


16:8 INTERMITTENT FASTING GUIDE



FASTING BOOST

Fasting

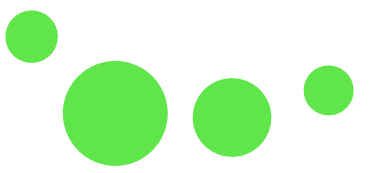


Welcome

Welcome to your 16:8 intermittent fasting journey, which might be the simplest eating pattern you've ever encountered!

We hope you take advantage of this plan and make the most out of it. We're here to break it all down for you, so you can start today if you'd like!

We hope you are as excited as we are! Good luck!



WHO SHOULD NOT FAST?

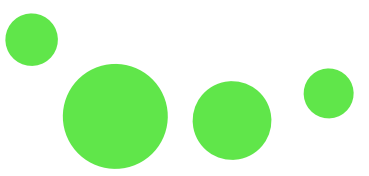


Disclaimer: Discuss any changes in medication and relevant lifestyle alterations with your doctor.



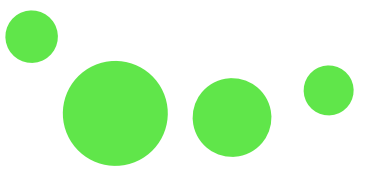
You should not do intermittent fasting if you are:

- Underweight (BMI < 18.5) or have an eating disorder like anorexia.
- Pregnant – you need extra nutrients for your child.
- Breastfeeding – you need extra nutrients for your child.
- Under 18 – you need extra nutrients to grow.
- Have type 1 diabetes.



SAFETY OF FASTING FOR WOMAN.

Short-term fasting have no effect on a woman's hormones or menstrual cycle, and all reproductive hormones should stay within normal levels.

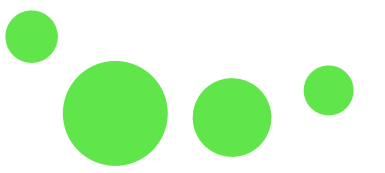


POTENTIAL SIDE EFFECTS AND RISKS

16:8 intermittent fasting has some associated risks and side effects. As a result, the plan is not right for everyone. Potential side effects and risks include:

- hunger, weakness, and tiredness in the beginning stages of the plan.
- overeating or eating unhealthful foods during the 8-hour eating window due to excessive hunger.
- heartburn or reflux as a result of overeating.





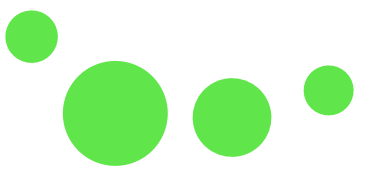
MONITOR YOURSELF & PAY ATTENTION

As you fast, you are organizing the elements of your being! You should always pay close attention to how your body is responding to any changes in your diet.

Keep an eye out for any of these changes:

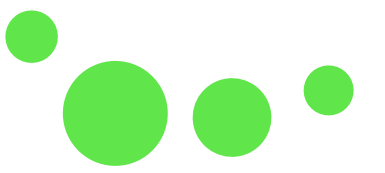
- Anxiety or depression, increased stress
- Trouble falling or staying asleep
- Hair loss, low energy
- Slowed digestion, muscle pain
- Mood swings, loss of sex drive
- Loss of menstrual cycle





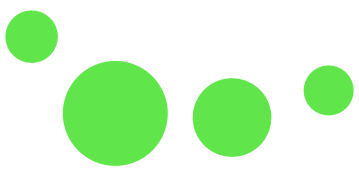
The 16:8 method is one of the easiest to follow and easiest to understand, which is why many beginners choose it. Of course, it doesn't suit everyone and because one size doesn't fit all, it might be that some people switch to a different method after a short amount of time. Bear in mind that if the 16:8 method isn't working as well as you want it to for you, then there are other alternatives.

For the most part, however, the 16:8 method is very successful for many and it is a method which encourages healthy eating. There are no massive changes to lifestyle.



- It's easy to follow and doesn't require any counting, weighing or monitoring.
- You can alter your eating time according to your needs.
- You can set much of your fasting period into your sleeping period, so you don't notice it quite so much.
- This eating method doesn't need to interfere with your social life much at all.
- It doesn't feel like a diet, it feels more like a new lifestyle with timing.
- You can still have water, unsweetened tea or coffee.
- You won't notice hunger quite so much with this type of eating plan, as there are no extremely long fasts involved.





