



Fasting for Lasting Weight Loss

*2 Ways-20 Days
to
Fat Loss without Dieting*

If you are like most people who struggle with weight, you have probably tried several diets. You may have lost weight. And, if you're like most dieters, you gained it back, maybe even more than you lost.

This is the **diet cycle**. It doesn't work to keep weight off you. Over time, it damages your metabolism.

I have a similar story. I've gained nearly **500lbs** and lost **500lbs** yo-yo dieting since my early teens!

I tried countless diets. Some actually worked. I did everything the "diet experts" told me to do!

I spent so much money on different diets, gym memberships, and personal trainers. I cooked at home. I counted calories, counted carbs, counted fats grams. I drove myself nuts!

Honestly, I found myself feeling frustrated and overwhelmed. My children were young at the time so I was cooking two meals. One for them and a completely different one for me. I was living in the kitchen!



Fasting for Lasting Weight Loss

It was exhausting, fatiguing and depleting! At the start of each new diet, I did feel excited and motivated. But after awhile, I grew tired and lost motivation. Whenever I took a break from the rigid dieting, I gained weight back. I always told myself I would get right back to dieting...but then I would get distracted. Before long, I gained the weight back...and **more!**



Does this sound familiar???

I remember feeling out of control, even though the other areas of my life were going well.

I obsessed about food.

I spent a **TON** of time meal-planning.



"Other variables also influence the metabolism, such as sex hormone levels, macronutrient intake (especially protein), exercise style, frequency and intensity, age, medication use, genetic predisposition, and more."

~Robbie Clark, Dietitian & Sports Nutritionist

It's true, I'm not a young girl anymore, but I want to feel young and have flexibility and vitality as I did when I was younger.

Here I am! Apparently indulging in a high-fat high-sugar lunch. Off the wagon..AGAIN!

Can you relate?

Then I learned the secret to keeping my weight in the range I needed to feel great and look great. It was years ago and I have never gone on another diet!






FAD DIETS

There are lots of fad diets out here. But they all require you to restrict calories or count carbs!

But not **FASTING!**

Fasting is a natural way of eating. Our ancestors didn't have midnight drive-thru or 24 hour convenience stores bursting with cheap, processed junk food.

Think about it.  They had no way to store food so they harvested what was seasonal and available.

It is estimated
that more than

90%

of people who lose
weight

will gain the weight
back

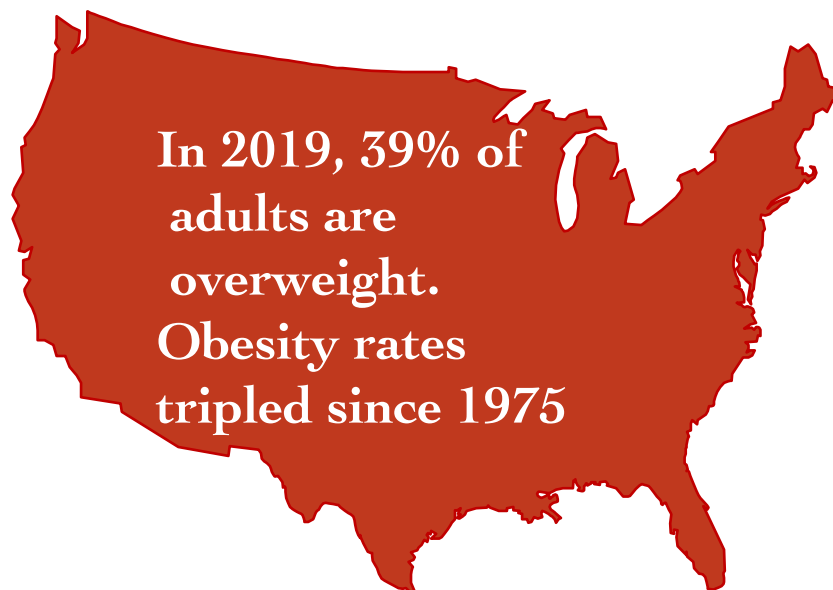
PLUS

MORE

Often food was scarce, so their bodies adjusted to periods of fasting. Their bodies burned fat during times of scarcity.

