that is different from what you have been doing for a long time. I could have sworn that I was completely happy with the three meals per day approach. And here I am enjoying what seemed like a radical change – going to two meals – until I implemented it.

In fact, as I write this, something extraordinary happened on my new journey. One morning I tried an experiment, which was to swim laps before my first meal. I was curious to test my body's ability to perform strenuously for one hour without food in my stomach.

Frankly, I was not sure how this would go. The results of my experiment went swimmingly. Not only did I have plenty of energy, but I had a surge at the forty-five-minute mark, making the last fifteen minutes the best part of my swim. Breakfast at 11:30 following this activity was incredibly delicious and satisfying. My energy had not dropped, and my true hunger was not at all unpleasant.

I have repeated the experiment with ninety minutes of pickleball, biking, walking, and sixty minutes of Zumba (on separate days) prior to my first meal. I got the same encouraging results as I did after my swim. I now feel more confident to have my morning workout prior to breakfast. I was not sure about how I would feel in my body and with my energy prior to these self-administered trials. I am sharing my experience with you because I believe that when *you* get to know *your* body, you get a sense of how you will do under a variety of lifestyle circumstances of your own.

My husband and daughter are wired differently. Mark would never be willing to exercise in the morning without tanking up with breakfast. His energy drops without readily available calories from his morning meal. He gets hungry sooner than I do following a meal. He will walk by my office and let me know that I will be hungry in about 45 minutes, since this is approximately the difference for us after sharing a meal. He is a skillful pickleball player, among other sports. And he needs to eat before he works out.

My daughter, Octavia, is slender, athletic, and lean. She loves to snack every few hours. She, too, will get hungry sooner than I will following a meal that we shared. My point in telling you about Mark and Octavia is that we, including you, can be wired differently when it comes to our metabolism.

In terms of the lifestyle challenges you might encounter, there are too many variables to include here exhaustively. Working with a qualified and experienced doctor or [nutrition coach](#) can help you identify the approach that works best for you. Being prepared for schedule irregularities helps you to be successful with intermittent fasting. And if you are intrigued by this and are curious about the benefits, but cannot imagine adhering to the discipline, you may consider working with a [health coach](#) to sort through any emotional attachment to food that stands in your way.

Ideally, intermittent fasting that becomes a part of your *lifestyle* will give you the most long-term benefit. The keyword here is sustainable. Any approach that produces positive results (like losing weight or reversal of disease) can be negated if you return to the habits that put you at risk with your health and your weight in the first place.

I have read quite a few articles, blogs, books, and even taken Dr. Greger's course on IF. Certainly, I have not read everything published. The experts whose work I studied discuss the how-to's of Intermittent Fasting and describe different approaches. However, in my experience, few discuss how nuanced this approach should be for our different bodies and metabolism. It might sound appealing to say that you are not going to eat, for instance, between 7 PM and 10 AM. But life will get in the way. What worked for someone else might not work for you. And even when you do find a plan that you like, still, some days you may find you need to be flexible in listening to your body and giving yourself ample nourishment.



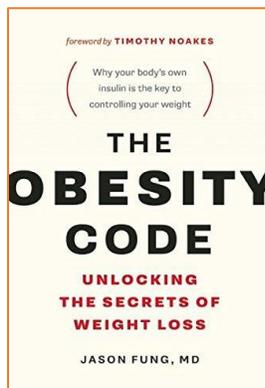
Figure 5 Working with a qualified coach can help you achieve your results with fasting.

## Pass the Science, Please

In his brilliant book, [The Obesity Code](#), Dr. Jason Fung adds a layer of food specifications when he explains why merely reducing calories (such as in dieting) may not help you lose weight and get healthier. He states clearly,

*“Let’s face the truth. Low-calorie diets have been tried again and again and again. They fail every single time.”*

A better approach, according to Dr. Fung, entails limiting the hours when you eat, *plus* making sure that the quantity of food is packed with nutrition, and void of “empty calories.”



One of the key components of Dr. Fung’s approach is to limit our bodies’ exposure to insulin. Insulin plays a variety of roles in our bodies, one of which is to store fat. This happens particularly in the presence of excess calories, processed and refined food which includes sugar and junk carbohydrates, and snacking between meals. The ideal process is to allow our bodies to complete the digestion process following a meal, which also offers a break from the release of insulin. If we eat frequently, that steady drip of insulin causes problems with our weight and our health.