HOW TO FOLLOW THE 16: 8 INTERMITTENT FASTING

The 16:8 method is very flexible, and that means you can choose your own specific eight-hour eating window, according to your day. You might work shifts, and that means you sleep at different times.

- Fast for 16 hours per day.
- Eat during the eight hours a day, consecutively - you cannot break these hours up, they must be observed as one block of time.
- You can choose when you use your eight-hour eating block, but it's a good idea to stick to the same times every day so your body gets into a routine.

- Your fasting times should coincide with sleeping to cut down on the amount of conscious fasting.
- Do not be afraid to miss breakfast, in this eating routine there is simply an important eating window.
- You should certainly consume enough water throughout the day to ensure you don't become dehydrated.
- During your eating period you should spread your meals out carefully so you don't binge when you initially break your fast. This will only lead to stomach aches and other unpleasant gastric symptoms.

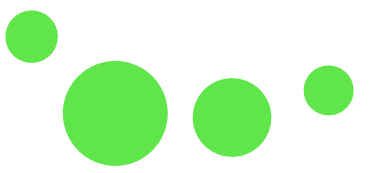
16:8 PROTOCOL EXAMPLE

Day 1

- Wake up — Water, coffee, green tea
- Break Your Fast 1:00 pm — Scrambled eggs and avocado
- Snack 2:30 pm — One serving of almonds
- Dinner 8pm — Grilled chicken and veggies
- Your diet will contain mainly unprocessed foods. Meat, fish, eggs, vegetable and small amount of low glycemic fruit is what your meals should consist of mostly. Processed foods tend to be very high in calories while being very low in nutritional value.

Day 2

- Wake up — Water, coffee, green tea
- Break Your Fast 1:00 pm — Chicken breast with lots of leafy green vegetables or another protein source like meat, pork, fish or turkey. Try to add some good fats such as avocado or coconut.
- Snacks — Nuts and seeds
- Dinner between 6-8pm — Salmon or another healthy fish protein source with vegetables.



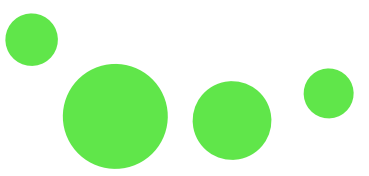
TIPS FOR STARTING AND STICKING WITH IT

Be determined, brave and committed during the first few days. If you are serious in your attempts to build self-discipline, you will have to be consistent in your efforts! The more you exercise self-control on a consistent basis, the stronger you will get.

It will take some time for your body to adapt to fasting but once that happens you will feel fantastic and full of energy!

The longer you fast, the more time your body has to put towards healing, cleaning and burning body fat! Intermittent fasting can quickly become a lifestyle change because it's sustainable.





HOW TO CURB YOUR HUNGER



- Distract yourself and keep busy.
- Positive Mindset — Super important while practicing intermittent fasting.
- Remember that hunger comes in waves. It does not keep going up and up if you don't eat.
- Trying meditation during the fasting period to allow hunger pangs to pass.
- Drink plenty of water, the simplest and easiest method to stave off hunger when fasting.
- We highly recommend drinking tea to help you out, as it will help with your cravings and assist in detoxification.
- Green tea can help decrease Ghrelin, the hormone responsible for hunger

16 : 8

WEEK 1

BOOST POINTS

1. Take 'before' photos and measure your body

To help you reach your goals, snap a few pictures before you begin and take a few measurements. This will give you a baseline to keep track of your progress in the tracking sheet. During this program try to monitor your improvement and take progress photos, you will be glad you did in a few weeks.

2. Cut out snacks, especially after dinner

Keep snacks sealed and out of sight, and minimize time spent in and around food courts. To have a proper overnight fast, make sure not to eat after dinner as it can have more of an insulin effect and contribute to weight gain.

3. 14:10 Protocol

We added the 14:10 intermittent fasting option for the first week, if you are having a hard time doing the 16:8 everyday, you can easy into it.

 Fast Time

 Eat Time

* Choose days and start time that best fits your schedule.