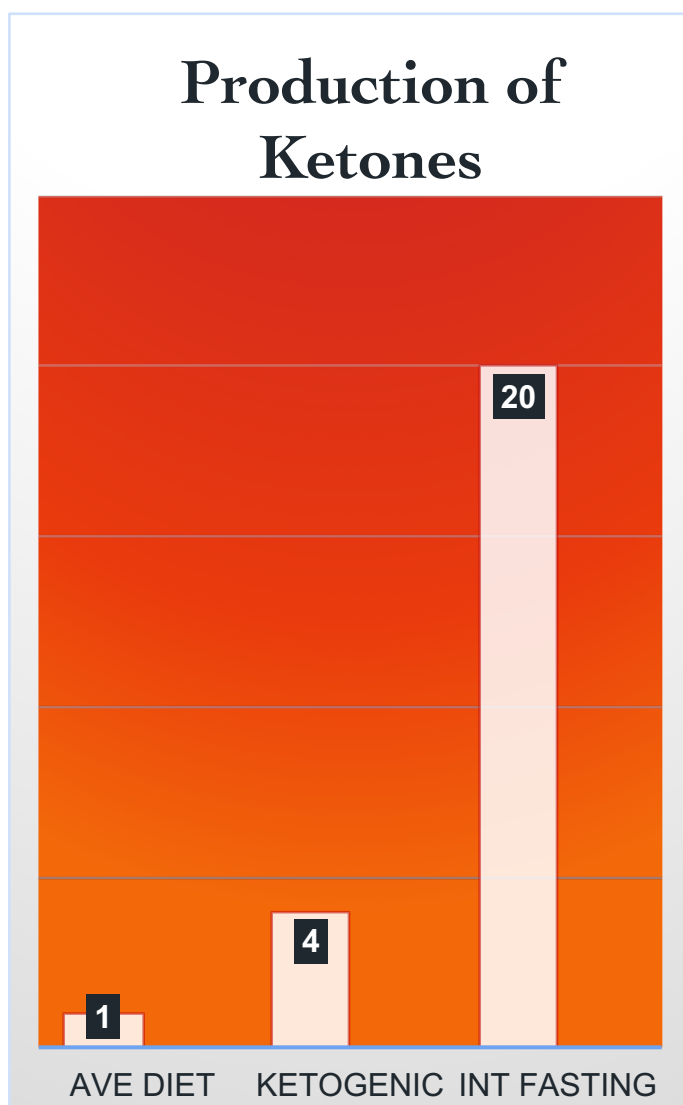
So fasting was actually normal for us. Obesity didn't exist. Today, **1 in 3** Americans have obesity. That's over **100 million** people of all ages!!

It's a global crisis that affects **30%** of the population.



Let's look at the facts...

Ketones are produced from fat by the liver when your body is depleted of glucose.



Obesity is due 10% to genetics, 10% to bacteria, 80% to behavior

Scientists have discovered that intermittent fasting raises the body's ketone levels up to **20x**

Studies show fasting decreased truncal fat mass 6x better than caloric restriction

Eating 3 meals per day + snacks prevents the body from going into ketosis



Imagine if you lost 5 lbs the first week
on this simple 2-Step
Fasting Program?

YOU CAN

For decades now, scientists have known that accumulation of truncal fat is strongly related to age, ethnicity, and total fatness in both men and women.



That fat around the middle is connected to cardiovascular disease, elevated blood pressure, insulin resistance, glucose intolerance, and high blood fats.

At night the body cannot metabolize fats and sugars. The body just shoves it into a fat storage. **The pancreas basically shuts down for the night !!**



In daytime, we need to make sugar quickly so we have energy to power through the day. Our pancreas goes to sleep around 7pm. That means if you eat a sugary meal in the daytime, the pancreas will work its magic to release insulin into the bloodstream to pull the sugar out.



But if you eat the same sugary meal at night, your blood sugar will stay high because your pancreas will not produce insulin as it does during the day. We all know what high blood sugar means...

At night, processes are activated in the body to repair the immune system, regenerate cells, build muscle, and scavenge for cancer cells. The processes for digestion go way down!