Since controversy rules the kingdom of nutrition, other researchers have concluded that by merely limiting the *hours* during which you put food in your body and [not changing what you eat](#), you can still lose weight. Based on what I have learned, this research is more of an outlier approach. The science is more sound based on trials like one conducted at [Harvard](#). The result of that study suggests time restricted eating *plus* reliable nutrition produces optimal results.

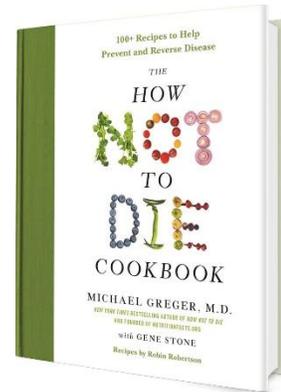
From Monique Tello, MD, MPH, author of the Harvard study,

*“Between meals, as long as we don’t snack, our insulin levels will go down and our fat cells can then release their stored fat, to be used as energy. We lose weight if we let our insulin levels go down. The entire idea of IF is to allow the insulin levels to go down far enough and for long enough that we burn off our fat.”*

## Power to the Plants

Part of the benefit of intermittent fasting is the effect certain foods have on our blood glucose levels. If you are practicing TRE by eating only during certain windows, say 9 AM to 6 PM, it would be counter-productive to feed yourself processed and refined foods. Instead, whole foods that include complete grains, veggies, fruits, seeds, beans, and legumes will pack more nutrition into every cell of your body, plus help maintain insulin levels that promote fat burning and increases in energy.

A fiber-rich diet that emphasizes macro and micro-nutrients from plants will also add fullness because plants are loaded with nutrition but are not calorie dense. You can feel satisfied after a hearty meal of plants, such as what we had for dinner last night, without tipping the scale from excess calories. I made fresh butternut squash soup, mixed veggies roasted with a sesame/miso glaze, and no-bake fudgy brownies from the [How Not to Die Cookbook](#).



By eating plant-based meals like this, the fiber helps to slow down the absorption of glucose. This enables your body to get more mileage in the form of hours and energy available after the meal is complete. One of my clients recently shed ten pounds, including over the Thanksgiving weekend. I asked her what she thought was the most effective activity she was doing. She said, “Eating my salad first. I’m just not hungry after that.”

Because plants are the most nutrient dense food we can eat, if we are eating less as a result of IF, plants are a good deal because they continue to provide our bodies with ample nutrition, even if we are consuming less volume of food. When we fast, we can’t afford to waste precious space in our stomachs with junk food or empty calories. Empty calories, such as found in sugary drinks and donuts, fill us up. But instead of supporting our health, eating empty calories compromises it and puts us at risk.

## Metabolic Fitness

From my own experience, I like the feeling of having the food I ate provide my body with energy for four to six hours. When you have plenty of energy for hours after you consume food, this suggests that your levels of blood glucose are more balanced than if you feel low energy and a sudden desire to eat after a couple of hours following a meal. Erratic blood glucose is the devil for someone who wants to have more time between meals. If your energy crashes from a precipitous drop in blood sugar, it is extremely difficult to abstain from eating.

The **fed** state is the name given to the time immediately following a meal when your body is busy digesting your food, extracting and absorbing nutrients, and eventually producing waste. *While your body is going through the process of assimilating your food, it should not be necessary to introduce more food.* Following a meal, your body is literally using the fuel from the food, and ideally giving you plenty of energy.

The other state, called **fasting**, means that more food is not being consumed, and that the digestion process has time to be completed. It is during this time that you are more likely to burn fat, which can give you a lot of energy when things are working as they should. Even if you experience “empty stomach” hunger, or true hunger, it does not necessarily mean that your energy has dropped during the fasting

phase. In a state of true hunger, sometimes drinking water will assuage the feelings of hunger and help restore your energy.