Week 1



16 : 8

*Fast 16 hrs / Eat 8 hrs

WEEK ONE
Schedule

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
16 : 8 <small>*Fast 16 hrs / Eat 8 hrs</small>	14 : 10 <small>*Fast 14 hrs / Eat 10 hrs</small>	16 : 8 <small>*Fast 16 hrs / Eat 8 hrs</small>	14 : 10 <small>*Fast 14 hrs / Eat 10 hrs</small>	16 : 8 <small>*Fast 16 hrs / Eat 8 hrs</small>	16 : 8 <small>*Fast 16 hrs / Eat 8 hrs</small>	16 : 8 <small>*Fast 16 hrs / Eat 8 hrs</small>

Progress

WEEK 1 / 3



WEEK 2

BOOST POINTS

1. Check out the Support section

There are many tools in this section to get more information or have a question answered. Sign up for our groups, which are interactive discussions with our coaches. If you have any questions, be sure to check out the Boost Forum section to find your answers.

2. Keep drinking distilled water

Remember, you're not going to be eating so you have so much time to compound that thermogenic effect from drinking water, when fasting the energy from this thermogenic effect is going to be coming from your body fat, so it's incredibly important.

 Fast Time

 Eat Time

* Choose days and start time that best fits your schedule.








Week 2



16 : 8

*Fast 16 hrs / Eat 8 hrs

WEEK TWO
Schedule

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
						
16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs

Progress



3

WEEK

**BOOST
POINTS**

1. At mealtime, eat just until you feel full

Eat normal portions and allow extra time for feelings of fullness to matriculate. Don't eat until you are feeling over-full. This keeps you from depriving yourself, and makes fasting easier.

2. Eliminate sweeteners from your diet

We are not fan of sweeteners because they stimulate the appetite and can cause cravings during your fast. Natural or artificial sweeteners both stimulate insulin, which is counterproductive.

3. 18:6 Intermittent Fasting

You will notice that we recommended the 18:6 fast to finish the challenge on a high note. If you feel like you are ready for it and are comfortable going a little longer than sixteen hours, make sure you try it. Enjoy!

 **Fast Time**

 **Eat Time**

* Choose days and start time that best fits your schedule.








Week 3



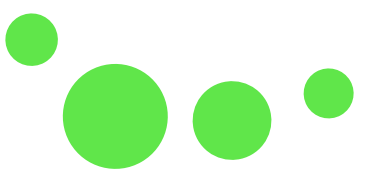
16 : 8

*Fast 16 hrs / Eat 8 hrs

■ WEEK 3 Schedule

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
						
16 : 8 *Fast 16 hrs / Eat 8 hrs	18 : 6 *Fast 18 hrs / Eat 6 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	18 : 6 *Fast 18 hrs / Eat 6 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs	16 : 8 *Fast 16 hrs / Eat 8 hrs





THE BENEFITS OF 16:8 INTERMITTENT FASTING

Intermittent Fasting is the simplest method. The by-product of this is fat loss, improved mental and physical health and a tremendous list of health benefits.



ENJOY

BENEFITS.

- 01 Better eating habits**

When you know that giving in to the munchies is just going to kick yourself out of fat-burning mode, it's much easier to resist temptation. Intermittent fasting is a lifestyle which you will be able to sustain for the rest of your life.
- 02 Support healthy cholesterol and blood pressure**

Intermittent fasting is an excellent prescription for heart health, because of its ability to support your liver's cholesterol production at a healthy level.
- 03 Increased mental clarity and focus**

Intermittent fasting has the ability to boost your brainpower because it increases your BDNF, which supports brain connectivity and new neuron growth.

- 04 Prevention of insulin resistance**

Insulin is the storage hormone for fats, protein, and carbs, which is your body's go-to energy source. When you fast, your insulin levels and glycogen (the storage form of carbs) reduce. This pushes your body to burn the stored fat for energy.
- 05 Regulated blood sugar and insulin levels**

The quickest and most efficient way to lower insulin levels is through fasting. While you're in your fasting window, no new glucose is being supplied to your body, which means your body has no choice but to use up stored glucose.
- 06 Better cognitive function**

The hormonal changes that occur when you follow intermittent fasting have actually been shown to provide protection against neuro-degenerative diseases that affect your memory and brain function.

BENEFITS. →

Weight loss and maintenance

- 07 By training your body to burn fat for energy, intermittent fasting will tap into your body's natural weight loss mechanisms. Simply put, fasting allows your body to take a break from storing fat, and start burning it.

Plus, the simplicity of the plan means you're much more likely to stick with it! Fasting is the simplest method our body has for maintaining its caloric balance. Store a little when we eat, burn a little when we don't eat.

