



THE
DAILY *Kelsey*

**Bonus:
The Result
Boosters**

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Bonus Book: The Result Boosters

Welcome to your Bonus Book: The Result Boosters!

In this book, we're going to talk about one of my favorite techniques for boosting results and feeling amazing! It's called Flexible Intermittent Fasting!

My approach to flexible Intermittent Fasting is so different than the many protocols out there, it's actually enjoyable because you use it as a tool to learn how to truly listen to your body. There are no harsh rules, you simply adjust according to how your body is feeling. I'll show you exactly how to do it.

We'll also address one of the main concerns I hear, "What do I do if I plateau in my results?"

I've got you!

Intermittent Fasting (IF) is something I have been doing for years now as a tool to listen to my body's natural hunger and fullness cues. My approach is very different because it empowers you to become more attune with your body. It's powerful to help you listen to your body, and it also has major benefits that you're about to learn. You'll see why I have made my flexible intermittent fasting technique a way of life.

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Flexible Intermittent Fasting

To begin, let's define Intermittent Fasting...

Intermittent Fasting can be defined as an eating pattern where you cycle between periods of eating and periods of not eating (AKA fasting). You have a period of eating, followed by a period of fasting, and repeat. Now, the main issue I have with the majority of Intermittent Fasting Protocols out there is that they are far too strict. And if you're anything like me, strict or extreme diets are not your style. That's why I'm here to share with you on how you can incorporate my go-to Intermittent Fasting Technique to boost your results which is much more flexible, enjoyable and pain-free.

Right now, I want to introduce you to the 8 major benefits of Intermittent Fasting that are simply a byproduct of moderate periods of fasting!

The Many Health Benefits of Fasting

The benefits of fasting are clinically proven in study after study. Here are 8 evidence-based health benefits of fasting:

1. Fasting Protects & Improves Your Brain. Do you feel like you're always groggy in the morning despite getting plenty of sleep? Does it seem like no matter how much caffeine you have, your brain just won't turn "on?" Do you have trouble focusing on tasks and getting the motivation needed to get things done? Fasting is like a jump start for your brain! It protects and improves your brain by boosting the production of a protein called brain-derived neurotrophic factor (BDNF.) BDNF activates brain stem cells to convert into new neurons and triggers a variety of other chemicals that promote neural health, thus protecting and improving your brain. BDNF has also been shown to protect your brain cells from changes associated with Alzheimer's and Parkinson's disease. Considering the world we live in and how toxic our environment can be due to pollution, poor quality food, constant stimulation from our electronics, and lack of proper sleep, sunshine, and water, we have to do whatever we can to protect this brain of ours!

2. Better Digestion. If you're someone who experiences gas, bloating, indigestion, or just an overall feeling of uncomfortableness in your stomach, a moderate fast could be really helpful for you. When you fast, you give your stomach and pancreas a break from constantly secreting the digestive juices: hydrochloric acid and bicarbonate. Both of these help to kill bacteria, process food particles, and neutralize gut pH. This results in a healthier flow of juices, better movement of food from point A to B, reduced bloating and gas, and an overall much more comfortable feeling in your stomach.

3. Fasting Improves Your Immune System. Do you have kids who are constantly passing on their sickness to you? Do your allergies completely wipe you out? Do you feel like you're always catching something? Intermittent fasting can help your immune system supercharge. In nature, when animals get sick they stop eating and instead focus on resting. This is a primal instinct to reduce the stress on their internal system so their body can fight off infection. Intermittent fasting provides the same benefits because you are giving your system a daily "rest." This "rest" helps reduce the damage done by free radicals and lowers inflammation in the body which is the cause of sickness.

4. Anti-aging. Fasting allows your body to clean up the damage done to your cells by free radicals, thus slowing down the aging process. A 2014 study by *The University of Southern California* found that fasting promotes stem cell-based regeneration and reverses immunosuppression. Fasting allows your body to discard damaged cells and rejuvenate new ones. When you fast for a long period of time, your body wants to conserve energy, so it does this by discarding damaged immune cells, causing your white blood cells to go down, which triggers stem cells to rejuvenate your immune system.

5. Fat Loss and Effortless Maintenance of Fat Loss. When you eat, it causes your insulin levels to go up. If you're eating every 2-3 hours, all day long, you are going to have chronically elevated insulin levels, and this will prevent you from burning stored body fat. I cannot emphasize this enough: instead of burning stored body fat, when you eat all day long, you're just burning the food you're eating. If you want to burn fat, you need to get your insulin levels to drop low enough. That can be achieved through intermittent fasting. Fasting works because it keeps your insulin levels low enough that you can enter into fat oxidation.

