



GREENLEATHER

5:2 DIET WITH FAST METABOLISM

*How To Fix Your Damaged Metabolism, Increase Your Metabolic
Rate, And Increase The Effectiveness Of 5:2 Diet + Dry Fasting :
Guide to Miracle of Fasting (2 in 1 Bundle)*

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Introduction

I want to thank you and congratulate you for downloading the book,
5:2 Diet with Fast Metabolism . How to fix your damaged
metabolism, increase your metabolic rate, and increase the
effectiveness of 5:2 Diet

.”

This book contains proven steps and strategies on how to do the Fast Metabolism Diet popularized by Haylie Pomroy, wellness coach to the celebrities. This book also explains the advantages of a fast metabolism, and guides you on how to speed up your own metabolism to reach your weight and fitness goals. All you need to know to really lose weight, without having to starve yourself, is discussed in this book.

Thanks again for downloading this book, I hope you enjoy it!

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Chapter 1: The Fast Metabolism Diet – Not Just Another New Fad Diet

If someone told you that there is a new diet that's sure to make you lose weight and keep it off, you'd probably think, "Oh no, not another diet." There are way too many fad diets out there, and since most of them don't work, we've grown tired of hearing about them. But let's suppose that you really want to lose weight, and so you're interested in this new thing ... but you're skeptical, naturally. Now, if you're further told that in this diet, you can actually eat more than you usually do, then you'd certainly roll your eyes and dismiss it as total nonsense. It's just impossible to eat more and lose weight.

Well, that impossible thing happens to be what the Fast Metabolism Diet (FMD) promises. And while it may sound too good to be true, thousands of people have actually tried the diet and found out that it does deliver on this promise. The catchphrase of FMD is "Eat more food and lose more weight," and many people have proven that this isn't just possible, but that it has happened to them.

You'll find out exactly why and how FMD works in the next sections of this book. More importantly, you will also learn how you can use it to shed some pounds off your weight. According to the original proponent of the diet, you can lose "up to 20 pounds in 28 days," without starving yourself or restricting the amount of calories you eat.

But weight loss isn't the only benefit that you can derive from FMD. The diet can also:

- Help you to keep off the weight you lost permanently
- Teach you to enjoy food more, without ever feeling guilty
- Improve and speed up your metabolism

- Make you healthier in general, as a result of your improved metabolism

If you think you 'd like these health benefits, then read on to know how you can get to enjoy them.

The origin of the Fast Metabolism Diet

The idea that a fast metabolism helps with weight loss has been around for a long time. Doctors, nutritionists, dietitians and exercise gurus all agree that if you speed up your metabolism, you 'll burn calories (and fats) at a faster rate. That means more weight loss, as well as more energy for your body to use. That 's because when you “burn” calories and fats, they are converted into a form of energy that your body uses to fuel all its functions and activities. This energy is vital to life; it is what allows your heart to beat, your lungs to breathe, your muscles to move, your brain to think, your immune system to fight off diseases — and you to stay alive.

As such, there exist many books and “plans” that tell you how you can speed up your metabolism. These plans usually include diet and exercise recommendations, and lifestyle changes that will optimize your metabolism for quicker weight loss.

One of the most popular “fast metabolism” diets was introduced in 2013 by Haylie Pomroy, a wellness consultant and nutritional counselor who has been practicing for over 17 years. In her impressive career, this “metabolism whisperer” has coached many celebrities to eat better and become healthier, including Raquel Welch, Cher, Jennifer Lopez, Robert Downey Jr., and Reese Witherspoon. The program that she uses is aptly called “The Fast Metabolism Diet” or FMD, and it is what we will discuss in this book. While it has helped a lot of celebrities achieve their weight and fitness goals, it too can help ordinary people like you and me to keep our weights under control.

The FMD in a nutshell

What mostly distinguishes the Fast Metabolism Diet from other diets is that it encourages the person to love food and eating. The diet espouses the idea that food is beneficial, nourishing and healing, and so it should be enjoyed. We instinctively know this to be true, but so many of us have lost sight of this truth and developed an unhealthy relationship with food and eating. Perhaps because of our weight-loss struggles, we've come to look at food as the enemy. We carefully watch what we eat, taking care to avoid the "wrong" foods and to eat only the appropriate amounts, at the appropriate times. And when we do enjoy food, we often feel guilty afterwards. This attitude towards food, according to Haylie Pomroy, is unhealthy, and it costs us by messing up our metabolism.

Of course, the focus of FMD is to stimulate the metabolism so that our body becomes a calorie- and fat-burning furnace that operates continuously throughout the day. An important key to boosting our metabolism is to "keep our body guessing." This means we shouldn't fall in boring, predictable routines with our diet and exercise. Eating the same food again and again, and exercising in a repetitive fashion, make our metabolism slow and sluggish. The FMD recommends instead a three-phase eating pattern that includes a variety of food, and that also improves the functioning of hormone-secreting glands in our body. Hormonal activity is another factor that influences metabolism, hence it is given ample consideration in the Fast Metabolism Diet.

The three phases of FMD take one week to complete, and are repeated cyclically within a 28-day period. After this time, the person will lose a substantial amount of weight, without ever having to count calories or starve himself. In fact, while on the diet, he'll likely be eating a lot more than usual, because the diet encourages eating five (or more) times a day. You'll learn more about this in a subsequent chapter, when we discuss the Fast Metabolism Diet in detail.

Chapter 2: Understanding Metabolism

To understand how the Fast Metabolism Diet works, we of course have to appreciate first how our metabolism functions. You may already have a good idea about this, given that *metabolism* is a much bandied about buzzword, especially in health and fitness circles. The common thinking is that if you have a fast metabolism, you're lucky. That means you burn calories fast, and you lose weight fast. It also means you're active and alert, and seldom dull or lethargic. But if your metabolism is slow, getting rid of calories and fats is a real struggle. You also tend to gain weight quite easily, even when you do regular exercise and starvation-style diets.

Those common conceptions about metabolism have some truth in them, but let's see here exactly what metabolism is and how it works towards weight loss.

Simply put, metabolism refers to how our body works to produce energy and substances that it requires to live. Metabolism is one big bodily process or function, which consists of or is influenced by many chemical processes in the body, including digestion and hormonal activity. It is also influenced by our diet (the food we eat), activity level (especially exercise), stress level, sleeping habits, and body size and composition. These are factors that we can control and modify, hence we focus on these when we want to boost our metabolism. Apart from those, there exist other factors beyond our control that affect metabolism, and these are gender, age, and genetics.

Scientists like to explain metabolism further as consisting of two major processes, namely *catabolism* and *anabolism*. Catabolism is the breaking down of matter to produce energy, and it's actually what most people think about when they hear the word *metabolism*. The food that we eat is *catabolized* or broken down into energy that

our body can use. Anabolism, meanwhile, is the synthesis or building up of substances needed by our body. The food that we eat provides chemicals that are *anabolized* into proteins, enzymes and other substances needed for the upkeep, repair and efficient functioning of cells and tissues in our body.

The body's main source of energy is, of course, food. Nutrition and metabolism are therefore closely interconnected. That means if you wish to change your metabolism, you need to change the way you eat.

The pros and cons of a fast metabolism

You may ask, is there a need for a fast metabolism?

The quick answer is yes, if you want to lose weight. Increasing your metabolic rate is arguably the fastest, safest and easiest route to weight loss. But if you don't want to lose weight, then a moderate or normal-rate metabolism is fine. What's certain is you don't want a slow metabolism, because when you have this, you tend to put on weight quite easily, even when you don't eat much. You also tend to have a low energy level, and you get tired and sleepy easily. A slow metabolism can also mean that you have a medical condition such as an unhealthy thyroid or overactive adrenals.

A person with a fast metabolism exhibits these signs:

- He can eat anything, even in excess, and not gain too much weight.
- He is energetic and active, and can work out longer and at a higher intensity than other people.
- He has a tendency to be restless, hyperactive and even rash or impulsive.
- He tends to be lean and muscular, rather than plump and curvy.

- He tends to get hungry more easily, eat more, and thus spend more money on food.
- He tends to sweat profusely, especially when working out and in warm weather.
- He feels warm even when the weather is cold, thus he can survive easily in cold environments.
- He may have difficulty sleeping well.
- He may live a shorter lifespan compared to someone with a slow metabolism.

Obviously, some of these signs may be considered as advantages, while the others not so much.

In contrast, a person with a slow metabolism has these signs:

- He gains weight very easily.
- He finds it difficult to lose weight, even on low-calorie diets and a regular exercise routine.
- He feels cold easily, and may prefer to wear jackets or thick clothes in normal weather.
- He tends to move slowly and sluggishly, and gets tired easily.
- His reflexes, memory and cognition may be a bit slow too, though this isn't always the case.
- He may have a low libido.
- He may be more prone to depression.
- He may have dry skin, brittle nails, and thinning hair.
- He may experience frequent headaches.
- He has strong food cravings, especially for sugary or salty foods.

- He sleeps well at night and enjoys naps.
- Compared to someone with a fast metabolism, he has more fats and less lean muscle.

Generally speaking, men tend to have faster metabolism than women. Younger people also tend to have faster metabolism than older folks. You may have observed that as you grow older, you put on weight more easily than when you were younger. This is because you had a faster metabolism in your younger years than today. It is important to remember that one person's metabolic rate isn't always constant. It can change, depending on his diet, health, stress level, activity level, and other factors.