Save Money, Save Time

- 08 Fasting it is not only free, but it actually saves people money. We hope you experience this surprising benefit, including fewer potentially risky trips to the grocery store. You save time because there is no time spent picking up and preparing food. it can also cut down on the amount of time and money you need to spend on cooking each week.



BENEFITS.



09

Autophagy

In the absence of nutrients during a fast, your cells activate a recycling program called autophagy. Think of autophagy as an anti-aging cleanup mechanism: the old, damaged cell parts go in, and refreshed parts come out. Autophagy helps your cells stay healthy.

10

Reduced inflammation

Your body relies on the process just explained, called autophagy to clear out old and damaged tissues and cells. When you fast and give your body a break from the constant effort of digesting food, it seems to be able to focus more energy on repair, which means alleviating inflammation in the body.

11

Long term anti-aging benefits

There are numerous studies indicating that intermittent fasting can help you live longer plus it might be able to help you fight off cancer and cardiovascular disease.



BENEFITS.

- 12 Fasting has infinity flexibility**

Restricted eating can be done at any time and in any place. Also, It is entirely reversible within minutes. It can easily fit into just about any lifestyle. Here is the biggest advantage of all. Fasting can be added to any diet. That is because fasting is not something you do, but something you do *not* do. It is subtraction rather than addition. Of course, the healthier you eat, you better you'll feel.
- 13 Increased Metabolic Rate**

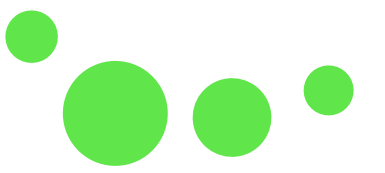
When you practice intermittent fasting and successfully switch your body into fat-burning mode, your body is actually using adrenaline to release stored glycogen and access fat to burn. These increased adrenaline levels will speed up your metabolism.

- 14 Retain Lean Muscle Mass**

Research has shown that intermittent fasting actually helps you retain lean muscle mass while still losing weight.
- 15 Increased Energy**

Intermittent fasting schedule is designed to regulate your hormones so that you're always easily accessing stored fat for energy.
- 16 Body Detoxification Aid**

Fasting serves as a healthy way of detoxing. The list of foods recommended to avoid during a detox regime is pretty much the same list you avoid at the time of fasting.

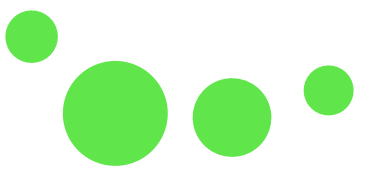


**EXERCISE
ON AN
EMPTY
STOMACH**

Can you even exercise while you're fasting? The answer is a YES. Aerobic exercise performed in the fasted state induces higher fat oxidation than exercise performed in the fed state, which actually benefits your muscle.

