

EAT WELL

A GUIDE TO INTERMITTENT FASTING,
TIME-RESTRICTED EATING, AND HEALTHY HABITS



FLCCCC[®]
ALLIANCE

What's inside



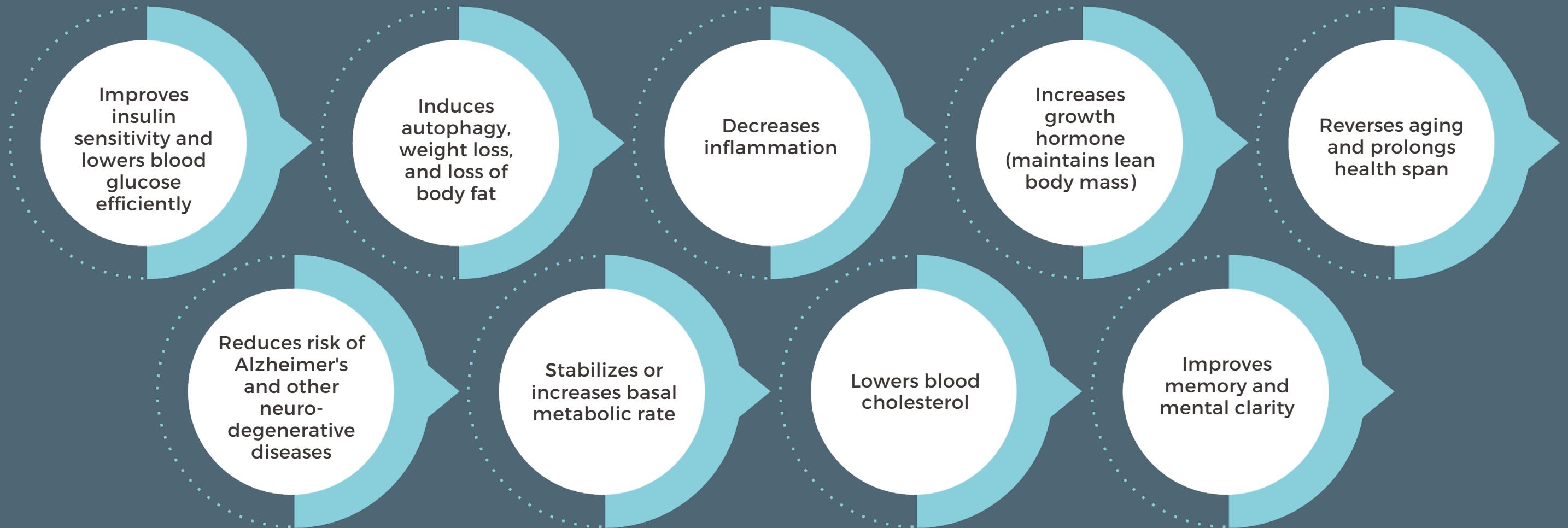
- how eating became unhealthy
- flattening the glucose curve
- benefits of intermittent fasting
- how to get started with fasting
- what to eat and what not to eat
- intermittent fasting and cancer
- intermittent fasting for women

Who is it for?