The foregoing is essentially the premise on which the Fast Metabolism Diet is based. A slow metabolism is clearly not good for weight loss. Fortunately, it is possible to stimulate and speed up a sluggish metabolism, and when we do that, weight loss happens.

Glands, hormones and other factors that influence metabolism

Haylie Pomroy talks of “five major players” in our body that influence metabolic rate and function. When these five are kept in tiptop shape, it becomes easier to speed up and optimize our metabolism for weight loss. These five are: the liver, the adrenal glands, the thyroid gland, the pituitary gland, and “the body substance” which consists of fat, muscle, bone and connective tissue. Let's look at what these do as regards our metabolism.

The liver is a vital organ that controls hundreds of metabolic processes. Practically all nutrients, hormones and chemicals in the body are activated or “bio-transformed” through the liver. All the proteins, fats and carbs that we eat are metabolized by the liver. Fat burning is essentially under the control of the liver, given that the body's prime fat converter—an enzyme called carnitine—is manufactured by the liver. As such, the Fast Metabolism Diet places emphasis on food items that support liver health.

The adrenals are glands found on top of our kidneys. We have two of them, one atop each kidney. They produce hormones that basically decide what happens to the food we ingest — if they are burned as fuel, or if they are kept in storage as fats. These hormones are cortisol (the stress hormone), adrenaline, aldosterone, and epinephrine. The adrenals produce and release these in response to stimuli such as stress and pleasure. As a result, the metabolism is either slowed down or sped up, depending on the situation. For instance, when our body senses danger, the adrenals release adrenaline, which basically kicks our metabolism in high gear and induces the “fight or flight” response. When our body perceives stress, the adrenals release cortisol, which encourages the conservation of fuel, that is, the storage of fat. This is how the body “prepares for war,” especially when the stress it perceives feels like a long-term threat. A condition called “adrenal exhaustion” can happen when the adrenals continuously release cortisol in response to constant, poorly managed stress. This really slows down the metabolism, and is a common cause for excessive weight gain and obesity. Keeping the adrenals healthy, and feeding them with clean, organic food, are an important focus in the Fast Metabolism Diet.

The thyroid gland, found in the throat area, releases important hormones that directly regulate metabolism. The most potent of the thyroid hormones is triiodothyronine (T3), which circulates in the bloodstream and increases metabolism directly. Another hormone called thyroxine (T4) also increases the body’s consumption of oxygen and energy, much like T3. Apart from this function, T3 and T4 also influence growth and development, temperature regulation, heart rate, and many other important physiological processes. But there is a third thyroid hormone, called Reverse T3 (RT3), that doesn’t help speed up metabolism. In fact, it does the opposite by blocking the action of T3. RT3 is activated when the body goes into panic mode, that is, when it senses emergency situations such as starvation, chronic stress or the progression of a disease. It is helpful to know that, as far as RT3 is concerned, extreme dieting qualifies

as an emergency situation. Thus, you shouldn't starve yourself, because that would activate RT3, which would then promote fat storage instead of fat burning.

The pituitary gland, called the master gland, is like the big boss that tells the other glands to get to work and secrete their respective hormones. It directly influences the thyroid gland to produce T3 and T4, among other things. The pituitary also influences the production of estrogen, testosterone and other sex hormones, all of which affect metabolism and other vital bodily processes.

Finally, the connective tissue, bone, muscle and fat that collectively make up the "body substance" may be thought of as the results or products of metabolism, but they also influence metabolism. As we have mentioned many times, fat is stored as the body's response to perceived threats such as stress and food shortage (starvation). Fatty deposits generally just sit around, doing nothing, hence they don't use up much energy. Muscles, on the other hand, are hardworking parts of our body, hence they consume lots of energy. Thus, the more muscles you have, and the more you use them (such as by working out), the faster your metabolism will be. On the other hand, the more fats you have, the slower your metabolism will be, generally speaking.

Taking all this into account, the Fast Metabolism Diet recommends food and exercise that promote the health of the "five major players" and that boost the production of the hormones responsible for speeding up our metabolism.

Chapter 3: Dispelling Common Misconceptions about Metabolism

Myths about metabolism abound, and they're partly to blame for why a lot of people do not succeed with their weight-loss diets. Or, to be more precise, these myths and misconceptions are the reason many weight-loss diets fail. Any diet that's based on non-scientific principles is doomed to fall flat, no matter how determined, disciplined and hard-working the person who subscribes to it is.

Thus, it pays to get our facts straight, to know what's truth or myth about metabolism and weight loss. Let's then look at some common assumptions made by dieters and find out if they hold water or not.

Myth #1: “If I eat less, I would really lose weight.”

This statement sounds logical, but it unfortunately isn't true all the time. In fact, the opposite is closer to reality, especially in the case of people who have a slow metabolism. For them, eating less actually makes losing weight more difficult, even impossible. The truth is that when your metabolism is too sluggish, your body will tend to store everything as fat. Even fruits, vegetables, low-carb and low-fat food, and the healthiest food you can think of — all these will be stored as fats when you eat them. Moreover, your body won't burn any fat. This may come as a sad surprise, but it's true.

This explains why many people who eat only lettuce and greens still manage to put on weight, or at best, never lose any weight despite their discipline and hard work. Because their metabolism needs repair, their body simply processes food differently.

The same goes for people who go on fasts, including those who follow the very popular method called “intermittent fasting” or IF.

That method can work for some healthy people with good metabolic function, but it's just not for everyone. It can bring especially disastrous results for people with a slow metabolism. Fasting puts the body into starvation mode, which encourages the buildup of fats. To make matters worse, when the person finally breaks his fast, he tends to overeat because his body is panicking about food. It will take a lot of food to calm down his food-deprived body and make it feel "safe" again. Meanwhile, all the food that he feasts on will be stored as fats. This defeats the purpose of his fasting. In the end, he just gains more weight.

Myth #2: "If I like it too much, it can't be good for me ... or my waistline."

Most diets require holding back on food, either by limiting portions or by forbidding certain types of foods. Some diets also reduce or change the times of meals or food intake. As a result, dieters, especially extreme dieters who are overweight, never get to enjoy their food. They can only eat bland, flavorless food and repeat a lot of the same unsatisfying, monotonous meals. These meals, more often than not, also lack essential nutrients that our body needs, hence they don't stimulate our feel-good hormones, and they don't provide that pleasurable, sated and vitalized feeling we normally get after a good meal. No wonder dieters tend to be rather unhappy and dissatisfied people.

Eating on a diet is restrictive, dull, and just unnatural. It also isn't effective, because it messes up your natural food-sensing system and your metabolism.

The Fast Metabolism Diet departs from this aberrant way of eating by encouraging the person to have a pleasurable relationship with food. The FMD encourages that we use all of our senses in a positive way, to enjoy food more, and to help stimulate our metabolism. It recognizes that pleasure in eating (and in other things in life) is a powerful stimulant for the secretion of happy hormones.

This pleasure reduces stress hormones, increases our metabolism, and even helps us to burn more fat.

Pleasure, in other words, is a natural metabolism booster. Pleasure in food is good for you, and good for your waistline too. Pleasure works to counteract stress and reduce the production of cortisol by your adrenal glands. It works to prevent your body from going into a panicked, fat-storing mode. It even works to prevent you from overeating, by lowering the level of hunger hormones called leptin in your body.

Thus, FDM encourages you to take pleasure in food, and to enjoy it to the fullest, without guilt. It doesn't want you to feel any form of restraint, deprivation, guilt or self-loathing when it comes to food, as you would usually feel when on some other fad diet.

We repeat: starving or dieting is bad, and eating is good.

Myth #3: Losing weight is simply a matter of calories in and calories out.

We've been told that to lose weight, we need to expend a larger number of calories than the number of calories we take in from food. But here's the truth: Calories are actually a lie. The old weight-loss equation is a lie. Counting calories is a complete waste of time. The "calories in/calories out" theory just doesn't work. It is a massive oversimplification of how the body processes food and uses energy.

If you, like most dieters, have trouble wrapping your head around those facts, then just consider these:

- A calorie, in scientific terms, is simply the amount of energy required to raise the temperature of 1 kilogram of water to 1 degree Celsius. It is just energy. In food that hasn't been ingested or digested, a calorie is potential energy.
- What "calorie" now means to most people is a huge departure from the basic scientific definition given above.

We have ascribed to the word a meaning and connotation that goes very far beyond what it actually is.

- Once ingested, the calories from food are processed differently in the bodies of different persons, according to their unique bio-chemical makeup, metabolism, and other factors. This is to say that eating the same number of calories will have a certain effect on one person and a totally different effect on another person. This is to say, moreover, that counting calories is pointless, since those numbers don't hold any real, universal significance in terms of weight loss. There are just too many variables and factors influencing weight loss than just the number of calories eaten, or the number of calories expended through exercise.
- A person could potentially get fat on a diet of 1,500 calories a day, just as he could get fat on a diet of 4,000 calories a day. By the same token, someone could potentially lose weight on a diet of 500 calories, just as she could do the same on a diet of 2,500 calories. The calories in food, as you will recall, are just *potential* energy. How they are processed *in reality* is entirely a whole different matter.
- The human body is a complex combination of thousands of interrelated chemical processes, and every single one of these can potentially influence what happens to the food you ingest and the energy you expend.

Instead of worrying about how many calories we eat and how many we expend through our daily activities, it makes more sense to just focus on speeding up our metabolism and increasing our body's calorie- and fat-burning abilities. This is a more reliable, not to mention a far simpler and more straightforward, method towards weight loss.

Myth #4: Desserts make you fat.

