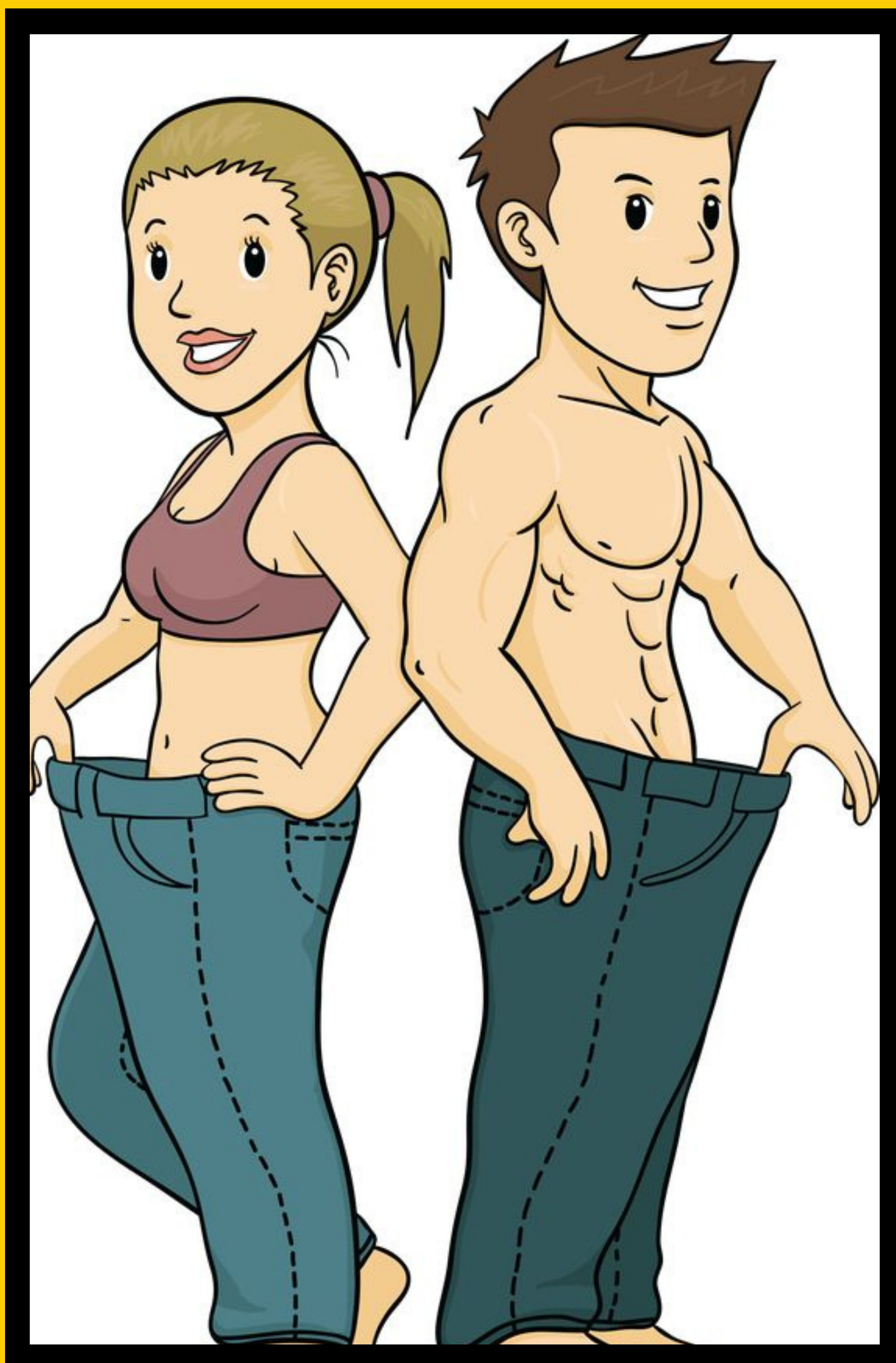


LOOK GREAT & FEEL GREAT WITH HOLISTIC WEIGHT LOSS



CREATED BY

LIVE FREE HOLISTIC LIVING

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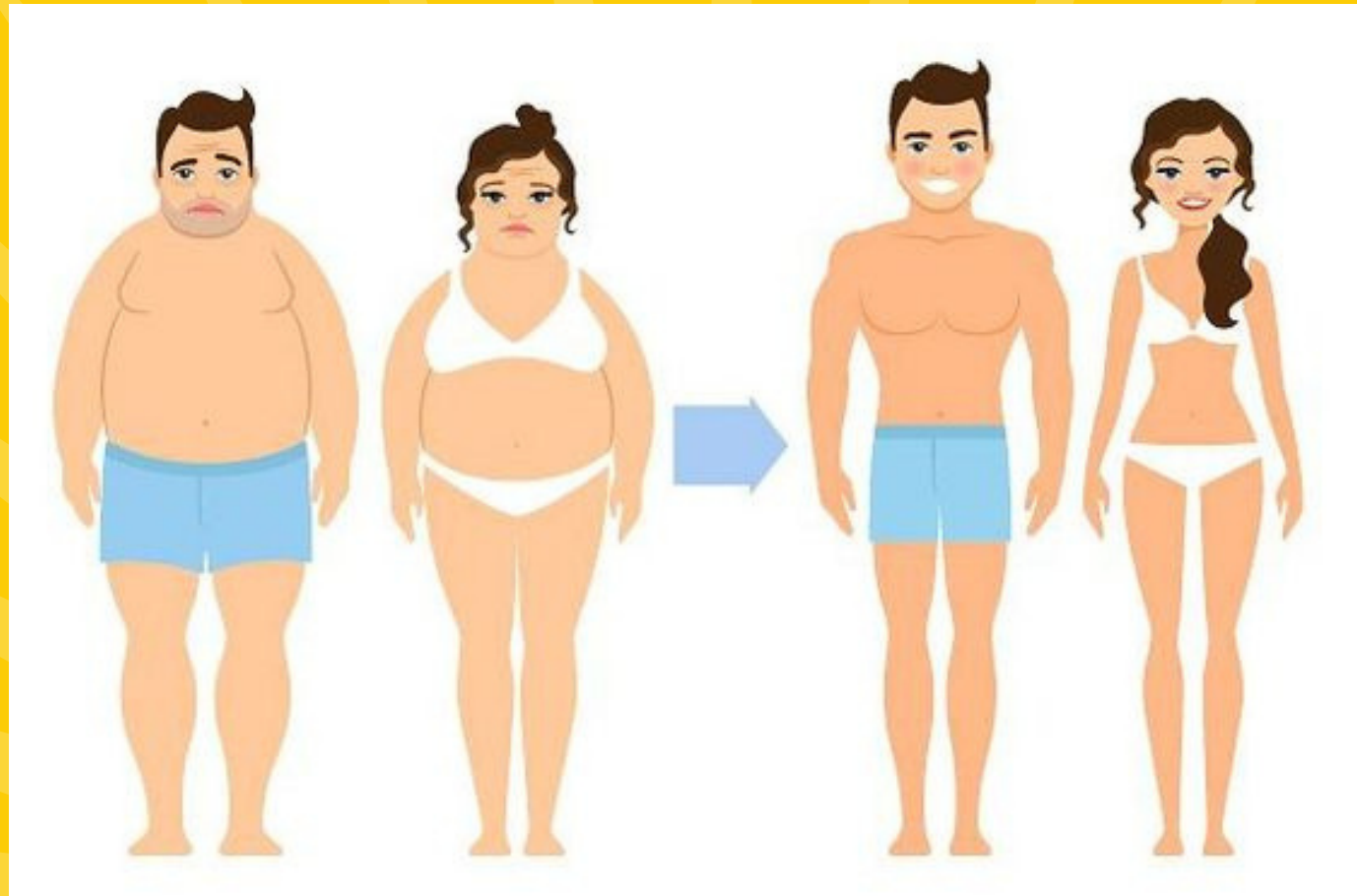
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CONGRATATIONS