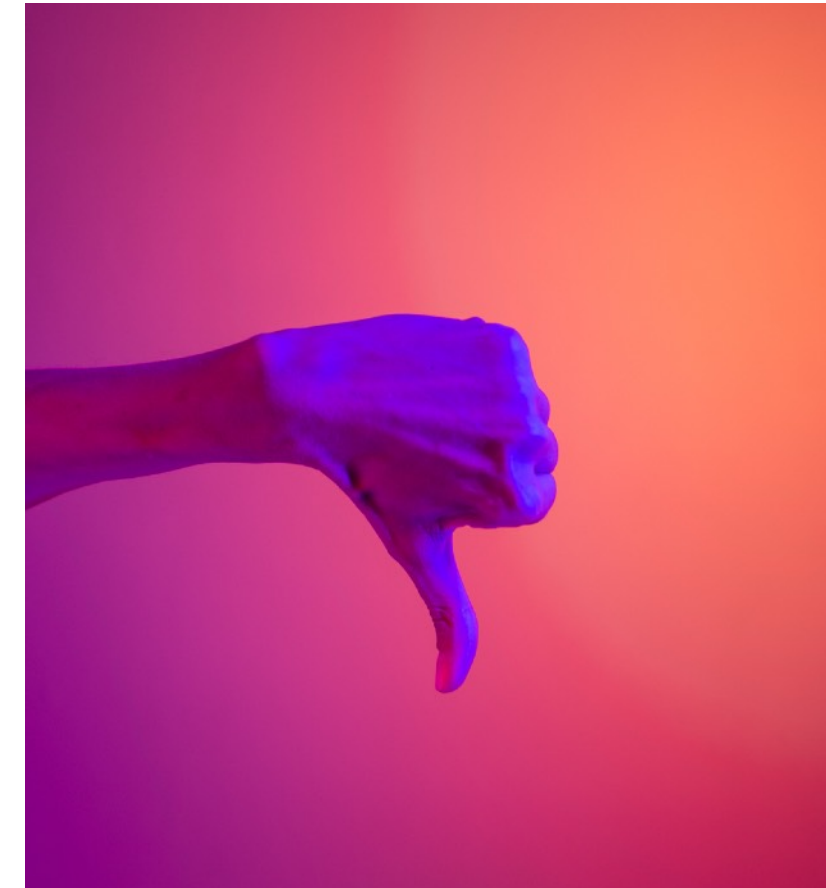
F A T L O S S





DO'S

- Listen to your body
- Do what feels best for you.
- Consider consuming a black coffee one hour before training in a fasted state to enhance your athletic performance.
- Follow a balanced diet to maximize your output during the session.
- Do it right before you start your eating window for the day.

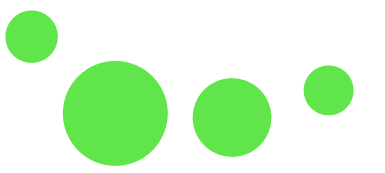


DON'T'S

- Don't try this if you are lactating or pregnant.
- Don't forget to stay properly hydrated.
- Fasted workouts are not suitable for those with medical conditions.
- If you're still unsure, consult a physician or dietician for medical advice.

**TURN BACK THE
BIOLOGICAL CLOCK IN
YOUR MUSCLE**

Many studies show that following intermittent fasting can in fact enhance the long-term health benefits of your exercise program, and turn back the biological clock in your muscle and brain. Also, improve insulin sensitivity, boost testosterone, prevent depression and increase your blood flow.



Morning

- Wake up at the same time every day, record wake time.
- Walk outside for 10-60 minutes (leads to focused alertness)
- Drink 32 oz water with 0.5 tsp salt
- Delay coffee until 90-120 minutes after waking
- Delay food until ~12pm
- 1 hr workout (cycles of 3 days of lifting, 2 days of cardio then 3 days of cardio, 2 days of lifting)

Afternoon

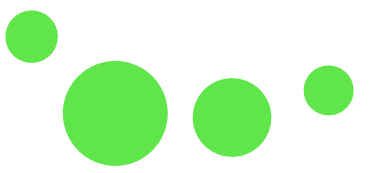
- Lower-carb lunch (mostly meat and vegetables, add carbs if you exercised).
- Try to not eat much past 80% full. Get omega 3s
- Walk 5-30 minutes after lunch.
- Some form of relaxation practice

Evening

- Eat dinner with some protein to improve sleep
- Take a hot shower/20 minute sauna before sleep
- Go to sleep at the same time every day in a dark, cool room



OPTIMIZE YOUR FASTING SCHEDULE



METHODS TO EVALUATE AND TRACK YOUR WEIGHT LOSS



MEASURE

- 1- Pictures
- 2- Body circumference measurements (Belly, thighs, arms)
- 3- Scale (Always weight yourself at the same time because your body water content can fluctuate)

- Precision and accuracy will come with consistently evaluating your results, that is what matters.
- There is no need for sophisticated methods which can be rigid and inflexible, leading you to frustration, procrastination and giving up.
- Set realistic goals. Seeing that change requires patience.
- Do not forget to leave a margin so you are not too attached to strict numbers.

KEEP THE MOMENTUM UP!

- Regularly review your goals and progress. Seeing progress is a great motivator in itself, and also improves your self-esteem.
- Continue to set new goals. Keep the momentum up and your routine will feel more automatic over time.
- Surround yourself with positive people.
- Use exercise as one of your daily goals to improve your mental health.
- Once you are properly adapted, intermittent fasting is actually easy, fun, enjoyable, and liberating—while making you leaner and healthier in the process!

THANKS

ENJOY LIFE



A few last words...

Our goal is to help you lose weight while improving your body and mind. That only happens with your trust! We want to thank you immensely for participating in this program.

We wish you all the best in achieving your health goals with the 16:8 method and beyond.

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Love,

The Fasting Boost team.