If you eat a tasty, “decadent” dessert once in a while, it can actually be a healthy thing, not to mention an immensely satisfying experience. But you should have a fast metabolism to be able to do that, so that the extra fats and calories don’t make you, well, fat. If your metabolism is slow and you eat desserts often, you can be sure you’ll gain a few pounds at least.

Another thing to be wary about is feeling guilty while enjoying a “sinful” dessert or some tasty treat. Haylie Pomroy tells us that if you can’t enjoy food without feeling guilty, then it’s best to skip that particular food. Guilt can be fattening, because it causes you stress. As we’ve mentioned many times, stress makes your adrenals secrete cortisol, which then encourages your body to store fat.

The lesson here is that as long as you have a fast metabolism, and you can enjoy sumptuous food without feeling guilty, then it won’t make you put on extra weight. But if your metabolism isn’t in very good shape, and you are bothered by guilt, then eating desserts can make you fat.

Chapter 4: How to Do the Fast Metabolism Diet

Putting together her extensive knowledge about metabolism and weight loss and her long experience as a nutritionist and wellness coach, Hailey Pomroy came up with a plan that assures effective weight loss in as short as one month. This is the Fast Metabolism Diet, or FMD, a revolutionary eating program that introduces the idea that losing weight doesn't mean having to put a limit on what you eat.

The FMD consists of three phases. Phases 1 and 2 last two days each, and Phase 3 lasts three days. Completing all three phases takes seven days or one week, and this is repeated until the person completes a total of four weeks (28 days) of FMD. This means that he does Phases 1, 2 and 3 in the correct sequence for Week 1, and then he does the same on Week 2, on Week 3, and finally on Week 4.

Each phase has a definite focus and a set of recommended food to eat and workouts to do. As the person cycles through the different phases, he gets to eat different types of food, which is significant in that it avoids the monotony of eating the same types of food again and again. As Pomroy points out, variety “keeps the body guessing,” and this itself already helps to stimulate our metabolism.

The phases are described in detail below. For convenience, we have assigned Monday as the first day of the week, but this can be modified as the person pleases so that he can start on any day he prefers.

Phase 1 (Monday – Tuesday)

The focus here is to de-stress the body and calm the adrenal glands. Pomroy calls this phase as the **Unwind** phase, because it relaxes and de-stresses the body, especially the adrenal glands. Once the body is relaxed and stress-free, it doesn't feel that it has to hoard or save up on energy, hence it doesn't go into the fat-storage mode.

The recommended food to eat during this phase are carbs, including lots of fruits. The person should eat only a moderate amount of protein, and very little fats. Good high-carb options that should be considered are: brown rice, brown rice pasta, wild rice, oatmeal, spelt or brown rice tortillas, quinoa, and rice milk. For fruits, consider mangoes, oranges, guavas, kiwis, pears, watermelon, apples, figs, strawberries, lemons and peaches. Also consider food that have a high vitamin B and C content, such as lentils, beans, lean beef and turkey.

Eat three meals a day, plus two snacks in between, consisting of fruits. The idea is to flood the body with nutrients in order to stimulate the optimal functioning of the liver, the adrenal glands, the thyroid gland and the pituitary gland.

The person should also do cardio or aerobic exercise on at least one day in this phase. Vigorous cardio is recommended, such as running, dancing, or working out on the elliptical machine.

Phase 2 (Wednesday – Thursday)

This, according to Pomroy, is the **Unlock** phase. She refers to unlocking stored fat, plus building muscles, as the focus of this part of FMD. Your food on these days should mainly be protein and vegetables. Go low on carbs and fats.

In particular, these food are highly recommended because they promote liver health and encourage fat-burning: green leafy vegetables, broccoli, onion, garlic, lemons, kale, arugula, collard greens, mustard greens, Swiss chard, lettuce, and cabbage. Good sources of (lean) protein are tuna, turkey bacon, lean pork, lean

beef, buffalo or bison meat, chicken, turkey, and low-fat fish such as cod, halibut and flounder.

Fruits are to be avoided in this phase, and fats should be kept at a minimum. Your typical day should consist of three high-protein, low-carb and low-carb meals, plus two high-protein snacks.

Your workout should focus on strength training or weight lifting. Do at least one session of lifting weights, preferably heavy weights with a few reps.

Phase 3 (Friday – Sunday)

In this **Unleash** phase, it's all about "unleashing the burn" or maximizing the metabolic functions. You eat what you ate in Phases 1 and 2, and add to them healthy fats and oils. The keywords to remember are: high-fat (but eat healthy fats only), moderate-carbs, moderate-protein, and low-glycemic-index fruits. These are the most highly recommended foods for this phase:

- Foods with healthy fats: avocados, nuts and seeds, coconuts, olives, olive oil
- Protein with high fat content: salmon, sesame and almond butter, hummus, hemp seeds
- Low-glycemic-index fruits and vegetables: blueberries, blackberries, grapefruit, cranberries, lemons, limes, raspberries, asparagus, beans, cauliflower, spinach, seaweed, sweet potatoes, artichokes, eggplant, leafy greens
- Foods that stimulate the thyroid gland: seaweed, coconut oil, lobster, shrimp

In each day in this phase, eat three meals and two high-fat snacks.

For your exercise, the preference is for something easy and low-intensity, such as yoga, stretching, or even just a massage or a meditation session. These may not be conventionally considered as

physical workouts, but they do increase blood flow into the fatty parts of your body, and they reduce your stress and cortisol levels.

Chapter 5: Important Dos and Don ' ts to remember

Now that you know why and how the Fast Metabolism Diet works, you probably feel ready to actually get started on the program. But before you do, it will help to know a few rules, and some dos and don ' ts, that will guide you in your first 28 days of FMD. We ' ll discuss those helpful rules and guidelines in the next pages.

Remember that after 28 days, or once you ' ve reached your target weight, you don ' t have to continue doing FMD. A fast metabolism is useful primarily when you want to lose weight. When you don ' t wish to lose any more weight, you can stop with the diet and resume your normal eating habits. Hopefully, those are healthy habits that will continue to nourish your body well and keep your metabolism in fine (but not necessarily *fast*) working order. Of course, should you decide later on that you want to lose some more weight, or if you realize that your metabolism appears to have slowed down, you can do another 28-day round of FMD. The diet is perfectly safe to repeat at any time. Should you want to, you can even adopt it as your permanent eating pattern.

The Rules and Dos and Don ' ts of the Fast Metabolism Diet

Rule #: You must stay on the plan for the full 28 days.

Following the natural bio-rhythms of your body, you should stay on the diet for the full 28 days to experience a reliable, significant effect on your metabolism and weight. This period of time allows a full repair of your metabolic functions. To stop before this full repair can happen would be counterproductive.

Rule #: You must stick to the foods recommended in each phase.

If a phase of the diet requires you to eat high-protein, high-fat, low-carb, or whatever, follow that religiously. If you don ' t, the diet won ' t work as effectively as it should. In addition, you should do the phases in their correct order. Don ' t skip to Phase 3 when you should be in Phase 2.

Rule #: You must drink plenty of water.

The recommended *minimum* daily amount of water you should drink is about half your body weight in ounces of water. If you weigh 200 pounds, for instance, then you should drink at least 100 ounces of water daily. If you weigh 150 pounds, you should drink at least 75 ounces of water every day.

On top of your water intake, you can have other drinks such as non-caffeinated herbal teas and lemonades with fresh lemons and limes. You can use natural sweeteners such as Stevia or Xylitol, but not sugar, maple syrup, honey, or agave nectar. You shouldn ' t have more than two naturally sweetened drinks per day, as we don ' t want your taste buds to become accustomed to sweet tastes.

Rule #: Whenever possible, eat organic foods.

Organic food can be a bit more expensive than regular food, but it ' s definitely healthier, and it ' s free from additives, preservatives and hormones. FMD recommends that you should eat as cleanly and

purely as possible. Foods with impurities and additives are harder for the liver to process, and so you want to avoid those. Also try to avoid pollutants in your environment, at least while you 're doing the diet. For instance, do not paint or recarpet your house while you 're on the 28-day diet. Bear in mind that your liver also processes chemicals from your environment that you inhale or come in contact with. You don 't want to put on your liver any extra stress that will distract it from doing what it is supposed to do while you 're on the FMD.

Rule #: Meats must be nitrate-free.

Nitrates are usually found in cured meat products such as jerky, bacon, sausages, and packaged deli meats. They slow down bacterial growth, so that the food doesn 't spoil fast. Unfortunately, nitrates also slow down the breakdown of the fats in the meat, which is counter to what we want to do while on the diet.

So choose instead meats that are cured and preserved naturally. These are indicated by labels that say " nitrate-free " or " naturally cured. "

Rule #: Do the recommended exercise for each phase.

Bear in mind that it isn 't only food that affects metabolism. Your physical activities, especially the workouts that you do, also influence your metabolism. So do the specific exercise recommended in each phase: cardio for Phase 1, strength training for Phase 2, and yoga or something easy and calming in Phase 3.

Rule #: You must not eat certain food items.

This may be the hardest rule to follow, but this restriction is necessary so that you can fully repair your metabolism and boost it for optimal weight loss.

While on the FMD, the following foods are a definite no-no.

- Corn – Corn is fattening, and it is usually artificially modified to increase harvest yields.