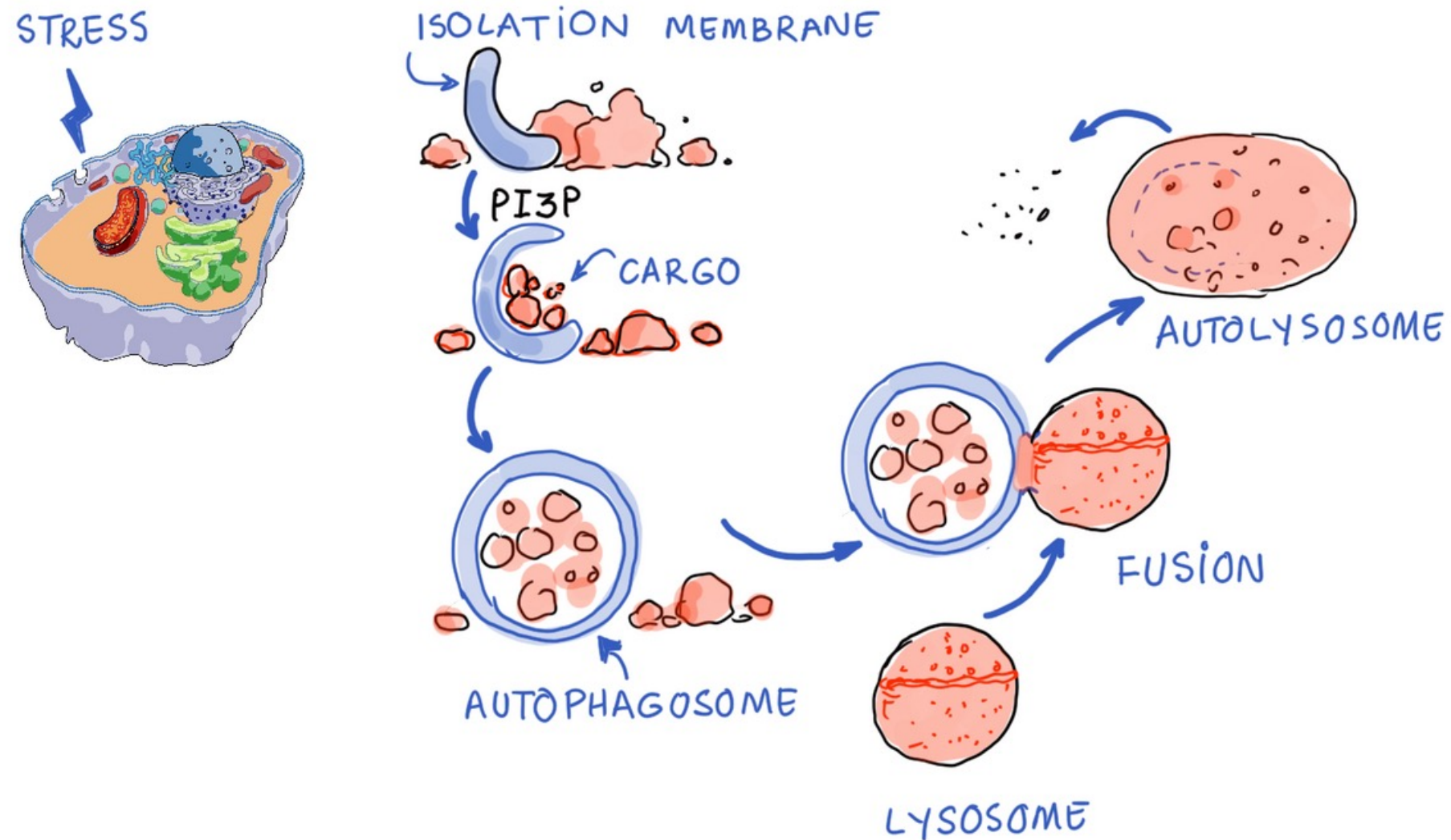


- people interested in clearing spike protein
- people who are insulin-resistant
- people wanting to explore the many benefits of intermittent fasting