6. Boost in Human Growth Hormone (HGH). HGH is a hormone made by the pituitary gland (the master gland), which plays a huge role not just in the healthy development of children and adolescents, but also in adults. HGH is your star fat-burning hormone. Higher HGH, more fat-burning. HGH deficiency in adults leads to higher levels of body fat and lower lean body mass. A 2011 study at *Intermountain Medical Center*, found that fasting has a dramatic impact on human growth hormone levels. The study showed that interval training while fasting increased HGH by 1300% in women and 2000% in men.

7. Improved Energy, Mood, and Productivity. Again, when you fast, your brain will release Brain-derived Neurotrophic Factor (BDNF) that helps improve your mood. When you fast your sympathetic nervous system is dominant, and that is the fight or flight response, so your body is releasing all sorts of hormones that get you feeling ready. Ready to go off, work out,

focus, and be productive. Plus, when you don't have to stop and eat every 2 hours, or prep your meals constantly, it gives you more time to do the things on your to-do list and accomplish more.

8. Fasting Improves Health and Reduces Chronic Diseases. Disease starts with inflammation. Fasting produces the hunger hormone called ghrelin which suppresses inflammation. A 2014 study in the *International Journal of Health Science* found that intermittent fasting reduces pro-inflammatory cytokines and immune cells in the body. Prolong fasting has been shown to decrease the risk for degenerative diseases connected to an inflammatory response in the central nervous system. In layman's terms: Intermittent fasting teaches your body to use fat as its primary fuel source. Growing evidence confirms that when your body becomes adapted to burning fat as its primary fuel source instead of sugar, you drastically reduce your risk of chronic disease.

These are just a few of the many and vast health benefits you can experience from adding intermittent fasting to your life.

I don't know about you, but I don't like strict or extreme diets. Diets that cut out entire food groups or drastically cut calories or have overly strict rules are just impossible to stick to for more than a few days, let alone to make it a part of your lifestyle. And this is why the majority of the Intermittent Fasting Protocols I come across just aren't for me.

The way Intermittent Fasting is typically taught and practiced is NOT what we will be doing here. Typically, it is very strict and rigid eating and fasting windows. However, we will use it as a method to simply learn how to listen to and honor our hunger cues.

In turn, this will also help us reap the benefits of moderate fasts to help boost the metabolism.

The way we will implement Flexible Intermittent Fasting is that you will have a flexible eating window of time where you will be eating your meals. Again, the point is NOT to drastically cut calories, but rather to stick to high quality foods and eat them in a more condensed period of time.

So, how does it all work? It's actually quite simple. The time when you are eating your meals, your body is fueled with great energy from the food that you eat. Your body burns the calories from the food you eat during this period of time. The period of time when you are not eating, AKA when you are "fasting," your body still needs energy, so it optimizes to burn your extra

fat as fuel.

This happens because your body reacts to eating food by producing something called insulin. The more sensitive your body is to insulin, the better it is at burning energy (stored fat) more efficiently. Your body is most sensitive to insulin during its fasting period, which then allows your body more time to use the energy (stored fat) most efficiently.

So, to put it simply, eat enough good food during your times of eating to ensure that you get enough nutrients and energy for your body to run the best it possibly can.

Then, a short fast can help increase your insulin sensitivity so your body can efficiently use the energy from the food that you eat, the glycogen stored in your muscles, and the extra fat on your body as fuel.

It's important to get enough fuel (food!) during your eating period. Like we mentioned, you're not drastically cutting calories or "skipping breakfast." You're simply condensing your meals into a flexible eating window.

Whether two giant meals, or eating 4-6 smaller meals within your eating period, make sure you are eating when you are hungry and until you are satisfied. Flexible Intermittent Fasting (IF) is different than a lot of traditional IF protocols. With this flexible approach, your fast can be anywhere between 10-16 hours.

For Beginners

If you have never fasted before, it may seem intimidating. Don't worry, it's much easier than it seems and the benefits (as you learned) are amazing.

We recommend having the majority of your fast be during your sleeping hours. This way, you can just stop eating a couple of hours before bed, and then have a slightly later breakfast to make it simple. The key is to be *flexible*, start slowly and listen to your body!

When you are getting started with IF, we recommend a very moderate fast which can help allow you some flexibility to get faster results! For women, we suggest a 10-14 hour fast. For men, we suggest a 10-16 hour fast. We will cover this in more detail in just a bit. Remember, start slowly and allow your body time to adjust. In the following section, we will help you determine the eating window that is right for your body and goals.