- Dairy – The sugar-fat-protein ratio in cheese and other dairy products interferes with a fast metabolism.
- Wheat – Instead of wheat, eat brown rice, quinoa and barley. An exception to this rule is sprouted wheat, which is allowed in the diet.
- Soy – This contains plant estrogens, which are hormones that can make your metabolic rate go down.
- Refined sugar – This messes up your blood sugar levels, which in turn inhibits weight loss. In addition, refined sugar is just unhealthy and causes a lot of harm to your body.
- Caffeine – Caffeine stresses your adrenal glands, and it does not supply any nutrient that your body needs.
- Alcohol – This makes your liver work extra hard.
- Dried fruit – Because of its high sugar content, it destabilizes your blood sugar levels like refined sugar does.
- Fruit juices – These also contain an unhealthy amount of sugar.
- Artificial sweeteners and fat-free “diet” foods – Ideally, you shouldn’t eat anything artificial or preservatives-rich while on the FMD diet, and in fact, while you’re off the diet too.

These food restrictions may require some adjusting to, especially if you’re a coffee lover or if you’re used to sweet and sugary foods. But given time, you’ll get used to not having these foods in your diet, and your body will thank you for it.

Chapter 6: What is the 5:2 Diet?

The 5:2 diet is a form of intermittent fasting diet that lets dieters eat what they want for 5 days and then fast for 2 days. This diet has no food restrictions provided that dieters consume their normal calorie intake during the five “free days” and only 25% of their normal calorie intake during the two days of fasting. The calories consumption is 600 kcal for men and 500 kcal for women during the fast day. Dieters are expected to lose at least 1 lb per week, if not more, under this diet. Also, some research has shown that it could help with the issue of hypertension.

This diet is popular among first time dieters since it is simpler and easier to follow. The key to succeed in this diet program is to schedule your fasting days wisely to ensure that you don't run out of energy when you need it. It might take a few tries before finding the right formula, but the result is worth the effort. You can either choose to do it in a row or just pick 2 days randomly in a week. I personally prefer 2 separate days which is more comfortable for beginners. Some people might find better result when doing it in a row. Nevertheless, faster progress does not mean bigger success. 5:2 diet should be transformed into your lifestyle which is sustainable. Take your steps slowly; lose your weight with progress. You will find amazing results when time goes by.

Chapter 7: Tips

Don't know where to start? Here are 5 simple tips to get you started in this diet.

Tip #1: Drink lots of water.

Water can help you a lot especially during a fasting day. Also, did you know that we often mistake thirst for hunger? Drinking water also helps alleviate some minor effects of hunger. If you are bored with water, try some different tea, especially green tea which can boost your metabolism. In other words, burn calories quicker.

Tip #2: Keep busy.

The best thing to do during fasting days is to keep yourself busy so you don't think a lot about food. It seems our brain is wired to obsess about food when we're fasting so it seems harder. So, instead of thinking about food, spend your energy wisely and do some useful stuff. Distract yourself by sleeping or going to shopping and whatever you like. No matter what it is, just find something you are enchanted and passionate about so that your thought will not go back to food again.

Tip #3: Don't overeat with junk food.

The day after a fasting day is almost as harsh since most dieters often overeat until their stomachs can't handle it anymore. The key is to just listen to your body and not get too greedy. Food with tons of sugar, salt and oil may become more delicious than ever as you have suppressed your craving for a day. However, eat wisely to make your effort and sacrifices meaningful.

Tip #4: Be prepared.

Most dieters get headaches during their first few rounds of fasting day. To help cope with this minor effect, just drink enough water and take a nap to alleviate the pain. It does not apply to everyone, but once the symptoms occur, just put up with it. It only happens for a short period of time and your body will be adapted to the diet quickly! Don't be afraid of any of these symptoms.

Tip #1: Master your hunger.

Most dieters give up easily on their diet program because they quickly give in to their hunger. The secret to be successful in any diet program is to master hunger. Many of us know that hunger can be mastered with a little bit of willpower. No matter what kind of diet you adopt, you will fail without willpower and self-discipline. Nevertheless, the method on the other diet may require so much more willpower as the diet needs to be executed on a daily basis. With 5:2 diet , you just need to focus and pay a little bit more attention to your willpower within 24 hours only!! Do it twice in a week, you will see amazing result.

Chapter 8: Recipes to master 5:2 diets

Just start with the recipes to enjoy your diet journey. Do not use the recipes for 3 meals a day. With the calories restriction to either 600 or 500, you may have only 1-2 meals a day depending on your portion. To handle the hungry, I recommend eating at 4 or 5 pm and sleeping early. The hunger at night is harder to handle as people may work at the day time and it can distract you from hunger. Eating at night, especially midnight, is far worse than you think as we do not use that much energy compared to what we consume.

Prawn Salad (204 calories)

Makes: 2 Servings



Ingredients:

- 1 teaspoon of sesame oil
- 2 tablespoons of soy sauce
- 1 teaspoon of honey
- ½ teaspoon of ginger
- 225g of cooked king prawns
- 1 teaspoon of rice wine
- 100g of lettuce leaves
- 200g of cooked new potatoes, halved
- 50g of cucumber, sliced thick and halved
- 2 spring onions, sliced finely

Cooking Directions:

1. Combine the honey, sesame oil, ginger, soy sauce, and rice wine in a small bowl.
2. Place the king prawns in a glass bowl and pour the sauce on top. Toss together and make sure that the prawns are coated evenly. Set aside.
3. Prepare 2 serving plates and arrange the lettuce leaves on it. Divide the potatoes evenly between the plates and place on top of the lettuce leaves.
4. Divide the king prawns into 2 servings and arrange the prawns on top of the potatoes. Drizzle the sauce on top and sprinkle with spring onions before serving. Consume immediately.

Fish and Chorizo (218 calories)

Makes: 1 Serving



Ingredients:

- 20g of chorizo, skin removed and sliced finely
- 2 spring onions, skin removed and chopped
- 1 white fish fillet
- 2 tomatoes, chopped roughly
- 1 tablespoon of dry vermouth
- Freshly ground black pepper

Cooking Directions:

1. Prepare a frying pan and set over high heat. Add in the chorizo and toss for 4 minutes or until crispy.

2. Use a slotted spoon to remove the chorizo from the frying pan and leave the excess oil to cook the fish fillet.
3. Place the fish fillet on the pan with the skin-side facing up. Cook for 2 minutes before flipping over to cook the other side for another 4 minutes. Once the fish is cooked through, remove from the frying pan and set aside.
4. Add the tomatoes and spring onions in the frying pan and cook for 2 minutes or until the tomatoes begin to break apart. Season the vegetables with black pepper then, add the vermouth. Toss in the chorizo into the frying pan and cook for another minute.
5. Place the fish on a plate and pour the vegetable and sauce on top.

Greek Style Spaghetti (217 calories)

Makes: 1 Serving



Ingredients:

- 1 spring onion, trimmed then sliced
- 1 heaping teaspoon of meze paste
- 1 teaspoon of tomato puree

- 50g of ready-to-eat lentils
- 30g of goat ' s cheese, crumbled
- 3 tablespoons of water
- 4 large black olives
- 1 serving of cooked spaghetti

Cooking Directions:

1. Add the spring onion, meze paste, and tomato puree in a frying pan and dry fry the ingredients for a minute.
2. Add the water and lentils into the frying pan and stir. Simmer for 2 minutes.
3. Add the goat ' s cheese and stir until the cheese is fully melted.
4. Place cooked spaghetti on a serving plate and pour the sauce on top. Garnish with the black olives before serving.

Delicious Noodle Twist (115 calories)

Makes: 1 Serving



Ingredients:

- 250ml chicken stock
- 1 tablespoon of miso paste
- 250ml water

- 3 spring onions, skin removed and shredded
- ½ stick of lemongrass, shredded finely
- ½ carrot, skin removed and sliced into matchsticks
- 1 small thumb of ginger, skin removed and sliced into matchsticks
- 100g of mushrooms, rinsed then sliced
- 1 red chili, seeds removed then sliced into small rings
- 200g of konjac noodles
- 1 teaspoon of rice vinegar

Cooking Directions:

1. In a pot, add in the miso paste, water, and chicken stock. Stir and bring to a gentle simmer. Then, add in the carrot, spring onions, lemongrass, carrot, chili, ginger, and mushrooms. Stir to combine and cook for 10 minutes.
2. Drain the konjac noodles through a sieve and rinse under running water for 1 minute. Prepare a wok and set over high heat. Add in the noodles and cook for 7 minutes. Stir occasionally. Once done, the noodles should be no longer steaming and dry.
3. Transfer the noodles in a bowl. Add the rice vinegar into the soup and pour over the noodles. Serve immediately.

Chicken Kiev (224 calories)

Makes: 2 Servings



Ingredients:

- ½ teaspoon of olive oil
- 2 tablespoons of extra-light cream cheese
- 1 clove of garlic, skin removed and finely chopped
- 2 boneless and skinless chicken breasts
- 2 slices of Parma ham

Cooking Directions:

1. Preheat oven to 400°F.
2. Prepare a small frying pan and set over gentle heat. Add in the olive oil. Once the oil is hot, add in the garlic and sauté for 2 minutes. Remove the pan from the heat and add in the cream cheese. Stir until just combined.
3. Make a pocket-like slit down one side of each chicken breast and fill each with the garlic cream cheese mixture. Then, wrap the chicken with the ham slices.
4. Prepare a baking sheet and place the wrapped chicken breasts on top. Place the baking sheet in the oven and bake for 25 minutes. Once the chicken is thoroughly cooked, remove the baking sheet from the oven and serve immediately.