JUST BY OPENING THIS BOOK, YOU ARE TAKING THE FIRST STEP TO OPTIMAL HEALTH AND WEIGHT!



This book CAN change your life because fasting is one of the secrets used by many actors in Hollywood, runway models, and also by bodybuilders. The reason it is used by so many is that it works (to make you look great)!

This book has the knowledge on how you can finally lose that body fat you wanted to lose for years. Losing fat with Intermittent fasting is one of the best ways to slim down, heal, and detox.

As with anything in life, there is a right to do it, and a wrong way... and if you do it the wrong way, you will feel worn out, and sick, and won't be able to last long on your fasting journey. This is why using this book as a starting guide is important for success.

Fasting correctly will allow you to lose fat week after week without doing hours of cardio (I do recommend walking daily). You also don't need to kill yourself every day in the gym in order to lose that body fat.

The truth of the matter is... This formula will work for anyone if they stay focused and don't quit after the first setback.

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HOW FASTING CHANGED MY LIFE...



Hello, My name is Eric, and this is my story. In my 20s I was weighing around 235lbs and feeling depressed. I finally decided it was time to change my life. So I quit my food addictions but still struggle to lose weight (after trying countless diets and hours of cardio). I would get initial results but nothing that was long-lasting as I still had bad habits and a poor mindset.

I ended up hiring a health coach who guaranteed I could lose weight and feel happiness again (without killing myself at the gym). Was he ever right... In fact, working with him changed my life completely, not only did I look great but had a new thirst for life.

This is where I began to learn the power of living holistically and how it can make you excel in everything from weight management to mental health, and even excelling in daily life. This goes beyond how you look as it also affects things like business and the daily relationships I had. I learned how the food I eat is directly tied to my happiness, and this affects how I interact with the world.

Since then I spent the last 15 years learning as much as I could about the holistic health industry and helping everyone I could (look and feel as great). I took countless courses and got certified as a holistic health coach, and since then have helped many people also change their lives.

Today I am a holistic health coach and help clients all over the world. I feel so blessed to be able to help people reach their goals and feel great. As I learned early in my journey, healing, and holistic living change everything about your life, not just your weight.

I hope this book can spark the catalyst in you to start changing your life too. You only need to know you can do it and that all you have to do is stay on track. If you can't do it alone I encourage you to contact us and we can give you the support you need to become the person you want to be.

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WELCOME

THIS BOOK WILL...

- TEACH YOU HOW TO DETOX YOUR BODY
- TEACH YOU HOW TO LOSE BODY FAT SAFELY
- TEACH YOU HOW TO LOOK GREAT ON THE BEACH
- WILL BE A GREAT RESOURCE TO START YOUR JOURNEY
- WILL GET YOU STARTED WITH WEIGHT LOSS
- WILL GIVE YOU THE FORMULA USED BY MANY MODELS
- WILL HELP CHANGE YOUR LIFE



THIS BOOK WILL NOT...

- WORK WITHOUT YOU MAKING REAL CHANGES
- TELL YOU EXACTLY WHAT TO EAT
- WORK UNLESS YOU ARE CONSCIOUS ABOUT WHAT YOU EAT
- WORK UNLESS YOU PUT IN AN EFFORT
- GIVE YOU A HEALTHY GROCERY LIST (AVAILABLE ON OUR WEBSITE)
- BE THE ONLY RESOURCE YOU NEED
- DO THE WORK FOR YOU
- WILL NOT WORK UNLESS YOU STAY FOCUSED ON THE GOAL

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SUCCESS WITH HELP

**MOST PEOPLE THAT READ THIS BOOK WILL FALL BACK TO OLD WAYS AND SEE ZERO RESULTS...
BUT WORKING WITH A CERTIFIED COACH BRINGS YOUR CHANCES OF SUCCESS TO ALMOST 100%**



If you want to see real changes in how you feel and how you look, sometimes it's best to not do it alone! Working with a holistic coach can get you started and be a great asset to improve who you are, and how you feel!

Many of our clients find having a professional coach to work with, on their health journey is often the best way to know they will succeed (and see real results). It's not just about losing body fat... It's about feeling great inside again! Our website is filled with free information and ways you can succeed with professional help.

**PLEASE VISIT US AT
WWW.LIVEFREEHOLISTICLIVING.COM**

**EMAIL US
LIVEFREEHOLISITICLIVING@GMAIL.COM**

Success is more likely when you have:

- All the support you could need on your journey
- A solid plan with a certified coach, Intro call + weekly check-ins
- Online community with others and professionals
- Weekly grocery lists (buy this, not this)
- Daily access to coaches through emails
- Healthy food plans
- Toxins to avoid (ebook)
- Winners Mindset (ebook)
- Fitness For Any Skill Level (ebook)
- Holistic videos tips
- And more...

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TYPES OF FASTING

THIS BOOK WILL FOCUS ON INTERMITTENT FASTING
(DAILY FASTING).