First Week Observations

When you are just getting started with Flexible IF, take note of a few things over the first week to evaluate how you are feeling and adjust your eating window accordingly.

How am I feeling right when I wake up?

Observe your energy and hunger levels right when you wake up. Make sure you drink lots of water throughout your morning. You can also feel free to have coffee, tea, sparkling water, and your morning greens.

How do I feel after fasting for one hour in the morning?

Do you feel hungry? Lethargic? Do you feel good? Energized? It can take a few days to a week for your body to start adjusting to pushing your breakfast back, so allow it time to adjust. Be aware of how your body feels and responds so you can adjust your fasting and flexible eating window according to what helps you feel most energized.

Pushing your breakfast back one hour can give your body some extra time to burn energy more efficiently, without doing anything drastic. This strategy could be the key to getting past plateaus, as you don't really have to change much at all with what you are doing, but it can give your body the jump-start it needs to reach your goals.

INTERMITTENT FASTING FOR WOMEN

Women can have great results with Flexible Intermittent Fasting. There are some important considerations that women need to take when utilizing IF to ensure best results.

For women, it is recommended to fast closer to 10-14 hours per day, whereas men can fast slightly longer up to 16 hours. Because of physiological differences, women should keep a more moderate fast to keep hormone levels balanced.

In addition, women need to ensure that they eat enough during the eating window.

When doing Flexible IF, you will need to eat larger meals to ensure you are getting enough food during your eating window.

Many other Intermittent Fasting protocols are extremely strict and drastic and can have a negative effect on women. If women are too extreme and fast too long or don't eat enough during the eating window it can lead to fatigue, irregular periods, and hormone imbalances.

Intermittent Fasting (IF) can be a great strategy, but you should not do IF if you:

- Are pregnant or trying to get pregnant
- Have a disordered relationship with food
- Have any major health concerns

Again, these negative side effects come from protocols that are drastic and inflexible. These side effects can easily be avoided through some simple, common sense tips:

Eat lots of real food! When women eat too little, their bodies suffer and don't get the nutrients they need, which can throw off hormones.

Do a very moderate fast. Drastically long fasts can have negative impacts on the body, especially for women. That is why we always recommend keeping fasts under 14-16 hours. By simply pushing your breakfast back one hour, you can reap the benefits of IF, but avoid hormone imbalances. We recommend women fasting between 10-14 hours for a moderate, yet effective fasting period.

Don't cut out major food groups. If you entirely cut carbs or fats or don't eat enough protein, your body will not function properly. We don't recommend extreme diets, and extreme means cutting out any major food group long term.

If you eat enough food, do a moderate fast, and get a good balance of protein, carbs and fats, you can see incredible results with Flexible IF!

If you have any health concerns, check with your doctor before starting IF. That being said, IF can work extremely well and is one of the best approaches we have used. Just make sure you are listening to your body and eating enough.

INTERMITTENT FASTING FOR MEN

Men have a little more flexibility in being able to do longer fasts, but we still recommend to keep it moderate and fasting between 10-16 hours per day. Similar to women, start slowly, eat lots of good food, pay attention to how your body feels and adjust accordingly!

BALANCE FOR FLEXIBILITY & RESULTS

Women and men can benefit from Intermittent Fasting. Your body is smart. By learning how to listen to it, fuel it properly and allowing it time to optimize how it burns energy, you can work WITH it for your fastest results.

Remember, flexibility, balance and learning what is right for YOUR body, will help yield the best results.

Determining Your Flexible Eating Window

Now that you have some information about the benefits of Intermittent Fasting and important tips for women and men, it is time to dig in and determine your eating schedule!

Remember that your eating window does not need to be an exact number of hours to the minute or even stay exactly the same every day. It should be a *flexible* window of time that is around the same number of hours every day.

Start Your Fast a Couple of Hours Before Bed

If you are just starting out with IF, start with having your last meal or snack at least two hours before bed.

For example, let's say you have dinner at 6pm, and then an evening snack at 8pm and go to bed at 10pm. Your last meal/snack would then be two hours before bed. You can absolutely have your last meal or snack be earlier in the evening if you would like, but we recommend having at least two hours of fasted time before bed. That will make the morning fast shorter!

Break Your Fast 1-Hour After Waking

When you are first starting out, you want to ease into it. It may take a week or so to get adjusted to longer periods of fasting. Have your first meal about 1-hour after you wake up. This will help your body start adjusting to longer periods of fasting without being too drastic.