Chocolate and Pear Mini-Pie (180 calories)



Makes: 4 Servings

Ingredients:

- 4 pears, skin removed and cored then sliced into small pieces
- 2 teaspoons of soft light brown sugar
- Juice of ½ lemon
- 1 tablespoon of brandy
- 1 tablespoon of cocoa
- 50g of icing sugar

- 25g of ground almonds
- 1 egg white

Cooking Directions:

1. Preheat oven to 160°C.
2. In a saucepan, add in the lemon juice, pears, brandy, brown sugar, and 2 tablespoons of water. Stir the ingredients together and bring to boil. Then, reduce the heat and cook for 10 minutes. Cover the saucepan with a lid.
3. Once done, remove the lid and increase the heat and cook for another 5 minutes or until the sauce becomes thick.
4. Prepare 4 ramekins. Divide the pear and sauce among the ramekins and set aside.
5. In a mixing bowl, combine the cocoa, icing sugar, and ground almonds.
6. In a separate bowl, whisk the egg white until soft peaks form. Fold in the cocoa mixture and spoon the batter over the ramekins.
7. Bake in the oven for 20 minutes. Serve while still warm.

Bean Burgers (133 calories)

Makes: 4 Servings



Ingredients:

- 400g of cannellini beans, rinsed then drained
- 50g of whole meal breadcrumbs
- 1 tablespoon of tomato puree
- 4 spring onions, trimmed then chopped
- 1 teaspoon of chili flakes

- 1 clove of garlic, peeled then crushed
- Salt
- Freshly ground black pepper
- 4 teaspoons of sunflower oil

Cooking Directions:

1. Mash the beans using a potato masher. Then, add in the breadcrumbs, tomato puree, garlic, and spring onions. Stir well to combine.
2. Add the chili flakes and season a bit of pepper and salt. Mix well.
3. Divide the mixture into 4 equal portions and roll to form burger patties. Prepare a baking tray and place the patties on top.
4. Prepare a frying pan and set over medium heat. Add in the sunflower oil. Once the oil is hot, add the burger patties and cook each side for 4 minutes. Serve while still warm.

Garlic Cheese Popcorn (*130 calories*)

Makes: 1 serving



Ingredients:

- ½ teaspoon of sunflower oil
- 20g of uncooked popcorn
- ½ clove of garlic, peeled then crushed
- 10g of parmesan cheese, grated finely
- Cayenne pepper
- Salt

Cooking Directions:

1. Prepare a lidded saucepan and add in the sunflower oil and garlic. Once the oil is hot, add in the popcorn and cover the saucepan with a lid. Cook for 1 minute over high heat.
2. Once the corn begins to pop, move the pan back and forth until the popping stops. Remove the pan from the heat and remove the lid carefully. Sprinkle the popcorn with the parmesan cheese, salt, and cayenne pepper before transferring to a serving bowl.

Mexican Chicken Soup (277 calories)

Makes: 4 Servings



Ingredients:

- 4 chicken drumsticks
- 1 carrot, peeled then chopped roughly
- 1 onion, peeled then chopped roughly
- 1 liter of water
- 300ml of passata
- 400g of canned chopped tomatoes

- 1 green pepper, seeds removed then chopped
- 2 cloves of garlic, peeled then crushed
- 1 red chili, seeds removed then chopped finely
- 1 teaspoon of dried mixed herbs
- 1 teaspoon of smoked paprika
- 1 teaspoon of paprika
- ½ teaspoon of ground cumin
- 400g of canned black beans, drained
- 1 teaspoon of mild chili pepper
- 400g of canned kidney beans, drained
- Salt
- Pepper

Cooking Directions:

1. In a large saucepan, add in the onion, carrot, and chicken. Add in the water and bring to a simmer. Cook for 20 minutes. Once done, remove the chicken using a slotted spoon and set aside.
2. Add the passata, tomatoes, chili, green pepper, and garlic into the saucepan and bring to a simmer. Add in the paprikas, dried herbs, chili powder, and cumin and let it simmer for another 30 minutes.
3. Remove the skin from the chicken drumsticks once cool enough to handle and shred the chicken meat. For the last 5 minutes of cooking, add in the shredded meat, kidney beans, and black beans into the saucepan. Taste and season generously with pepper and salt.

Butternut Soup (187 calories)

Makes: 2 Servings



Ingredients:

- 1 teaspoon of olive oil
- 1 red chili, seeds removed and chopped
- 1 onion, peeled then diced
- ½ butternut squash, skin removed then diced
- 1 teaspoon of mild chili powder
- 1 teaspoon of paprika
- ½ teaspoon of ground coriander

- Salt
- Pepper
- 1 clove of garlic, crushed
- 500ml of water
- 1 tablespoon of Dijon mustard
- 1 tablespoon of dry white vermouth
- A handful of fresh coriander, chopped
- 2 teaspoons of low-fat crème fraîche

Cooking Directions:

1. Prepare a large saucepan and heat the olive oil. Then, add the red chili and onion and cook for 5 minutes.
2. Add the butternut squash, mild chili powder, paprika, ground coriander, garlic, pepper, and salt. Stir together and pour in water. Bring to boil and lower the heat. Simmer gently for 20 minutes.
3. Remove the saucepan from the heat and add Dijon mustard and vermouth into the saucepan. Stir and transfer the soup in a blender and process until smooth.
4. Return the pureed soup into the saucepan and stir in the coriander. Reheat for 2 minutes before serving with a tablespoon of crème fraîche on top.

Healthy Pizza Bites (108 calories)

Makes: 2 Servings



Ingredients:

- 2 medium courgettes
- Salt
- Freshly ground black pepper
- 2 teaspoon of garlic oil
- 2 medium tomatoes, chopped finely
- 4 fresh basil leaves
- 50g of low-fat mozzarella cheese

Cooking Directions:

1. Turn on the grill and set to the highest setting.
2. Half the courgette diagonally about 1cm thick to make 3 oval slices from each vegetable.
3. In a small bowl, add in the garlic oil and brush each courgette slices on both sides.
4. Arrange the courgette slices on the grill and cook each side for 3 minutes.
5. Remove the courgette slices from the grill and distribute the tomato slices equally and place on top.
6. Sprinkle with mozzarella and top each courgette with a piece of basil. Return the courgette slices on the grill and cook until the cheese melts. Serve immediately.

Thai Curry (273 calories)

Makes: 2 Servings



Ingredients:

- 1 teaspoon of sunflower oil
- 200ml of canned light coconut milk, stirred
- 1 tablespoon of Thai green curry paste
- 1 red pepper, seeds removed then cut into strips
- 1 spring onion, trimmed then shredded
- 75g of frozen peas
- 160g of bok choy, chopped roughly

- Juice of 1 lime
- 225g of raw king prawns
- 1 fresh basil leaf, shredded
- A handful of fresh coriander leaves, chopped roughly

Cooking Directions:

1. Prepare a wide saucepan and heat the sunflower oil. Add the green curry paste and cook for a minute. Then, add the coconut milk and stir. Simmer for 2 minutes.
2. Add the red pepper, spring onion, and peas. Simmer for another 5 minutes or until the peas become tender. Add the prawns and bok choy and cook for another 2 minutes or until the prawns are cooked.
3. Stir in the lime juice, coriander leaves, and basil leaf. Serve immediately.

Bolognaise (217 calories)

Makes: 6 Servings



Ingredients:

- 1 tablespoon of olive oil
- 250g of mushrooms, rinsed and sliced
- 1 large onion, chopped
- 4 cloves of garlic, sliced
- 1 green pepper, seeds removed then chopped
- 1 carrot, peeled then chopped

- 250g of brown lentils
- 1 bay leaf
- 1 tablespoon of reduced ketchup, salt, and sugar
- 500ml of water
- 1 teaspoon of mushroom ketchup
- 1 teaspoon of chili flakes
- 1 tablespoon of red wine vinegar
- 400g of canned chopped tomatoes
- 200ml of red wine

Cooking Directions:

1. Prepare a large pan and heat the olive oil over medium heat. Add the onion and cook for 5 minutes. Add the garlic, mushroom, green pepper, and carrot and cook for 20 minutes while frequently stirring.
2. Add the lentils, water, ketchup, bay leaf, red wine vinegar, mushroom ketchup, and chili flakes. Stir and bring to boil. Cook on lively heat for 10 minutes.
3. Reduce the heat to low and add the red wine and chopped tomatoes. Cook for 30 minutes or until the sauce becomes thick.

Flatbread (224 calories)

Makes: 1 Serving



Ingredients:

- ½ teaspoon of extra-virgin olive oil
- 1 tablespoon of tomato puree
- 1 clove of garlic, peeled then chopped finely
- 4 anchovy fillets, drained
- 1 flatbread

Cooking Directions:

1. Prepare a small frying pan and heat the olive oil. Add the garlic and cook for 2 minutes. Stir in the tomato puree and add 2 tablespoons of water. Cook for 5 minutes.

2. Spread the tomato sauce on top of the flatbread and assemble the anchovies on top. Slice and eat the bread right away.