THIS IS BEST FOR LONG-TERM SUCCESS
(WITH THE LEAST DISCOMFORT).



THIS IS A QUICK EXAMPLE OF WHAT
INTERMITTENT FASTING IS.
YOUR EATING WINDOW CAN BE
CHANGED DEPENDING ON PREFERENCE.

OTHER TYPES OF FASTING INCLUDE:

24-Hour **FASTING**

Pick any 24 hours and consume no nutrients other than water during this time.

Reduced-Calorie **FASTING**

At some frequency you limit your daily caloric consumption to 1/3 normal (typically 500-700 calories)

Alternate Day **FASTING**

AKA ADF - Fast or severely restricting your caloric intake every other day (usually to 500 - 700 calories).

Prolonged **FASTING**

Any water fast lasting over 36 hours. Common lengths are 3, 5, and 7 days.

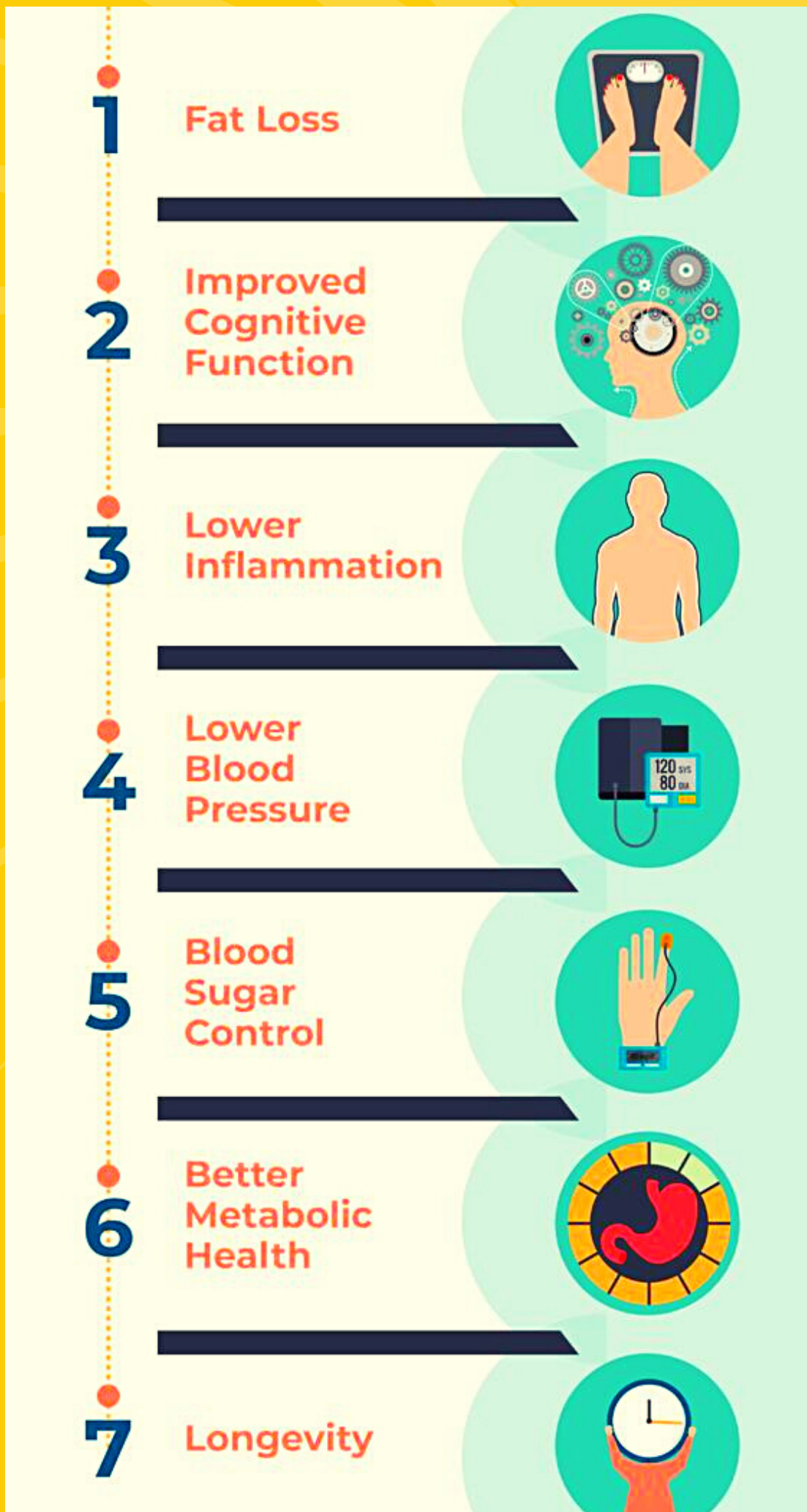
5-2 Day **FASTING**

Pick 2 non-consecutive days within a week to fast completely or limit intake to 1/3 normal (500-700 calories)

As you can see there are many types of fasting.
One of these types may be better suited for
some, but in my experience, daily fasting
(Intermittent) combined with eating healthy
meals, is the best way to lose weight longterm.

BENEFITS OF FASTING

THERE ARE MANY REASONS TO START FASTING...



As you see from this graphic there are many reasons to start fasting. Fasting has been used for thousands of years (mostly for spiritual reasons). Recently the medical industry has realized how beneficial fasting is to the human body.

When you start Intermittent fasting, it stimulates your metabolism (fat burning), burns glycogen (fat storage), and gives your body enough time to digest food and eliminate toxins.

Another amazing part of fasting is it also triggers "autophagy", which is like cellular cleaning. When autophagy occurs, a bunch of little guys called lysosomes to go around your body gobbling up the damaged cells, damaged mitochondria, and also cancerous cells. This process gives us energy for vitality and cellular regeneration. Without them, our body fills up with "cellular trash" and we can't function as optimally as we should. Without autophagy, negative results can occur like speeding up aging, and even eventually, disease. This is because the body is not getting enough time to do the deep cleaning.

THE BEST WAY TO LOSE BODY FAT IS PROVEN BY SCIENCE...

"We put two groups of mice on different eating regimens for 100 days. Both groups ate a high-fat, high-calorie diet. The first group was allowed to eat whenever they wanted, grazing throughout the day and night. The other mice had access to food only for eight hours at night since mice are nocturnal.

The results were astonishing.