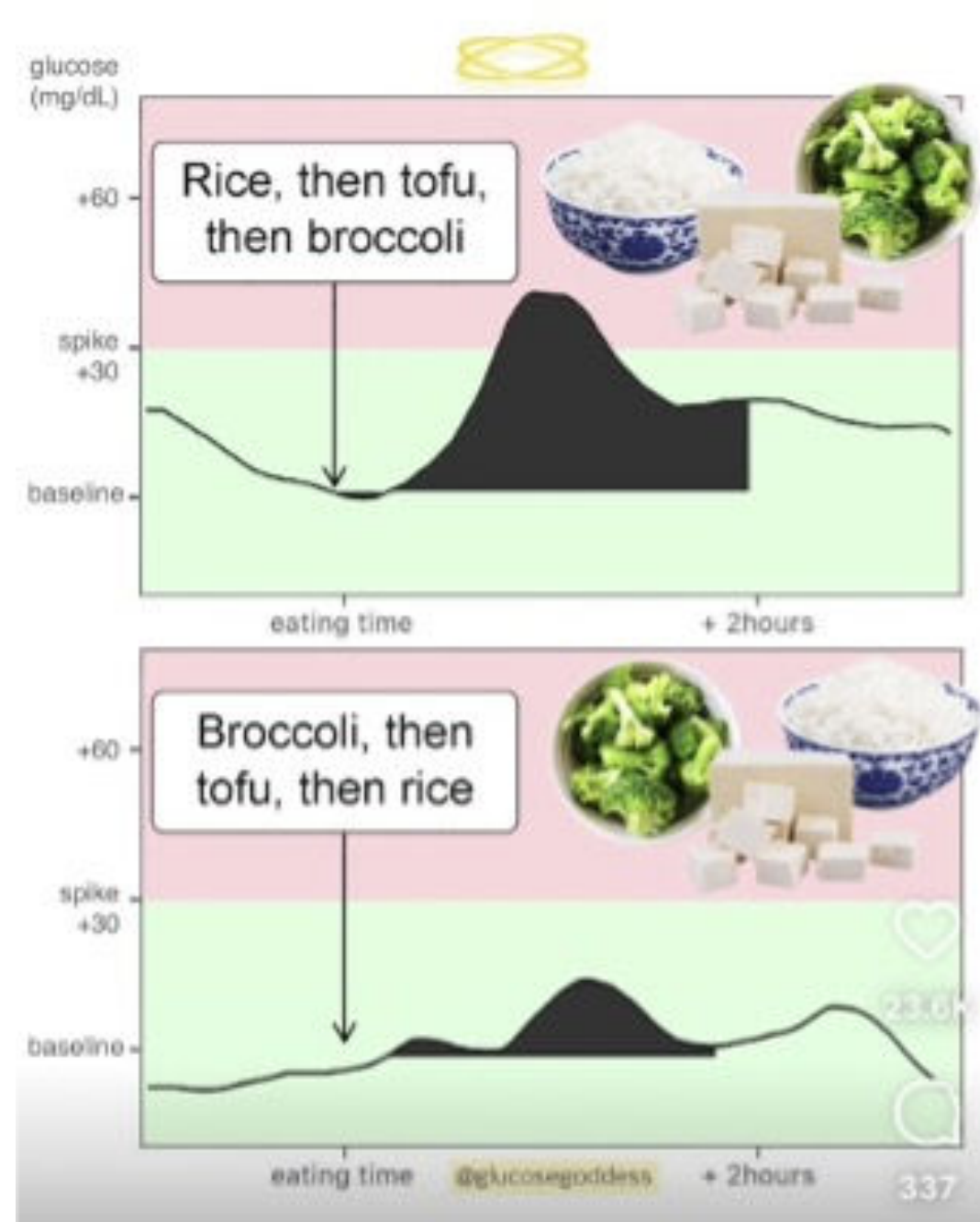
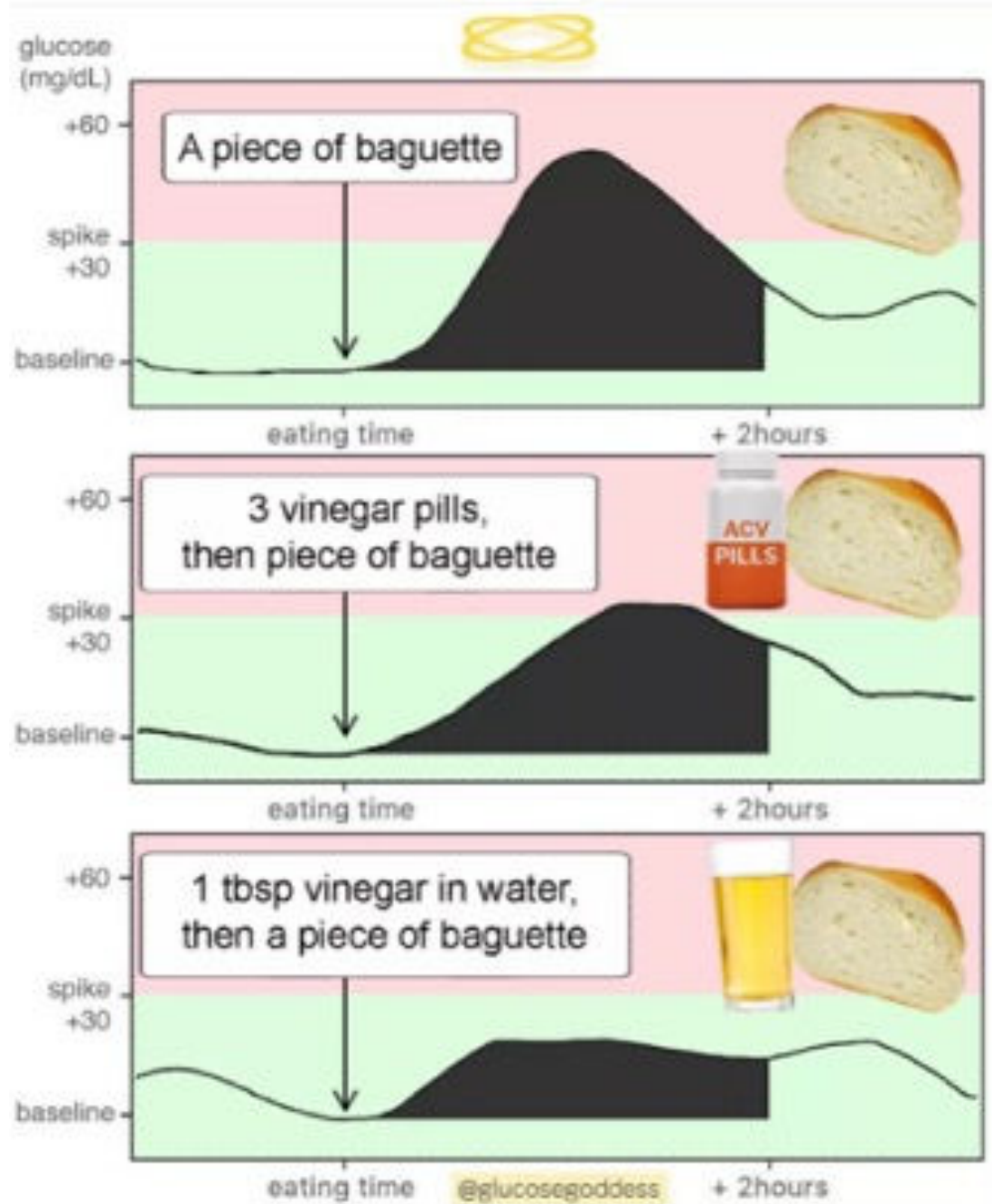
What are the benefits?