Mid-Eastern Chicken (272 calories)

Makes: 2 Servings



Ingredients:

- 2 skinless and boneless chicken breasts, sliced thinly
- 1 teaspoon of sunflower oil

For the marinade

- 2 tablespoon of low-fat plain yogurt
- Salt
- Freshly ground black pepper
- 1 clove of garlic, peeled then crushed
- 1 cardamom pod
- Juice of ½ lemon

- ½ teaspoon of allspice

For the sauce

- 1 teaspoon tahini
- Juice of 1 lemon
- ½ clove of garlic, peeled then crushed
- 1 tablespoon of low-fat plain yogurt

For the salad

- ½ iceberg lettuce, shredded
- 2 medium tomatoes, sliced thinly
- 2 spring onions, trimmed then shredded
- 100g of cucumber, peeled and sliced thinly

Cooking directions:

1. Combine all the ingredients for the marinade in a shallow glass bowl then, add in the chicken. Turn the chicken to make sure that it is well-covered with marinade. Cover with plastic and refrigerate for 8 hours.
2. Once ready to cook the chicken, combine all the sauce ingredients in a small bowl.
3. Prepare a wok and set over medium-high heat. Add in the sunflower oil. Once the oil is sizzling, add in the chicken and the rest of the marinade. Stir-fry the chicken for 8 minutes.
4. Pile the salad ingredients in a salad bowl and place the cooked chicken on top. Drizzle the sauce over the chicken or serve separately.

Chapter 5 What is Dry Fasting?

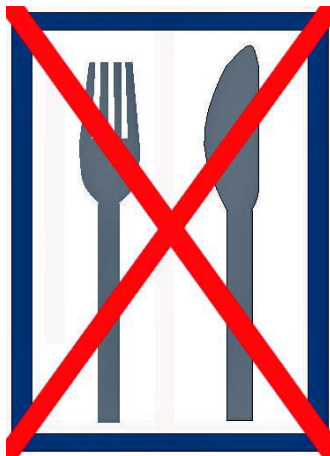
Dry fasting is one of the newest, recently popular health trends these days. An increasing number of people are embracing dry fasting as an effective way to improve health.

Research shows that going on a dry fast helps you to lose excess weight, repair damaged tissue, regenerate old cells, and fight premature aging. It promotes healthy brain functioning by helping the brain produce new neurons.

Aside from generally healing your body and making it stronger and more energy-efficient, dry fasting also has mental and emotional benefits. It clears your mind. It energizes your spirit. It has anti-aging effects that make you look and feel young and age gracefully and beautifully.

What is a Dry Fast?

When you go on a dry fast, you abstain from both food and water for a certain period of time. The body uses stored food and water to keep you going during this time.



Types of Dry Fasting

There are several ways to go on a dry fast.

- Intermittent dry fasting

This type of dry fasting sets a time window for eating and fasting during the day. Experts in diet and nutrition see this approach as ideal. You get the chance to refuel your body before you start the next day's fast. You get the benefits that result from dry fasting without risking your health.

When you go on an intermittent dry fast, you get to decide when to eat and when to fast.

When you go on a 16/8 intermittent dry fast, you abstain from eating and drinking for 16 hours. You are allowed to eat and drink during the 8-hour window.

When you go on a 20/4 intermittent dry fast, you abstain from food and drink for 20 hours. You are allowed to take food and drink during the 4-hour window.

The RIF or Ramadan Intermittent Fasting that the Muslims practice during Ramadan takes off from this form of fast. Muslims take one meal before sunrise, abstain from food and drink during the hours before sunset (18-20 hours), and take dinner before retiring for the night.

- Prolonged dry fasting

Prolonged dry fasting is going without eating and drinking for longer than 24 hours.



People who study diet and nutrition don't recommend this approach.

Fasting for extreme periods of time can result in severe health complications and, in some instances, even death.

The human body is 70% water, suggesting that water is necessary for survival.

You can probably go without taking any food for several weeks. It takes about a month before severe symptoms of starvation set in.

It is different with water. Most people can go without water for 3 days at most. After that, they are likely to be so severely dehydrated that survival is at risk.

There are reports of people meeting accidents in the great outdoors and having to go without water for about 8 days before being rescued. Most of them ate snow and drank their urine in order to survive. Very few barely made it out alive; and among these few, almost everybody went through serious health complications as a result of the experience.

Going on a prolonged dry fast is not advisable. Going without water for a long-drawn-out period can do more harm than good to your

health.

Your organs need water to function optimally. Depriving them of water for far longer than necessary can impair them. It is better to keep a dry fast short. Besides, you can enjoy the advantages of dry fasting without taking things to the extreme.

If you want to make dry fasting a part of your lifestyle -- and enjoy the benefits associated with it, you can alternate dry fasts with days where you eat normally. This way, you give your body time to recover from the stress of having to go without food and water.

- Absolute dry fast

When you go on an absolute dry fast, you eliminate any contact with water. You don't brush your teeth, wash, or bathe. You don't touch water at all.

Research shows that the absolute dry fast does not have any additional advantage when compared to the intermittent dry fast. If anything, it may even add to the sense of discomfort or unease that usually come with fasting.

Chapter 6 Dry Fasting – A Centuries-old Practice

Although dry fasting seems to be drawing strong interest these days, it is not exactly a new practice.

People have been going on dry fasts for centuries primarily for spiritual and religious reasons.

- **Muslims**

The Muslims spend Ramadan in reflection, prayer, fasting and community.

They devote this special time in the exercise of spiritual discipline. They contemplate on their relationship with God, study their Quran, pray, and increase their effort to practice generosity and charity.

During this entire period, they don't take any food or drink from dawn to dusk every day as a means to purify body and soul.

- **Jews**

The Jews commemorate Yom Kippur as the most sacred day of the year. They spend their day in the Synagogue in deep prayer and repentance for their sins.

During Yom Kippur, the Jews go on a 25-hour dry fast. They don't take sustenance in any form – food or water, as part of their effort to reflect on and atone for their sins.

- **Mormons**

The members of the Mormon Church (also called the LDS Church or The Church of Jesus Christ of Latter-day Saints) sets aside one Sunday every month (usually the first Sunday) to give up two meals and go without food and water. They give to charity the equivalent cost of the food and water they abstain from – to help the poor and the disadvantaged.

Dry fasting does not seem to do any harm to these people. In fact, it seems to do them good – both physically and spiritually.

Chapter 7 Benefits of Dry Fasting

Research shows that going on a dry fast allows you to enjoy health benefits which include the following:

- It removes toxins from the body.

Dry fasting helps cleanse your system. Research shows that going on a short intermittent 16/8 dry fast gives you the same results as a 3-day water fast. You get rid of the same level of toxic material and water weight from your body.

- It decreases inflammation.

When you have an infection or even just a splinter on one of your fingers, your body goes into the defense mode. It goes through acute inflammation, a condition that increases the flow of blood (and body proteins and white blood cells with it) into the area at risk to fight infection and heal damaged tissue. The inflammation stops when the problem is resolved.

When the body has to deal with the constant or persistent presence of harmful elements, it experiences chronic inflammation. It stays on a continuous defense response.

Chronic inflammation can lead to damaged tissues and blood vessels, as well as to long-term health issues like cancer, type 2 diabetes, hypertension, and heart disease.

Your body secretes inflammation molecules or markers when your immune system has to battle infections. These markers and their effects on your body include the following:

The TNF- α molecule induces inflammation, fever, and loss of cells. It increases the risk of inflammatory bowel problems, psoriasis, Alzheimer ' s disease, and cancer.

High CRP levels indicate increased risk of cardiovascular problems, hypertension, and diabetes.

The IL-1b marker is closely identified with heart failure.

The IL-6 molecule aggravates autoimmune infections. It is also linked to increase chances of juvenile rheumatoid arthritis, diabetes, and malignant tumors in individuals who have breast cancer.

Research shows that going on dry fasts can help you significantly reduce the concentration of these inflammatory elements in the body.

- It helps strengthen brain function.

Going on a dry fast enables the brain to release brain-derived neurotrophic factor or BDNF, a chemical that enhances brain functioning.

BDNF enhances learning and memory. It allows you to stock and retain information for future recall. It allows you to learn languages and new things, develop new skills, and engage in new activities even into old age.

BDNF strengthens the brain by creating new neurons. It also prevents brain cells from becoming weak and useless.

BDNF promotes the production of ketones, which keep the brain healthy. When the brain becomes over-stimulated, ketones have a significant calming effect that helps to lower anxiety and stress.

- It keeps cholesterol levels on a healthy balance.

Going on a dry fast can boost HDL (the good cholesterol) and reduce LDL (the bad cholesterol). It can also bring down triglycerides and total cholesterol.

- It helps in the regulation of blood sugar.

High blood sugar is linked to many health problems including kidney failure, nerve damage, heart problems, weak immune system, blindness, and erectile dysfunction.

Multiple studies indicate that people experience reduced blood sugar levels and higher sensitivity to insulin after going through a dry fast.

- It prevents diabetes.

Going on a dry fast enables you to control your blood sugar levels. As a result, you lower the risk of diabetes.

- It prevents early osteoporosis.

Studies show that your body produces PTH or Parathyroid Hormone when you go through intermittent dry fasting. PTH spikes up calcium levels in your body. It also promotes healthy bone formation.

- It helps you lose weight.

Going on a dry fast is a powerful technique for feeling lighter, burning fat, removing belly fat, and realizing your weight loss objectives.