Despite consuming the same amount of calories every day, the mice that ate for a restricted eight hours were nearly 40 percent leaner and showed no signs of inflammation or liver disease, and had healthy cholesterol & blood sugar levels. The group of mice that nibbled day and night became obese, developed high cholesterol, high blood sugar, fatty liver disease, and metabolic problems."

(excerpt from a lab experiment)

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REALISTIC RESULTS

WITH EVERYTHING IN LIFE, RESULTS WILL DEPEND ON THE FOCUS AND EFFORT YOU PUT INTO IT



How you want to look is 100% dependent on how committed you are to achieving it!

HOW MUCH WEIGHT CAN I REALISTICALLY LOSE IN A MONTH WITH THIS METHOD?

Depending on your current body fat %, mindset, and support (if needed). I would say it is very possible to lose 4-10 lbs a month in a healthy way (this may be even higher in larger people).

This is what 5lbs of fat actually looks like!



Remember that next time you say "I only lost 5 lbs".

I WANT TO LOSE 10-25 LBS IN A MONTH! IS THIS POSSIBLE TO DO?

It depends on your starting size, but we must note that starving the body and limiting the intake of necessary nutrients can cause things like illness, low energy, mental health issues, etc. It's better to feed the body healthy food and the calories it needs so it can lose fat at a healthy rate.

HOW LONG CAN I DO THIS DIET?

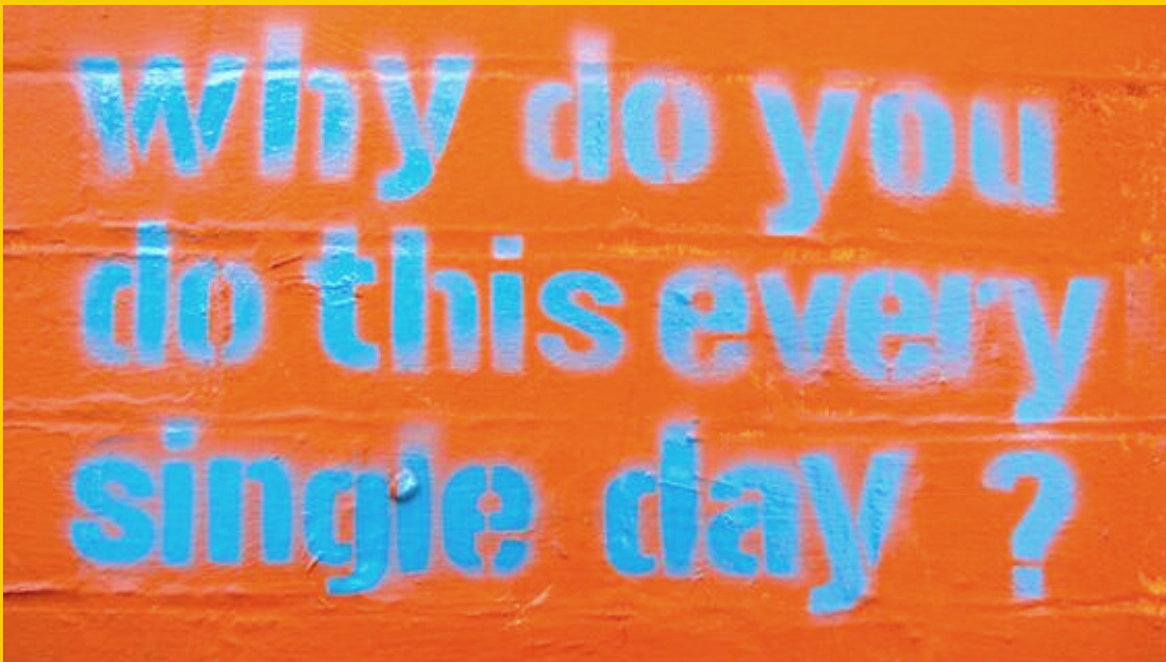
First off this isn't a "diet". This is a lifestyle of living healthy and eating balanced daily meals. Eating at set times greatly helps the body, and in return, you look and feel great.

Diets don't last long as the body does not like being treated badly in order to lose weight! Fad diets almost always lead to rebound weight gain. Fasting can be done for as long as you want (as long as your getting the right nutrition during the eating window).

LIVE FREE HOLISTIC LIVING

WHAT IS "YOUR WHY" ?

THIS IS PROBABLY THE MOST IMPORTANT THING TO KEEP YOU MOTIVATED WHEN IT GETS HARD...



I'm gonna be honest... This is not going to be easy every day, so you need a good reason to stick it out.

WHY FINDING "YOUR WHY" IS IMPORTANT:

1. IT MOTIVATES YOU AND GIVES YOU PURPOSE

Knowing why you are doing what you do is crucial to success. Otherwise, we would all just be aimlessly eating anything without any real sense of purpose or end goals.

2. IT HELPS YOU IN DAILY DECISION MAKING

When your "why" is kept at the forefront of all that you do, making decisions becomes a lot easier. It helps you to remember your values so that when it comes time to make decisions, you are doing what's best for you.

3. IT DRIVES YOU WHEN TIMES GET TOUGH

It can be easy to lose sight of why you are on this journey sometimes, but if you keep your "why" in mind as you go through the tough times you won't give up so easily. There is a reason you started this journey and you can't lose sight of that.

YOU MUST WRITE OUT ALL THE REASONS THAT YOU WANT TO STICK TO THIS GOAL!

THIS LIST WILL BE YOUR WILLPOWER WHEN IT GETS HARD! TRY AND LIST 10 REASONS YOU STARTED. WHEN YOU FEEL LIKE YOU WANT TO BREAK OR EVEN WHEN YOU WANT TO CELEBRATE A WIN, THIS LIST WILL BE THE MOTIVATION YOU NEED.



THE REASONS I NEED TO LOSE THIS WEIGHT & GET HEALTHY AGAIN IS...

1. My kids (I need to be a good influence)
2. My health (any health issue?)
3. I miss playing (name a sport)
4. I need to walk my dog more
5. I miss wearing my old jeans
6. I want to feel sexy again
7. I need to lower my blood sugar
8. I need to stop my pop addiction
9. I feel winded when I walk a block
10. etc etc etc

EXAMPLE

This list will be personal to you... but I encourage you to read it often. If you want to break your fast early or go eat a bunch of junk food, read this list out loud. This is a great way to keep your mind on the goal!