Diabetes
Immune Dysfunction
Inflammatory Diseases
Eye Damage
Kidney Diseases
Cavities
Artery Damage leading
to:
Heart Attacks & Stroke

...And that's nothing to celebrate over!



WAYS to FAST

There are many ways to fast. In fact, most religions use some type of fasting. Jesus, Muhammad and Gandhi fasted. Fasting rids the body of impurities and generates stem cells to form new healthy cells.

There are multiple forms of fasting. This program focuses on **Time-Restricted Fasting and Intermittent Fasting**.

The key to success in this program is using both, at

specific times. I'll reveal how if you decide this program is for you.

Time-Restricted Fasting allows you to eat the amount of food you would typically eat in a day, but in a shorter amount of time. Most people choose the hours of 11am-7pm or 10am-6pm. Some choose to eat 2 meals shortening their total food intake time to 6 hours. The remaining 18 hours is for fasting.



During the fasting cycle, you do not eat or drink anything except water. Most people find it easiest to eat early in the day and try to go to sleep early so that they barely miss the late night eating. This way, most of your fasting hours are while you are sleeping!

Intermittent Fasting is a bit different. It is also an eating pattern that requires you to cycle between periods of eating and periods of fasting. But the fasting periods are usually longer. Many people fast for 24-40 hours, depending on their personal objectives. Many people fast to allow their body to repair without spending excess energy on digestion.

As with **Time-Restricted Fasting**, you will not eat or drink anything except

water and tea or black coffee during the fasting hours.

Both methods of fasting are safe when done properly. You will receive tips and tools during your **Private Coaching Sessions** that will help you prep your body for the fasting cycles.

Research done at the Salk Institute showed that mice who were fed at restricted periods stayed lean, while mice that ate the same amount of food whenever they wanted during the day became obese.

There have been over 11,000 research studies showing that when humans or animals are given fatty foods they get liver damage, diabetes, obesity, cancer, and IBD (inflammatory bowel disease)

~Satchidananda Panda, PhD

BENEFITS of FASTING

- When you eat throughout the day and night hours, you tell the body to continuously STORE energy. If your sugar stores are not depleted, you will never use the fat stores as fuel
- You do NOT need to go on a low-calorie diet
- You do NOT need to eliminate your favorite foods
- You will lose weight
- Human Growth Hormone is activated which restores cellular repair and build muscle mass
- Humans have a natural circadian rhythm. We should align with the rhythm of the day and night. Night is for rest and repair
- This circadian rhythm turns 10,000 genes on and off and is the largest regulatory system in the body. Fasting resets the body's natural rhythm
- The body either uses energy or stores it. When glycogen reserves are depleted in the liver, fat floods into the liver to be converted to fuel



There are so many benefits of fasting. Researchers continue clinical trials to assess how life-supporting a safe fasting lifestyle is for fat loss, especially around the belly where stubborn visceral fat accumulates.

BENEFITS of FASTING

- It helps to regulate your blood pressure and eliminate extra salts
- Fasting aids your colon in removing toxic waste
- Fasting allows time for the liver to detoxify the chemicals and artificial compounds left in the blood
- Insulin levels are regulated
- Your immune system is repaired at night. When you eat during the night you disrupt the mechanisms that are working to heal you
- Studies have shown that Type 2 Diabetes can be reversed through Time-Restricted Fasting
- It is very possible that you could completely eliminate your diabetes related medication within a short time with intermittent fasting. (Always discuss stopping medications with your physician)

“If you are trying to repair a highway, you must stop the traffic. So similarly, our body cannot repair itself if we continue to eat”

~Satchidananda Panda, PhD



The best thing about this 2 Step Fasting Program is how simple it is to change
WHEN you eat not **WHAT** you eat

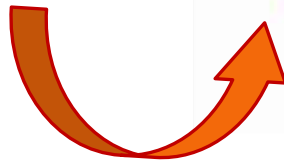
EXERCISE

Exercise, along with fasting, can help you lose weight. There are specific **types** of exercise and **times** to exercise that are best when fasting.

Your goals will center around depleting glycogen to rev up fat burning.

Due to energy loss while fasting, you may want to enjoy exercise with low-cardio demand such as walking.