Your Flexible Eating Window

Make sure you are eating enough during your flexible eating window. Whether you prefer larger meals or smaller, more frequent meals, make sure you eat when you are hungry and until you are satisfied. After a few days of starting, your body will start adjusting to the fast. You can then work your way up to between a 10-14 hour fast if you are a woman and 10-16 hours if you are a man.

Consistency Over Exactness

The key is consistency over time and not worrying about the exact number of minutes and hours for your fast. This will allow you to stay in the general timeframe of the fast length that works best for your body, but allow you flexibility to go to a late night happy hour or earlier morning brunch and adjust accordingly.

How To Overcome Plateaus

The great part about this process is that you can always make gentle adjustments if you feel like you have stalled a bit and aren't seeing results as quickly as you want to. This is yet another reason why this a great lifestyle as you can always tweak the process to keep moving forward toward your goals.

Here are a couple of tips if you feel like you have a hit a plateau:

Make sure you're eating enough food.

Many people stall in their weight loss if they aren't eating enough calories. Remember to eat when you are hungry and until you are satisfied.

On the flip side, if you are feeling completely stuffed after your meals and snacks, you may be eating more food than your body needs. Make a conscious effort to evaluate how you are feeling after your meals. If you find that you are incredibly full, at your next meal, eat slightly smaller portions and then evaluate how your body is feeling. It takes practice to listen to your body, so keep after it!

Switch up your carb cycle for a week.

If you are following a 3-1-2-1, take a week and do a 2-1 cycle, then jump back into your regular cycle. This will help jumpstart your body again to keep you moving forward.

Evaluate the types of foods and drinks you are consuming.

If you are eating any processed foods regularly, we would suggest reducing those as much as possible to start. We also suggest avoiding any artificial sweeteners or foods and drinks with lots of added sugar.

Another thing to consider is dairy. Some people operate totally fine including dairy, while others have a dairy sensitivity or allergy.

If you consume dairy, or you like to add milk and creamer to your coffee, an option could be to opt for alternative non-dairy options such as coconut milk or almond milk. You can even find coffee creamers that are made from non-dairy alternatives.

If you love cheese, opt for healthier options in moderation, such as buffalo mozzarella, feta, and goat cheese. These options can be made from buffalo, goat and sheep's milk, making them healthier versions than cheese made from conventional cow's milk. If you can, go with a

grass-fed option.

Bump up the intensity in your workouts and switch up your workout routine.

This doesn't mean make your workouts LONGER. It simply means when you are working out, make sure you are pushing yourself. Add in some high intensity exercises like sprints, burpees, jump rope, rowing machine, and sit-throughs to help jump start your progress again!

PRACTICE MAKES PROGRESS

When it comes down to it, all of these methods come together to one main point. Learn how to honor your body and then keep practicing. Nutrition isn't a single destination. It will always ebb and flow because we are dynamic beings.

However, with these methods and principles, you are now fully equipped to practice until you feel completely comfortable in your relationship with food to be healthy and to live life well.

One thing I wan to make super clear, is that as you go about this process, please keep in mind the **Principles of A Balanced Eating Mindset**. This will be your holy grail to honoring your body, creating balance, achieving food freedom, feeling amazing and getting results!

The Principles of Balanced Eating Mindset help center the mind in a place that has the big picture in mind to help make Intuitive Eating feel natural, flexible, and sustainable.

These principles include:

- No more dieting
- No food off limits
- Catch the voice of Dieting Mentality
- Food is more than just energy
- Respect your hunger and fullness
- Know your worth
- Workout out for health
- Give yourself grace

In addition, keep in mind the 3 Pillars for Balanced Nutrition:

1. Eat lots of whole foods.

- Choosing lots of whole, one-ingredient foods as a foundation of your nutrition is a great way to be fueled well, have good health for the long term, and find delicious combinations that will

have you enjoying the foods you are eating.

2. Enjoy all types of foods periodically.

- No food is off limits. Eat lots of whole foods most of the time, and still enjoy all foods periodically without guilt or stress.

3. Eat Intuitively.

- Eat when you are hungry, by learning to listen to your hunger and fullness. Listen to how certain foods make your body feel to help inform choices for how to fuel it well, but also eat for enjoyment. Adjust the types and amounts of foods you are eating according to how you feel and perform.

These are the most important elements to internalize as you go about your life.

You now have the tools. Allow yourself the time and grace to learn what your body needs as you practice. With all of this in mind, bon appétit!



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