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HOW TO GET STARTED WITH INTERMITTENT FASTING

With intermittent fasting, the focus is more on when/ how often you eat, and not as much on what you eat (but that doesn't mean you should go and eat a whole large pizza with ice cream). Everything is in moderation. I always recommend my clients to eat a well-balanced diet while intermittent fasting, as well as get some daily exercise (even if it's just going for a walk). Intermittent fasting helps you maintain your weight, but won't work if you eat a lot of junk foods.

You might be wondering what happens to your body when you fast... No, your body does not go into "starvation mode". This takes longer than 24 hours without any food. And in fact, short-term fasts can actually speed up your metabolism, regulate your hormones, reduce inflammation, and even help you live longer.

I added a few infographics so you have a basic idea of how intermittent fasting works. You get to pick when you want to fast, many people start at 8 pm and fast till lunchtime the next day. Make sure to Commit to yourself when it's time to fast, it's time to fast. Breaking your fast with a snack (no matter the size) is breaking a promise to yourself.

Remember the most important thing is what you eat during your eating window. Don't waste your meals on high-calorie packaged junk food. Feed the body real fuel (You deserve better). Eat foods that will heal you, and make you feel good inside and out. The better the foods we eat, the better the body works, and the better we feel inside (mental health).



When it's time to fast it's time to fast!
This means you can only drink fluids that are zero calories. So don't add sugar to your coffee or drink pop/juice!



This is an example of what a day looks like when you fast. The most important thing is when it's time to fast you must fast. If you snack once, your blood sugar will spike, and you will not be in a fasted state anymore. When we eat, our hunger spikes and basically need to start fresh again tomorrow. If this happens don't beat yourself up, but know you have the discipline to stay on track.

LOSING WEIGHT WITH FASTING

I know fasting may seem scary, but once you experience the benefits for health and see how fast you lose weight, you will see it as a hidden secret & something you should have started a long time ago.

Fasting isn't a new phenomenon. Our ancestors used to fast due to their limited access to food. There are also numerous religious ceremonies that involve dietary fasts being done every year and have taken place for thousands of years. Fasting has been proven to be safe for most people (if you have health issues please check with your doctor).

INTERMITTENT FASTING



**THE BEST PART OF
FASTING
IS YOU CAN STILL
EAT TASTY FOOD AS
YOU LOSE WEIGHT**

WHY DOES INTERMITTENT FASTING WORK SO WELL?

It involves alternating cycles of fasting and eating to give the body time to heal and burn off body fat. You should still try and eat a whole-foods-based diet but you can have treats and your favorite foods (if you would like). This is the beauty of fasting, as long as you don't eat more calories than you burn, you will burn and lose fat. Also, because you are not eating for most of the day it forces you to eat fewer calories (in theory). Just make sure to not be over your daily calories, this is why using a free app to track your foods can be a lifesaver when you start fasting.

HOW DOES FASTING WORK AT DETOXING AND FAT LOSS?

Fasting works in the following ways:

1. Stimulates the function of the Mitochondria, these are cell organelles that convert glucose to usable energy.
2. Uses up Glycogen and Fat Stores - Glucose is converted into glycogen and stored in your muscles and liver. In a fasted state, your body first uses up glycogen for fuel and then gains access to fat stores.
3. It triggers the "furnace" in your body that burns fat while you sleep so that the flab can get stripped away from the moment you wake up.
4. It burns the Calories You Consume. Our modern lifestyles involve grazing/ eating around the clock, which does not give your body time to burn daily calories.
5. While you are fasting, your body gets the chance to reset itself and digest food. This allows your body to process nutrients and eliminates toxins effectively.

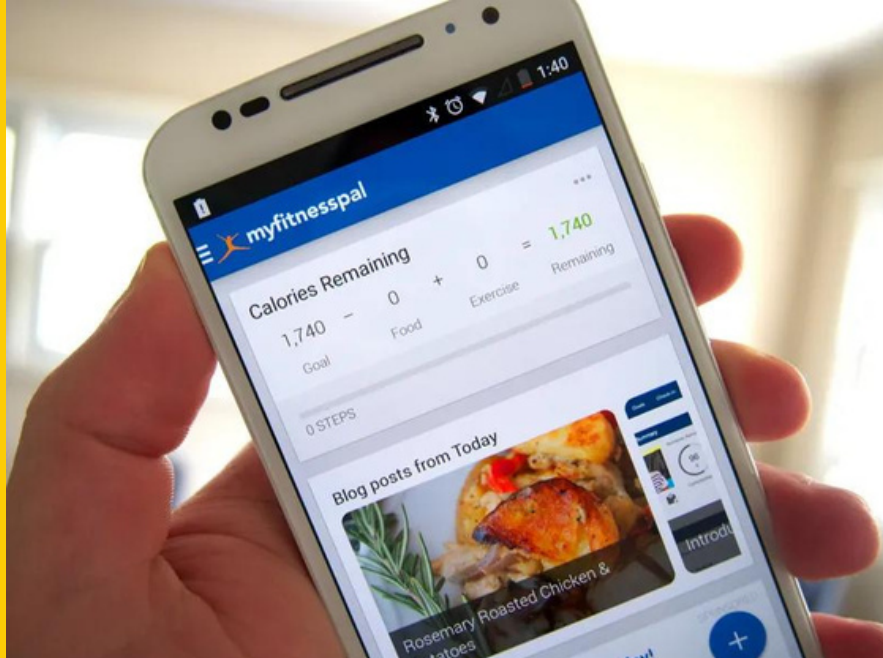
The main idea here is - It stimulates your metabolism, burns glycogen and fat storage, and gives your body enough time to digest food and eliminate toxins.

It keeps your interest in food active and by allowing you to eat the foods you want to eat (in moderation).

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TRACKING YOUR MEALS

I HIGHLY HIGHLY RECOMMEND YOU TRACK YOUR DAILY MEALS (FOR A FEW DAYS AT LEAST)



Protip:

Download a free food tracking app like "My Fitness Pal" and spend 15 mins a day logging in what you ate. This is important for many reasons, the biggest being you need to make sure you're getting enough calories daily (and also not too many).



The truth of the matter is... If you are eating more calories in your eating window than you are burning, you won't lose any weight.

This is where it becomes important to EAT FOODS HIGH IN NUTRITION, NOT CALORIES.

You don't need a nutritionist to be able to achieve the desired results you seek. Just be conscious of what you are eating (track it) and make sure you limit your packaged food intake. Instead of eating a bag of chips (processed junk), eat some fruit instead. Using this app will really break down how many calories are in processed foods, and this knowledge will show you why you gained the weight in the first place!