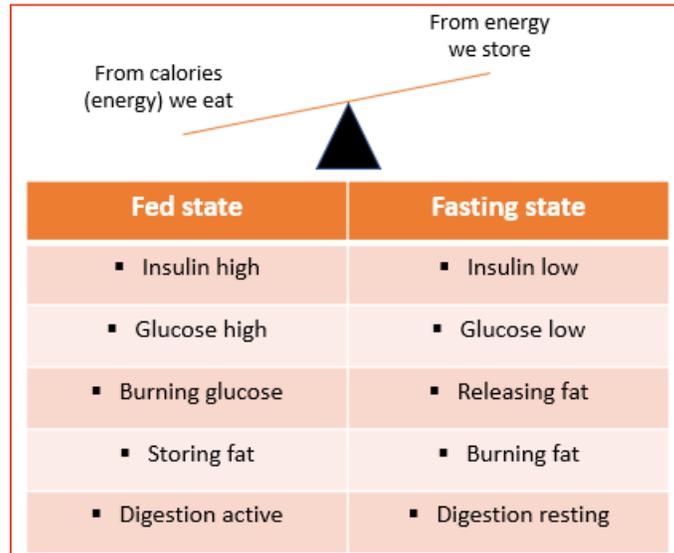


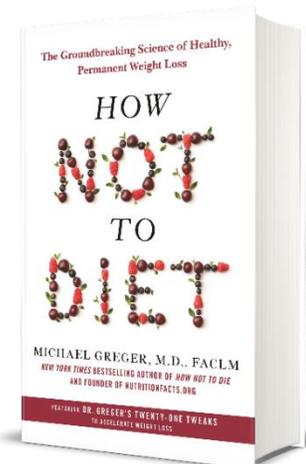
Figure 6 Working with your "fed" and "fasting" state can help promote metabolic health."

Having plenty of energy during the fasting phase can potentially provide an alternative to adding more calories in the form of food, given that your body stores energy (glycogen) in the muscles and liver. Metabolic fitness describes your body's ability to use the energy from food during the fed state, and to switch to stored energy during the fasting state.

There is an advantage to extracting energy from our food, maintaining a level of blood glucose that is neither unpredictable nor spikey, and being able to perform with energy and mental focus for some time following a meal without our energy dropping like a stone. Since fasting is not for everyone, at least we can agree, I hope, that we are in better metabolic shape when we can enjoy periods between our meals when we are free from the desire or need to eat.

Among my clients who are looking for help to lose weight and break the chain that binds them to food, many claim that they are hungry shortly after they eat. Upon closer examination, the difference between thinking about food ([which can trigger hunger](#)) versus true hunger (when their stomachs are empty) is revealed. [This same link](#) takes you to a discussion about how stress can trigger hunger because cortisol, the stress hormone, can increase appetite.

Dr. Michael Greger addresses Intermittent Fasting in detail in his book titled [How Not to Diet](#). *What* you eat has an impact on how long it takes before you feel hungry again. In Dr. Greger's book, he explains how eating plants rich in fiber can help you feel satisfied and energetic longer following a meal compared with a meal that is high in fat and processed/refined foods, such as junk food. Fiber also helps hormonal balance (signals for hunger and satiety), helps quell inflammation, and



helps our bodies get rid of fat through the production of waste. Says Dr. Greger,

*“In fact, telling people to increase their intakes of fiber-rich foods may actually be one of the single most effective pieces of advice for weight loss.”*

This remark is relevant for you if your interest in IF is for the purpose of weight loss. Pass the beans, please.

## From My Experience

Like I mentioned, the experience of having hours pass between meals is quite enjoyable to me. This represents freedom to enjoy my life, focus on other things, and get stuff done. Since I am in love with cooking and preparing gorgeous, wholesome food, it does not make sense to dilute the sublime experience of a meal with random eating or snacking.

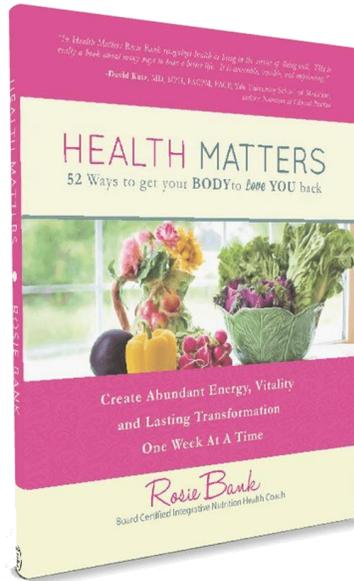
The freedom from needing to eat all the time is something I cherish. In my distant past, through a life-threatening eating disorder, I experienced a devastating dependency on and preoccupation with food. My energy was unstable and my ability to focus was highly compromised. Today, four decades later, I enjoy periods of fasting, knowing that my body is using up every drop of energy from my last meal.