If you feel energized by your fast, which some



people do, short intense cardio bursts can help burn fat.

You will receive a customized exercise program suitable to your lifestyle and fitness level when you sign up for your **Private Coaching Sessions**.

Otherwise, you can opt to follow your normal exercise routine.



Here's where I have to caution you about fasting. Although these two types of fasting are considered medically safe:

- If you are pregnant, fasting is not recommended
- If you are elderly or diagnosed with a metabolic disorder, I advise you to discuss fasting with your physician.
- Fasting programs are also not advised if you have a diagnosed eating disorder or if you are in recovery from an eating disorder
- As always, check with your physician if you are concerned

LOSE FAT for LIFE

with my

Exclusive 2 Way - 20 Day

Fasting Program



Are you ready to optimize your ENERGY ?

Are you ready to rev up your METABOLISM?

Are you ready to DETOX built up toxins?

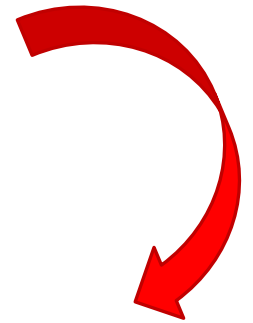
Are you ready to SLEEP better?

Are you ready to LOSE WEIGHT FOREVER?

Are you ready to learn the SECRET to SUCCESS?

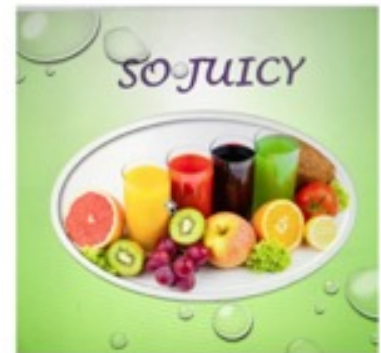


*Sign up today &
receive 2 Bonus
eBooks*



So Juicy

Discover how smoothies & juices can boost energy, curb appetite, help you lose weight, detox, & brighten your complexion! 30 pages to whet your taste buds!



Bitter Sweet

Take the quiz to find out if you are addicted to sugar! Learn how you are tricked into eating tons of sugar. Learn what it does to your body! Almost 80 full color pages packed with information!



Fasting for Lasting Weight Loss Program

- **Get access to this Exclusive 2 Way-20 Day Fasting Program that uses both:**
 - Time-Restricted Fasting**
 - Intermittent Fasting**
- **Receive 20 Healthy Recipes to ensure the best nutrition**
- **Receive a Short-Cut Tip Sheet to help you**
- **Plus... 2 Special eBooks above**
- **Choose 4- 30 minute Private Coaching Sessions which include:**
 - Nutrition Consultation
 - Personalized Fasting Schedule
 - Personalized Exercise Routine
 - Weekly Follow-up & Support

Check it Out





Only \$69

- Receive this 2 Way-20 Day Fasting Program that will burn stubborn FAT and recharge your HEALTH!
- Receive 20 Healthy Recipes to ensure the best nutrition
- Receive a Short-Cut Tip Sheet to help you maximize FAT LOSS and optimize healing
- Receive 2 Special eBooks
 - *So Juicy* 30 Luscious pages! Learn to juice your way to health
 - *Bitter Sweet* Almost 80 full color pages packed with information you need to know about sugar

Private Coaching Sessions



OR

Only \$229

**Includes 4 - 30 minute
Private Coaching Sessions**

- Nutrition Consultation
- Personalized Fasting Schedule
- Personalized Fat-Burning Exercise Routine
- 4- 30 min Private Coaching Sessions
- Ongoing Follow-Up & Support
- You also receive the 2 Way-20 Day Program
- You also receive *So Juicy* and *Bitter Sweet*
- You also receive 20 Healthy Recipes
- You also receive a Short-Cut Tip Sheet to plan and prep your way to
FAT LOSS

Fasting for Lasting Weight Loss

\$229



Get everything you need
including
**4 Private
Coaching Sessions**
to support you along your
way!

Get the
**Fasting for Lasting
Weight Loss Program**
without
Private Coaching Sessions



\$69



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Fasting for Lasting Weight Loss

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