A FOOD TRACKING APP WILL MAKE LOSING WEIGHT SO MUCH EASIER.

WITHOUT ONE...YOU ARE JUST GUESSING!

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MASTER YOUR MINDSET

**TO MAKE ANY CHANGE IN YOUR LIFE YOU WILL
NEED TO CHANGE HOW YOU THINK...**

Mindset is one hardest things to change, but with the wrong mindset you will be stuck in a life you don't want. I wrote a whole book on how to change your mindset (free for my clients), it's also one of the first you need to work on to make real lasting changes!



HERE ARE A FEW WAYS TO IMPROVE YOUR MINDSET:

- Set up good daily habits.
- Always plan your day the night before.
- Develop a consistent morning routine.
- Learn to become a morning person.
- Look after yourself.
- Always be on the lookout for new opportunities.
- Manage your finances properly.
- Treat yourself/ Practice self'-care.
- Listen to motivational audios.
- Read real books about self-improvement & personal growth.
- Stay close with the right crew.
- Become BFF with a positive self-affirmations.
- Get better sleeping habits.

THIS IS ONLY A SHORTLIST OF A FEW THINGS YOU CAN START DOING TO CHANGE YOUR LIFE, AND HOW CAN YOU LOVE YOURSELF MORE. THERE ARE LOTS OF VIDEOS AND INFORMATION ON THIS TOPIC ON MOST SOCIAL MEDIA.

**THINGS LIKE JOURNALING & DAILY AFFIRMATIONS CHANGED
MY LIFE COMPLETELY.**

**I HIGHLY RECOMMEND THAT YOU LOOK MORE INTO CHANGING
YOUR MINDSET OR CONTACT US.**

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PRO FASTING TIPS

HERE ARE A FEW TIPS TO HELP YOU GET LASTING RESULTS WITH INTERMITTENT FASTING.

do's



don'ts

- Hydrate with water, unsweetened teas and coffee
- Stock up on foods high in nutrients, protein, & healthy fats
- Eat lots of fibrous veggies and fresh fruit
- Use the fast as a time to focus on tasks and healthy activities

- Have fancy coffee during your "fast" window
- Take it as a license to eat processed foods
- Skimp on vitamins
- Overeat during feeding hours
- Obsess over food during the fast window

THE MAIN TIPS I SHARE WITH MY CLIENTS WHO ARE ABOUT TO START INTERMITTENT FASTING ARE:

- Know the first week will be the hardest, as your body is used to a late snack and an early breakfast.
- Know that once your body (blood sugar) gets used to fasting all morning, you won't feel that intense hunger anymore (stick to it).
- Drink plenty of fluids, including water, lemon water, unsweetened teas, and black coffee during your fasting period (helps with hunger and detoxing).
- Eat plenty of fruit, vegetables, and clean carbs during eating hours (you need the nutrition/ energy to survive your fast).
- Avoid sugar and processed foods (this will just mess with your hunger when you are fasting).
- Don't go "no carb" to try and lose weight faster. The body needs carbs for fuel/energy, and starving it of carbs will only hamper your results.
- Keep busy during fasts (don't obsess about not eating).
- Make sure to go for a walk daily (burn off that fat, and feel great).

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WHAT TO EAT IN YOUR EATING WINDOW:

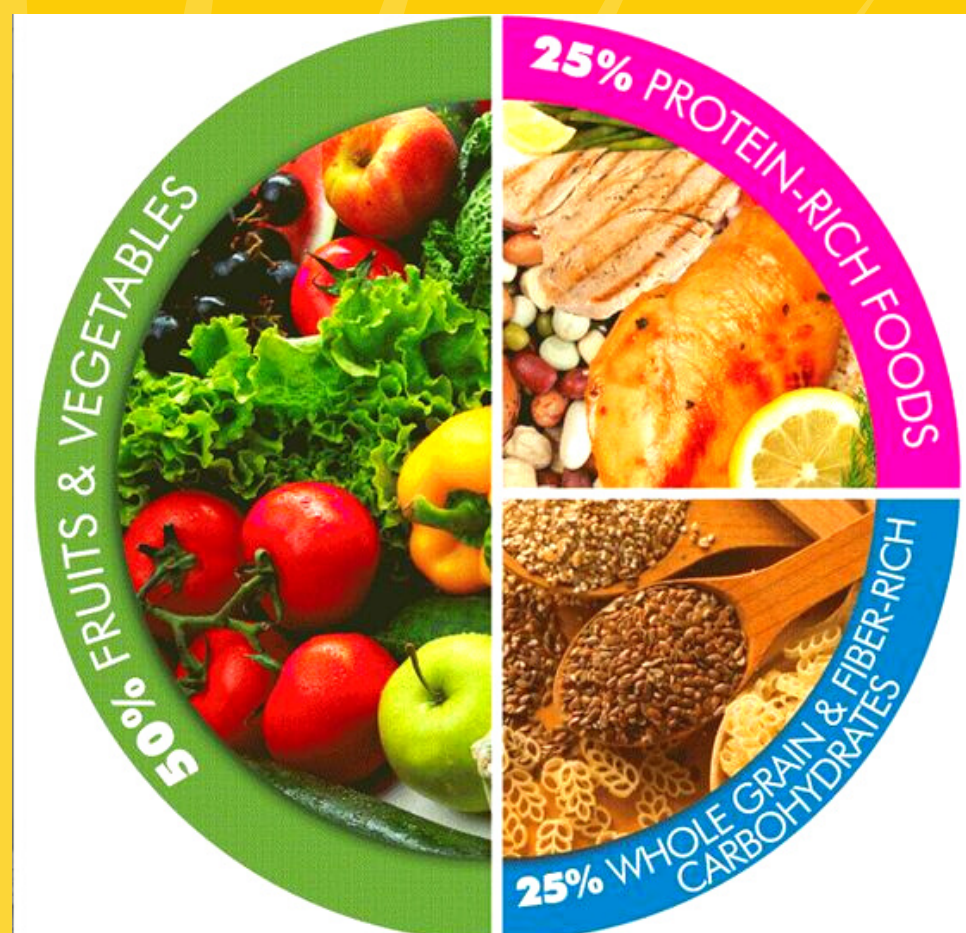
EVEN IF YOU ARE FASTING YOU STILL NEED TO BE EATING MOSTLY WHOLE FOODS IF YOU WANT TO HAVE REAL RESULTS!

If it came from a plant eat it;

Great Tip



if it is made in a plant, don't!