On a rare occasion (once every few months, if that) I may feel a drop in my blood sugar, which is temporarily uncomfortable. It feels like having the energetic rug pulled out from underneath me. If I know that I have eaten within a few hours, I have learned to distinguish the sensations of low blood sugar from what I am calling true hunger, or empty belly hunger. Since I believe in exercising metabolic fitness that I told you about, I have learned to wait patiently, drink some water, not freak out, and allow my rear generator to kick in. This is when my body begins to use stored energy for fuel. When I allow this to occur, my energy comes back. Based on what I have learned, and coupled with what I feel, I know this is a healthy and energetic state for my body to experience.

## Get Hungry

You will learn by paying attention to this process that true hunger is not necessarily something to avoid. Your body is letting you know that it's time to eat, which can be enjoyable and cause for celebration. Eating something wholesome is a natural response to true hunger.

While we are discussing fasting, it is important to realize the value of hunger. I am a huge fan of the benefit of waiting until we are hungry to eat. In fact, I devoted an entire chapter to this subject in my book, [Health Matters](#). It's called "Wait Until You Are Hungry". Since I have spoken with countless individuals who are either afraid of being hungry or who believe that it is important to avoid hunger, let's look at this while we are considering IF.



Metabolic adaptation: Some people are concerned about metabolic adaptation – that their metabolism will slow down when fasting to adjust to an absence of food and, therefore, not release weight. It turns out that this does not happen with IF-type fasting. A good explanation is [here](#) (along with other myths about fasting.)

Breakfast: My nutrition training began in 1999. One of the first things I was taught – and led to believe fervently – was the importance of eating breakfast. As it was explained to me, our bodies need calories from food to jumpstart our metabolism. I believed I understood the science then. However, after studying IF, I now understand even more how our bodies operate without food. Waiting until we are hungry to eat is not only okay but is a healthy and wholesome approach to feeding ourselves.

Frequent eating: The prevailing wisdom for treating diabetes has been, for a long time, to eat every couple of hours to maintain optimal levels of blood sugar. Intermittent fasting has been shown to help diabetics, under [careful medical supervision](#). (Do not try this without your doctor's help if you are diabetic.) In addition, grazing – eating four to six small meals per day – does not hold up as a valid pro-health and weight loss strategy, as was previously thought.

Bottom line, we should not be overly concerned about skipping breakfast, or even another meal, if we are not hungry. I liken this to the urge to pee or poop. Our bodies are wired to give us this feedback. If you are not hungry, and *you have plenty of mental and physical energy*, it's generally okay not to eat.

Alternatively, stuffing yourself silly – not that you would, right? – during the eating window would be counter-productive. If TRE and IF can teach us about listening to our bodies and developing a healthier metabolic system, eating only when we are hungry during the non-fasting time would enhance the benefits of practicing this.

It is also useful for you to know about toxic hunger, which is [explained well by Dr. Joel Fuhrman](#). If your body is trying to metabolize highly toxic food – for example, oily and sugary junk food or commercially processed meat – you may confuse what you feel in your body with hunger. This is one of the many reasons why people who eat a more plant-based diet experience significantly less hunger following a meal. Toxic hunger can mean that your body is in a withdrawal state from not having received optimal nutrition, while attempting to metabolize toxins that came in through non-nutritive food.

## It's Between You and Your Body

Regardless of which IF approach you choose, the best method for you and your body can be determined experimentally. When to eat and when to fast is not a one-size-fits-all. If your goals include weight loss and improved health, you may want to work with your [nutrition](#) expert—someone with experience in fasting—to establish some baseline measurements.

There are some cautionary aspects of fasting, such as how your body responds to the absence of vitamins and minerals during a prolonged fast. It appears that for most people, either a 24-hour fast or a twelve-to-seventeen hour period of TRE is generally safe, but still, you are wise to [look for any signs](#) of dizziness,

headaches, low blood sugar, muscle aches, weakness, and fatigue. Any form of fasting may be contraindicated if you are taking certain medications, so definitely consult your physician if this applies to you.

Also, please remember that if you eat well, maintain a moderate weight, and are free from disease or impending health crisis, fasting might not be necessary. It is important to point out that you can be radiantly healthy without fasting. If you do not eat junk food and carry excess weight, then you may not need to purge toxins from your body the way someone does who eats poorly and is overweight. If you consistently make wholesome choices when it is time to nourish your body, then you may not need to cleanse your body through fasting. If you are normally free from food obsession, you may not need to fast to take a break from addictive or obsessive eating.