Autophagy pathway



Flatten the glucose curve



Eat this



Don't eat this





16:8 FASTING

- Time based
- 8 hour eating period
- 16 hour fasting period

There is an intermittent fasting plan that can be adapted and modified for any lifestyle.



5:2 FASTING

- Calorie based
- Eat normally 5 days
- Fast 2 days
- On fasting days
 - 500 kcal for women
 - 600 kcal for men

A continuous glucose monitor is recommended



Fasting while menstruating



- Days 1-10 of cycle - great for fasting and keto/low carb diet. Good time for fat-burning and resistance training.
- Right after ovulation, which varies around day 14, body becomes less insulin-sensitive. Reduce complex carbs. Consider intermittent fasting, and increase fiber, healthy fats, and protein.
- Post-ovulation, progesterone levels are highest and stimulates appetite but slows digestion. This a great time to add green juicing, bone broths, increasing hydration, and increasing fiber to keep bowel movements regular.
- Week 4 the body begins to build hormones to prepare for menstruation. This is a great time to bring in healthy carbs with a wide variety of vegetables and grains.

Fasting during menopause



- Great period to try intermittent fasting to "rebalance" hormone levels.
- Add berberine (600 mg once or twice a day) to increase insulin sensitivity, improve the lipid profile, and add beneficial effects on the microbiome.
- Aim for a healthy body weight.
- Exercise in moderation.
- Reduce stress and engage in pleasurable activities (intimacy, hugging, kissing, sex, etc.) to induce the release of oxytocin.
- Get enough sleep (seven to nine hours each night).