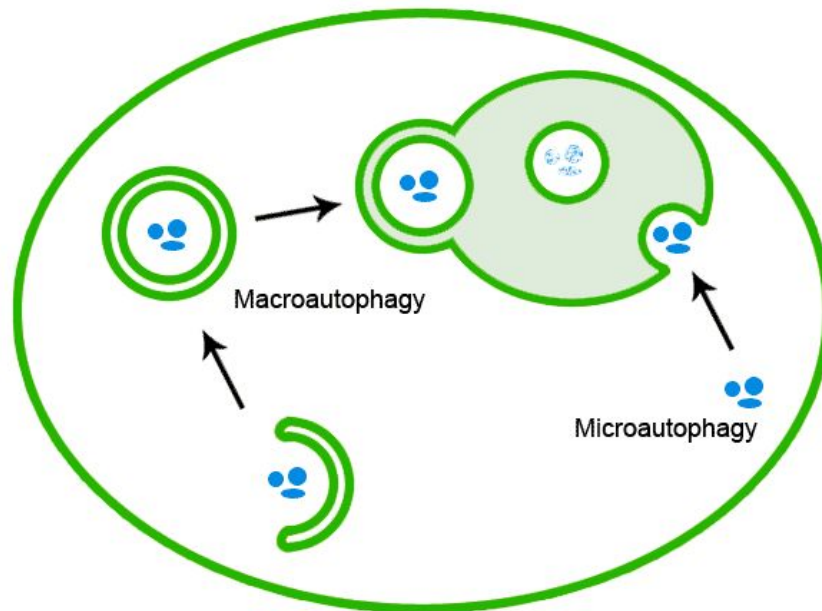


- It heals and strengthens the body through autophagy.

Abstaining from food and water or going on a dry fast is believed to be one of the most efficient ways to get the body to cleanse itself.

Autophagy is a natural process that the body uses to clean house. It is the body's natural and inherent recycling program.

Autophagy (“self-eating”) is a process by which the body creates membranes that tracks down diseased, worn-out, or dead cells and “eats” them, using the subsequent molecules to produce new and well-functioning cell parts and sustain energy.



Autophagy makes the body efficient in getting rid of damaged cells, stopping cancerous tumors, and controlling diabetes, obesity, and other metabolic dysfunctions.

Autophagy controls inflammation. It enhances the body’s innate ability to fight infection and diseases. It slows down the aging process.

The body normally gets rid of accumulated fats and toxic material through the skin, liver, kidneys, bowels, and urine. When you go on a dry fast, however, the body burns up waste material. A dry fast transforms your body into an efficient waste-burning device that eliminates toxins. It initiates processes that enable the body to utilize everything on hand for fuel – at the cellular level.

- It keeps you healthy and young.

Dry fasting stimulates and strengthens the immune system. It activates anti-inflammatory mechanisms. It cleanses the digestive tract and purifies blood. It helps cells regenerate.

All of these help you lose weight, boost energy, and acquire resilience and stamina. Your mind works faster and more clearly. Your body heals fast. You are able to fend off the early signs of aging.

As you can see from this long list of health benefits, dry fasting is the way to go if you want to become healthier and lead a longer, more energetic, and productive life.

Chapter 8 Preparing to go on a Dry Fast

There is a wide range of reasons for wanting to go on a dry fast. You can use it to detoxify. You can use it to lose weight. You can use it to heal from a medical condition. You can use it to strengthen your spiritual life.

Whatever it is that may drive you to go on a dry fast, you have to be aware that going without food or water can be quite difficult – but it CAN be done. With adequate preparation, self-care, enthusiasm, and commitment, you can succeed and get through your dry fast with flying colors.

To reap the best results from going on a dry fast, you have to go about it the right way. Otherwise, you may become unnecessarily dehydrated and exhausted. Always consult your doctor about going on this type of fasting, especially if you are dealing with certain health issues.

Here are some tips to help you prepare for an effective dry fast:

1. Cut down on your intake of cigarettes and alcohol a couple of weeks prior to going on a dry fast.

When you go on a dry fast, you are not allowed to drink anything, including tea, coffee, soda and other caffeinated and alcoholic beverages. You are not allowed to smoke cigars or cigarettes.

Reduce your intake of these substances 2 weeks prior to your dry fast. This will help bring down any withdrawal symptoms that are likely to make the fasting process doubly difficult. It will make it easier for you to go through the fast.

Moreover, going on a dry fast is usually associated with getting rid of toxins and becoming healthier. You will negate the reasons for taking the fast if you continue to take habitual, addictive substances like alcohol, caffeine, and nicotine.

2. Increase your intake of fluids before your fast.

Take in more liquids in the form of water and juices made from fresh, raw veggies and fruits. Increasing your fluid intake before dry fasting hydrates your system and prepares it to go without both food and drink when you start your dry fast.

3. Gradually build up to a dry fast by going on a juice or water fast.

You can drink as much vegetable or fruit juice as you want when you go on a juice fast. If you go on a water fast, you can drink as much water as you want. You abstain from food.

A dry fast (where you go without food and drink) is obviously more difficult than a water or a juice fast.

Going on a water or juice fast for a day helps you see if you can handle the more difficult dry fast. It prepares your system. It prevents any strong adverse reaction to a dry fast.

To use this technique, go on a water or juice fast for 24 hours. On the next day, eat normally. Alternate fasting days with normal-eating days.

After you do 5 or 6 sets of alternate water or juice fasts/normal eating days, you should be ready to try intermittent dry fast.

4. Change the way you eat a couple of weeks prior to going on a dry fast.

- Eat healthy food.

It is prudent to stop taking addictive substances before going on a fast so that your body can easily cleanse itself from toxins.

It is also a good idea to improve the way you eat before starting on your dry fast. Avoiding unhealthy food makes it easier for your body to detoxify and cleanse itself during your fast.

Ease your way into making your diet healthier by eliminating unhealthy food a little bit at a time prior to dry fasting. Start by

removing food made from refined flour during the first few days. Remove fatty meat on the following days. Follow up by abstaining from soda, coffee, and smoothies. Refrain from candies, chocolate, pastries, and other sweet treats.

Replace the food that you eliminate with fruits and vegetables, both cooked and raw. These have more nutrients. They also have dietary fiber which helps your body slowly get rid of toxins even before you go fasting.

- Eat smaller portions.

Prepare your digestive system for your dry fast by eating smaller portions before your dry fast. By doing this, you are giving your body time to become accustomed to fewer calories.

5. Opt for a soft dry fast.

A soft dry fast does not allow you to eat or drink. However, unlike a hard dry fast, it allows you to wash your hands, bathe, brush your teeth, and take a shower. You are not prohibited from coming in contact with water.

If this is your first time to try a dry fast, it is better to start with a soft dry fast. Washing, bathing, brushing, and other forms of physical contact with water (except drinking, of course) allows you to absorb some amount of moisture through your skin. There is a lower risk of becoming dehydrated.

When you become used to doing soft dry fasts, you can do a hard dry fast if you feel inclined and ready for it.

6. Have a pre-fast meal that includes salt and omega 3 fatty acids.

Mackerel, avocados, and salmon contain omega 3 fats. Food with this type of fats tend to break down slowly. They make you feel full for a longer period of time. Including these foods in your meal prevents you from getting hungry so soon after you start your dry fast.

Put in an additional 5 grams (1 tsp) of salt to the last meal prior to your dry fast. Salt helps retain water; it also helps your body absorb the vitamins and minerals from your meal to keep your body functioning optimally during your fast.

7. Opt to start your dry fast after a meal taken at dinner time.

Timing your fast this way means that you are asleep during the first couple of hours of your dry fast. You won't feel the hunger pangs as much.

8. Get some mild-to-moderate exercise.

Get some pre-fast work-out. It doesn't have to be strenuous. It simply has to stimulate the vascular system and the lymphatic fluid so that they function properly during your fast.

9. Keep your spirits up.

The changes you make during your pre-fast stage are likely to make you somewhat more tired than usual. If this is the first time to go on a fast, you may also feel a little bit stressed about the step that you're planning to take. Don't fret if you can't be as energetic as you want to be.

10. Get enough rest and sleep.

If you're well-rested before you start your fast, you are likely to do better during the fast. Post-fast recovery is likely to go well, too.

Get enough sleep. Take it easy at work or at home during the day,

It is prudent to get yourself ready ahead of time when you plan to go on a dry fast. For this reason, it is better to plan ahead instead of jumping right into a dry fast, especially if you are in the middle of an extremely busy and stressful schedule.

Chapter 9 Doing your Dry Fast

There are certain things you can do to make your dry fast easier and more comfortable. Try the following techniques:

1. Don ' t eat or drink anything for 16 to 24 hours.

Dry fasting means that your body doesn ' t get any of the energy or fuel that it needs to function optimally. It can take its toll on you. It can make you feel hungry, dehydrated, weak, listless, and tired.

It is sensible to do a dry fast only for a day. Alternate a fasting day with at least a couple of normal eating days. This schedule helps your body recover. It prevents dehydration. It is also an achievable goal. Some people who try to go on dry fasts for an extended period of time are just likely to set themselves up to fail.

Going on a prolonged dry fast is likely to leave you feeling severely weak and dehydrated – and cancel out all the health benefits that a sensible dry fast can give you.

2. Distract yourself.

Keep yourself active and busy.

You will feel extremely thirsty and hungry if you go on a dry fast. You will find it difficult to think of anything else other than food. When you nurture obsessive thoughts about being hungry, you run the risk of giving up and breaking your fast.

Look for opportunities to keep busy so you are able to take your mind off food. Read a book. Watch a movie. Talk to friends. Do yoga to relax and keep calm.

Do light chores. Go out on errands. Vacuum the house.

If you ' re doing the dry fast for religious reasons, read the scripture. Do guided meditation. Reflect about how you live your life.

3. Do the fast with other people.

This is easy to do if you 're doing a dry fast for spiritual reasons. It helps a lot if you are in your place of worship fasting with friends for the same reasons.

If you 're doing the dry fast to detoxify or to be healthier, look for someone who wants to do the fast with you. Fasting with someone you like will prevent you from feeling alone. It will motivate you to sustain your fast and accomplish your goal.