I eat well. In fact, my husband and I follow a whole-foods plant-based (vegan) lifestyle. My weight is good, my health is excellent, and I feel free and confident around food. And at the risk of contradicting myself, I am enjoying IF. I appreciate studying various approaches to health, eating, and nutrition experientially. I do this for myself and so I can be a better guide for my clients. Your experience can be different than mine. If you already “eat clean, green, and lean” then you are already ahead of your own game.

## When You Eat Matters

If you want a huge serving of controversy, have a look at the varied opinions about whether it matters when you eat. When I encounter disagreements among nutrition “experts”, I turn to the science and data. As Michael Greger, MD is fond of saying, “Let’s put it to the test.”

To keep things relatively simple, let us focus on three aspects of timing your meals:

- The circadian rhythm
- Low-glycemic foods and glucose tolerance
- Front-loading calories

Our bodies were not designed to eat after around 8 PM. How do we know that? Because when it gets dark, our bodies tend to be less tolerant of glucose, as evidenced by the way food causes glucose spikes in our blood. This means that food taken later in the day causes our blood glucose to rise more than the same food taken in the morning.

Assuming that your interest in Intermittent Fasting is because of health and/or weight, know that it does matter when your eating window is during a twenty-four-hour cycle. The same meal – meaning the same exact food – taken in the evening can cause a two-fold increase in blood sugar compared to being taken in the morning. Our tolerance for glucose declines during the day. As the day goes on, our ability to control blood sugar declines.

This is framed as the circadian rhythm because this twenty-four-hour cycle continues throughout the night and into the next day. We are metabolically crippled in the evening. From 8 PM until midnight, [researchers have measured](#) a 45% increase in blood sugar. The same results came after comparing the same lunch taken at 1 PM compared with 4 PM. If you were to have a meal at say, midnight, the impact on your blood glucose tolerance spills into the next day. This means that the same food taken, following a midnight snack or meal, will cause more rise to your blood sugar than that same meal, taken at the same time of day, following a day during which your last meal was, say, 6 PM.

Factor in the type of food you choose, and you have some real tools to work with to achieve your goals. Foods like fruits, veggies, whole grains, nuts, legumes, and seeds will not cause a spike in your blood sugar. Animal protein, processed food, junk food, empty caloric foods will cause this undesired effect.

By moving your eating window toward the earlier part of the day, also called front-loading calories, you stand to get the triple benefit of Intermittent Fasting: more weight loss, lower triglycerides, and better insulin sensitivity. Each of these as well as the combination of these are aligned with any objectives you have in the health and weight department.

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What, when, and how we eat is a huge part of our lives. I have heard some amazing stories from my clients about their personal histories around food. My history is nutty since my mother's kitchen felt like a war zone. (I describe [my transformational journey](#) on my website.) Perhaps some of you reading this feel perfectly rational and confident around food, and, if so, a hearty congratulations to you. Food is an important part of our lives; it is a big deal to get all squared away about how, when, and with what we feed our bodies. Most of us are somewhere on a continuum between learning how to provide ourselves with on-going nourishment, and how to feel centered and sane around eating.

My husband is a nerdy engineer with NASA and a natural mathematician. He and I play a fun game of figuring out how many times random things in our lives have occurred. Based on weekly and daily averages, and given our ages, we figured out that we have each consumed approximately 70,000 meals. And then we laughed because we realized that even after all these meals, eating has not lost its appeal.

Whether you fast or not, the most important thing is that you love your body, use food respectfully, and rely on good nutrition to power you through life.



Rosie Bank, Founder Health Matters Coaching

Author, Speaker, Board Certified Nutrition Health Coach

Certified in Plant Based Nutrition by the Center for Nutrition Studies

Graduate of The Institute for Integrative Nutrition

## For more information:

At [RosieBank.com/IntermittentFasting](https://RosieBank.com/IntermittentFasting) you can see an overview video I made, a recorded one-hour presentation on intermittent fasting, and the entire slide deck from that presentation. All free. (That's the link if you want to share this with anyone who would like to get this Guide.)

[RosieBank.com](https://RosieBank.com) - website with many health resources.

[RosieBank.com/health-coaching](https://RosieBank.com/health-coaching) - specific details about health coaching.

[www.HealthMattersBook.com](https://www.HealthMattersBook.com) – info about the *Health Matters* book

Want to talk about your goals and what's bugging you? Want help to get the benefits of Intermittent Fasting in a way that works for you? Schedule a [complimentary chat](#) with Rosie here.