Eating whole foods does more than improve our health, it also improves our mental health. I realize doing it in the midst of a busy life can be quite a challenge, but it can be done with pre-planning. Yes, it is easier to grab something that's already been boxed or packaged instead of taking the time to make things yourself. The problem is that living on processed foods comes with a host of negative consequences. For one, processed foods are more expensive per serving (for the most part), they decrease your energy, make you feel sluggish, cause your body to have to filter out chemicals & toxins, and have all sorts of negative effects on your weight and health.

Not all packaged foods are bad of course, but for the most part, whole foods really are best. You also need to enjoy your life, there is nothing wrong with eating a burger, pizza, tacos, etc. As long as you are keeping your calories in check and eating lots of fruits and veggies in your eating window, you can easily still eat the foods you love. This is why fasting is better than any diet. It's a lifestyle that allows you to eat foods you love in balance with whole foods.

I ate pizza last night with zero guilt (true story). I fasted all morning, so I'm not worried about any weight gain, as I burnt it all off this morning while fasting. fasting really is the best way to keep your body weight and health in check!

The best advice: Make sure your house is not full of packaged garbage foods. You need to remove temptations if you wish to be healthy. Packaged foods are filled with addictive additives and it's too easy to eat too much in a sitting.

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WHAT NOT TO EAT:

IT DOES NOT MATTER HOW MUCH YOU FAST IN A DAY. IF YOU EAT LIKE GARBAGE, YOU WILL LOOK LIKE GARBAGE!



This one is a no-brainer to some, but a huge challenge to others. This is where using a food tracking app is a huge resource for anyone who wants to lose weight and stay healthy. When you are trying to keep your calories in check and you when tracking your fast food meal, you will realize that it was half of ALL your daily calories are gone (with very little nutrition). You now start to rethink your food choices. On the other hand... If you spend your calories eating whole foods, you will find you get satisfied with calories to spare.

PROTIP: TRACK YOUR FOOD ON A FREE APP FOR A WEEK!

One thing most people don't realize is what we eat not only affects how we look, it also affects how we feel inside. There is a science to this. The short version is our gut health is connected deeply to our mood (serotonin levels). So you really do feel like crap when you eat like crap.

Most people are stuck in an addictive cycle of eating sugar-loaded foods. So addicted they don't know they are killing themselves and causing a deep depression. It takes a lot of willpower to change your diet. We offer a shopping list on our website and certified coaches that can help get you on the right track if you need help changing your habits.

The biggest tip I can give you is to know that sugar is more addictive than cocaine and you are most likely addicted to it. Start limiting your sugar intake now. It will have a huge difference in your mood, cravings, and appearance. Sugar spikes our blood makes us gain weight and causes cravings when we crash. Getting off the sugar train is life changing.

Stop eating CRAP

C -carbonated junk

R -refined Sugars

A -artificial shit

P -processed foods



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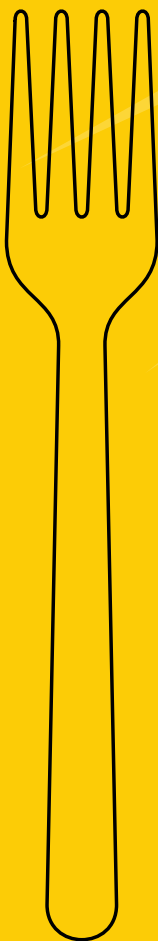
COMMON MISTAKES

WE ALL MAKE MISTAKES WHEN WE START SOMETHING NEW. THE ONLY GOAL IS TO DO BETTER THAN YESTERDAY...



MAKING MISTAKES IS PART OF LIFE. LEARNING FROM YOUR MISTAKES MAKES YOU STRONGER THAN BEFORE!

THE MOST COMMON MISTAKES I SEE ARE:



- SNACKING BEFORE ITS TIME TO BREAK FAST
- USING SUGAR IN YOUR COFFEE WHEN ITS FAST TIME
- EATING TOO LITTLE IN YOUR EATING WINDOW (NOT SMART)
- EATING TOO MUCH (FASTING WON'T HELP HERE)
- EATING JUNK FOOD INSTEAD OF WHOLE FOODS
- TOO MUCH CARBS/SUGAR (BLOOD SUGAR SPIKES = HUNGER)
- AVOIDING GOOD FATS/SALT (YOU NEED THESE!)
- NOT ENOUGH NUTRIENTS (YOU NEED THE RIGHT FUELS)
- NOT ENOUGH AMINO ACIDS/PROTEINS (REBUILD)
- NOT ENOUGH WATER/TEA
- QUITTING AFTER THE FIRST WEEK (IT GETS EASIER)
- TOO MUCH ALCOHOL/ WEED (THIS WILL AFFECT YOUR FAST)
- NOT GETTING ENOUGH SLEEP
- TOO MUCH STRESS
- HOUSEHOLD FULL OF JUNK FOOD
- NOT ENOUGH WHOLE FOODS IN THE HOUSE
- NOT SETTING ALARMS WHEN TO EAT/FAST (PROTIP)

If you are doing things right, it will be easy and you will see great results!

Over time with trial & error, you will learn a lot about fasting and your body.

Take for example: If you break your fast with a bunch of sugary foods you will notice you will be much more hungry for the rest of the day.

Remember: the goal is to do better every day, if you have a setback, start fresh tomorrow with a new fast!

FASTING & EXERCISE



DO I NEED ENDLESS CARDIO TO LOSE WEIGHT?



It's true you do not need to go to the gym or do cardio to lose body fat. Eating clean meals combined with daily fasting will be enough to lose unwanted weight.

Also doing hardcore cardio can actually hurt your results for a few reasons... One is you will be hungry after a long run/ workout and fasting may be harder to do.

Another reason people who work out extensively have trouble losing weight is that when we put the body through daily abuse it increases cortisol (and other stress hormones) and this slows the body from losing body fat. Hardcore workouts cause the body to keep the stored energy (fat) it has, in case it needs it later on for recovery.

SO EXERCISE IS BAD FOR WEIGHT LOSS?

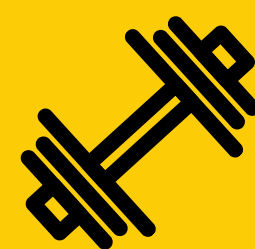
It depends on your fitness level. I recommend doing some sort of physical activity every day. Walking for 20-60 mins a day is perfect to keep you active. If you have been working out for years and are looking to "cut", then do what you feel comfortable doing. I also wrote a book on how to start exercising at any skill level (on my website).