4. Don ' t talk about food.

Thinking and talking about food are likely to make you feel sorry for yourself. You may be tempted to cheat. You may be tempted to break your fast.

If you 're doing the fast with other people, refrain from letting conversations veer towards food. Don ' t talk about how hungry you are or what food you want to eat.

Frame your conversations and thoughts around something constructive. Talk about why you want to succeed with the fast. You also have the option of talking about something other than the fast -- like the new movie in town or the most recent book you 've read.

5. Refrain from activities that require high energy levels during your fast.

During a dry fast, you are likely to have less energy than usual. Prepare to do only low-energy activities at this time.

If you want to exercise, do something light. Take a walk or do some dumbbell curls if you feel like it. Now is not the time for high intensity and challenging exercise drills.

Avoid strenuous activities like heavy gardening or aerobic exercise. They will get you all sweaty and thirsty – and lead to dehydration.

6. Rest.

When you go on a dry fast, you are likely to feel tired. This is natural.

The best way to cope with tiredness is to rest or get some sleep. It allows time to pass more quickly. It preserves your energy. It stills the hunger pangs and cravings.

After your nap, do some light stretches. Walk around. If you still feel exhausted, make it a point to take a nap every now and then during the day.

7. Be prepared for some changes in your body.

Fasting helps you to get rid of the buildup of toxins in your body. While it does this, it is also likely to have some adverse side effects.

Especially when you are new to fasting, you tend to feel ill or weak. You have headaches. You may feel constantly tired. You may experience diarrhea. You may have body odor.

Don't be worried when you notice these changes. They are part of the detoxification process. If it is your first time, it may be a good idea to take time off from work. Being able to relax at home while you are doing a dry fast helps to ease some of the effects of fasting.

8. Don't ignore signs of dehydration.

Dehydration makes people lightheaded or dizzy. If you feel faint or woozy, chances are high that you are dehydrated.

If you feel disoriented or fall off balance even when doing simple chores, stop dry fasting. Get a drink of water as soon as you can before the symptoms get worse and affect bodily functions.

Palpitations, rapid heartbeat, low blood pressure, less frequent need to urinate, and severely dry skin may also indicate dehydration. Watch out for these symptoms. Don't prolong the fast if you notice any of these changes.

Chapter 10 Breaking Your Dry Fast

Going on a dry fast affects your digestive system. When you fast, your digestive system cuts back on the enzymes it produces. The mucus lining of your stomach is likely to be more sensitive during this time.

If you want to avoid problems like diarrhea, an upset stomach, or nausea, you have to take certain steps to ensure that you break your dry fast safely. The following techniques can ease your transition from your dry fast back to your normal eating routine.

1. Take a glass of water.

Once you've completed the number of hours for your dry fast, get 470 ml or 1 US pt of water. Break your dry fast by drinking the water slowly. Take tiny sips. Don't swallow the water right away. Refresh your mouth by swirling the water around your mouth.

Continue sipping the water and letting it cool your mouth until you finish the full glass. Don't take anything else for an hour.

2. Take the same amount of water every hour.

Take another glass of water in the same manner after an hour. Take water every hour after breaking your fast.

Gradually reintroducing water this way enables you to rehydrate without feeling bloated. You will eventually feel refreshed and invigorated after your fast.

After you take 3 or 4 glasses over the same number of hours, you can take water the way you usually do if you are not on a dry fast.

3. Keep your diet simple right after you break your fast.

Splurging on a variety of food right after you fast is likely to cause digestive problems.

Ease back into eating. If you find a juice drink that seems to work for you, stick with that. Look for an easy-to-digest fruit and only eat that when you reintroduce solid food into your system.

Avoid oily foods, especially during the first few days after you break your dry fast. Your stomach has just been weaned off solid food; it may find it difficult to readily take to rich, greasy food.

Introduce simple foods strategically and carefully so that you don't disrupt your digestive system when you break your fast.

3. Take small amounts of healthy food.

Gradually introduce healthy food back into your usual diet on the first day after you complete your dry fast. Start with a light snack of dried fruit like apricots, figs, or raisins. Avoid overeating when you finish your fast. Consult the portion size suggested at the back of the package.

You can also take unsalted nuts alternately with the dried fruit. Continue snacking during the day. Don't take anything heavy.

You can go back to normal eating after a day of light snacking.

4. Take the time to chew your food.

It is important to chew your food well when you go back to eating. This keeps you from wolfing down food. It makes you break what you're eating into smaller pieces that the body can easily digest.

The brain needs about 20 minutes to process the message from the stomach that it is full. If you eat too fast, you will end up eating more than what you should before you get the message.

Chewing enables you to slow down your pace so that you enjoy every bite.

5. Don't take foods that have high levels of sodium and carbs for at least a couple of days.

Carbohydrates and sodium tend to make you retain water. If you include them in your diet, you immediately reverse the effects of your

dry fast. You will quickly regain the water you've lost.

Avoid grains, sweets, heavy soups, and cured meat. Opt for foods that have very little carbs, fats, or sodium during your first few meals.

When you go back to eating normally, avoid seasoning. If you really have to use it, look for light seasoning.

Having a meal of a slice of steamed chicken breast with some leafy greens is a good way to go back to normal eating.

6. Take probiotics

Probiotics or "good" bacteria help in efficient food digestion.

Include food like miso, sauerkraut, yogurt, and other sources of live lactobacillus in your diet, especially when you've just come out of a fast. These foods help you maintain a healthy digestive tract.

Chapter 11 Important Points to Remember

Keep in mind certain dos and don'ts when you go on a dry fast. They enable you to sustain an effective dry fast that delivers true positive results.

- If you're not sure if you are ready for a dry fast – or if you have some medical issues, always ask your doctor if it is safe for you to go on one.
- Get a go signal from your doctor before going on a dry fast while you're on medications.
- Always prepare your body and mind before trying your first dry fast to avoid undesirable effects on your health.
- Try an easier and simpler fast like a water or juice fast before going on a dry fast.
- Keep your objectives in mind.

Keep in mind why you are doing the dry fast. Are you doing it because of the health benefits? Are you doing it to clear your mind? Are you doing it for religious reasons? Are you doing it to cleanse your system?

Repeat your goals to yourself over and over again, especially when you feel ready to give up.

- Make yourself accountable to someone.

Get an ally. Make a commitment and ask somebody you trust to help you honor this commitment. You will be more motivated to hang on if someone is clearly on your side, cheering and encouraging you on.

- Make a journal.

A journal helps you stay focused.

Write about your journey. Note down how you prepared for the fast -- what food you ate, how you felt, and how excited you are to start

your fast. Include your expectations and what you hope to gain from taking this challenge.

Continue journaling during your fast. Write down how you feel. Note what thoughts are going through your mind. Include the sensations and changes that your body is going through.

- Don't go on a dry fast when it is excessively hot, you're under a lot of stress, or while you have to do intense physical exertion.
- Don't exercise too hard.

Intense and prolonged exercise causes you to perspire heavily. Heavy perspiration means increased loss of water. This messes up with your body's natural effort to retain water and sustain water balance.

Going on high-intensity workouts and the resulting excessive sweating can make you lightheaded. It can result in dehydration.

It is better to go for light exercise while you are on a dry fast. Save the intense exercise sessions for later -- when you are not doing a fast.

- Don't go on a dry fast if you're pregnant.
- Don't use dry fasting as a way to lose weight for the long term.
- Don't prolong a dry fast for more than 24 hours.
- Hang on.

If you're not used to fasting, you may find it a bit difficult when the hunger sets in. It is during the last few hours of dry fasting that people tend to give up.

You will feel a number of discomforts when you go through a dry fast. Your head aches. Your tongue feels fuzzy and heavily-coated. You have bad breath. You feel tired. You have no energy. And you are really, really hungry.

Hold on.

Think about how your body is purging, healing, and becoming stronger from the fast. Think of the discomforts as indications that the body is purging the toxins out of your system. It is going through a great cleanse.

- Don't ignore what your body is telling you.

Don't make the mistake of ignoring your body during a fast. Always pay attention to how you feel.

Listen to what your body tells you. Do you have to shorten your dry fast? Do you have to stop exercising? Do you have to take more rest? Always listen to your body and do what feels right.

- When something feels wrong, don't hesitate to stop the fast.

Don't ignore symptoms of dehydration while you are dry fasting. If you get giddy, lose your balance, or get a fever, stop your fast right away. Drink some water but do so gradually so you don't get bloated.

It is okay to prematurely end your dry fast if necessary. Save it for another day when you're better prepared for it.

- Don't binge right after you finish a dry fast.

Some people tend to overeat right after a dry fast. Post-fast bingeing can lead to bloating, stomach aches, and other digestive issues.

It can also result in rapid weight gain, particularly if you binge on sweets, pasta, bread, cake, and other carbohydrate-dense food.

The best way to transition out of a dry fast is to drink water to rehydrate your body. Gradually add in foods in the form of light snacks. Continue to eat in moderation.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to learn about metabolism and how speeding it up can help you to lose weight effectively. I hope that you have also learned enough about the Fast Metabolism Diet and 5:2 diet to start using it and seeing those extra pounds melt away.

The next step is to simply put into practice that steps outlined in this book. Remember to carefully read the rules, guidelines and Dos and Don ' ts for the diet, and keep them in mind always as you do the FMD.

Good luck, and happy dieting!



Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book? It ' d be greatly appreciated!

Thank you and good luck!