Working out/fitness is the BEST thing you can do for mental health. I personally work out all the time for mental health reasons. Many studies have linked exercise with longer life spans and mental health benefits. I just want to make the point that you don't need to kill yourself at the gym or do endless cardio to see results with fasting. The average person burns only 300 calories in 30 mins of running, and it is very easy to eat 300 calories (half of a big mac). So you are better off eating less than trying and burning off calories with cardio.

SHOULD I TRAIN FASTED OR FULL?

I train fasted... I feel I have more energy in the gym when I do physical activities in a fasted state. But, listen to your body, if you feel exercise is better after eating then do it this way.

When we eat food, the body needs to bring high amounts of blood and energy to the intestines in order to digest the food. Some people find working out in this state can make them feel lazy and bloated. Try doing both ways and see what works best for you.



WHY PEOPLE FAIL

TRUTHFULLY, A LOT OF PEOPLE WILL QUIT AFTER THEIR FIRST SETBACK & NEVER TRY AGAIN.

MISTAKES
ARE PROOF
YOU'RE
TRYING

**SET BACKS ARE GOING TO HAPPEN!
HERE ARE A COUPLE OF THINGS TO
KEEP IN MIND...**

- 1. The first week will be the hardest... don't give up!**
- 2. If you break your fast early, don't beat yourself up, tomorrow is a new day & new fast.**
- 3. Perfect health is a gradual process it does not happen overnight. Strive to get better every day.**
- 4. Many people want to go from "unhealthy" to only one ultra-healthy meal a day, and after 3 days of realizing it's too much, they quit. (Instead, take baby steps).**
- 5. No matter what setback happens, just know that you fast every day now. Not only days you want to lose weight.**
- 6. Without having a "your why" list (page 10), you can easily lose focus and ambition (make the list)!**

LIVE FREE HOLISTIC LIVING

LONG TERM RESULTS

SUCCESS IN INTERMITTENT FASTING IS 100% DEPENDENT ON YOU!



MANY CELEBRITIES, FITNESS INFLUENCERS, AND BODYBUILDERS SWEAR BY FASTING. MANY OF THESE FITNESS PEOPLE HAVE BEEN FASTING FOR 10+ YEARS!

SO, IT'S POSSIBLE TO FAST FOR YEARS?

First off this isn't a "diet", this is a whole lifestyle of living healthy and feeling great. Eating at set times helps the body, and in return, you look and feel amazing (as long as you get the nutrition in).

Diets don't usually last long, as the body does not like being treated rough in order to lose weight. Truthfully dieting almost always leads to rebound weight gain. On the other hand, fasting can be done for as long as you want (as long as your getting the right nutrition during the eating window).

WHAT DO I DO ONCE I REACH MY WEIGHT GOAL?

Well first of all... Congratulations on your success! Many people won't ever reach this point in their lives. You can easily keep fasting like you are, or you can change your eating window times. If you have been losing weight every week and want to maintain your body size now, then you will need to start tracking your meals again and up your calories until you maintain your desired size.

The main thing to remember is if you don't eat more calories you will continue to lose weight. This is not an invitation to start eating fast foods tho, keep it clean (whole foods).

WHAT IF I WANT TO GAIN WEIGHT, NOT LOSE WEIGHT?

This is definitely doable! We have worked with clients before that have had success putting ON weight with fasting. The important thing to remember is that you must eat more calories than you burn. Many foods are high in nutrition, and calories, but are also healthy. "Bulking" with junk food like donuts and chips will not help you with your health goals (our website has ideas on the best bulking foods).

You must be tracking your daily meals if you want to gain weight, breaking eating habits is the first part to success.

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CLOSING THOUGHTS

**WHERE DO YOU GO FROM HERE?
THAT IS UP TO YOU!**



As we have learned, fasting is not only beneficial for changing body appearance, but it also affects a number of different health issues in terms of metabolism, blood sugar/pressure, disease prevention, detoxing the blood/organs, and much more.

You need to keep in mind that Intermittent Fasting still abides by the laws of energy balance (calories in VS out). So you must change your lifestyle to see real results in this. Yes, it does provide more benefits compared to a traditional calorie restriction day, but you still need to watch what you eat (track it).

To some, this might seem like a fad thing that won't work, but let me assure you that it really does work. After a couple of weeks of doing intermittent fasting you will feel healthier, happier, less dependent on sugar, and of course lighter... And look fabulous!

If you have read this book to this point, you are **READY** to change your life. Now all you need to do is get started on your journey.

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CAN YOU DO IT ON YOUR OWN?

FASTING CAN HELP IN WEIGHT MANAGEMENT BUT IF YOU WANT TO COMPLETELY CHANGE YOUR LIFE, THIS IS ONLY ONE ASPECT THAT NEEDS TO CHANGE.

I hope you enjoyed this intro E-book on fasting I wrote, If you have any questions please send me an email or visit my website.

***This is just one book in a series I wrote on getting healthy in a holistic way...**



Many people find that doing a custom program with certified professionals is the best way to guarantee long-term results in your entire life.

Doing our Custom Program gives you access to:

1. All the support you could on your health journey.
2. A custom health plan with a coach.
3. Weekly 1-on-1 check-ins with a certified coach.
4. Access to the Online community w/ others and professionals.
5. Weekly grocery lists. (best things to buy/ not buy)
6. Healthy meal plans.
7. Ebook on *Toxins To Avoid* to be Healthy.
8. Ebook on *How To Level Up Your Mindset*
9. Ebook on *Fitness* (for any skill level).
10. Holistic video tips.
11. And more...



YOU DON'T HAVE TO DO THIS ALONE...

GO ON OUR WEBSITE TO FIND OUT MORE INFORMATION.

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Disclaimer

The information provided here is for educational purposes only and should not be considered medical advice. Please consult your personal health care provider before making any health care decisions for yourself. I am not a licensed physician/doctor. I am not responsible for any effect, good or bad, that results from following any of the recommendations or information that is provided on this website/book.



**THANK YOU FOR READING...
REMEMBER, YOU CAN DO THIS!**

- **Write out your "why"**
- **Fill your house with real foods**
- **Set a time for 8 pm to noon (or similar)**
- **Know the first week is the hardest**
- **If you mess up... don't beat yourself up**
- **Celebrate your wins!**
- **If you don't want to see REAL results and not do it alone... Contact us!**

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