The Fast Way Out

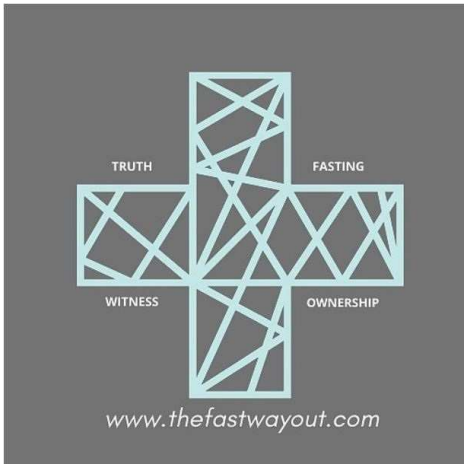
The Simplicity of Fat Metabolism
28-Day Journal

www.thefastwayout.com

This Journal Belongs To:

_____

The Fast Way Out
28-Day Journal



Isaiah 58:6

“Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?"

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Disclaimer:

We are not medical professionals. Please consult your physician before starting an intermittent fasting program especially if you are taking medications or have a medical condition. Fasting is not recommended for children or pregnant/nursing women.

Welcome to “The Fast Way Out” Fasting Community!

Many of you may have never attempted a fast, and it sounds downright intimidating. Our experiences with fasting have resulted in weight loss, decreased insulin resistance, victory over infertility, and increased cognitive function.

As a family, we believe in the power of community and the necessity of self-awareness. It is by learning more about ourselves individually that we become stronger and healthier as a people. On days when fasting seems challenging, we encourage you to remember that you are your only source of competition. By approaching this journey with a "You verses You" mindset, you will learn more about yourself, your triggers, and sources of motivation. As a result, you will become a stronger, healthier version of yourself.

Finding discipline in the way we eat is a necessary gift we owe to ourselves.

We have to eat. The body needs fuel. So controlling how we fuel the body is a critical task. When you can control an essential bodily function like eating, you strengthen your power to control any other element in life. Think about fasting not just as a key to weight loss, but also as a journey of self-discovery.

We thank you for allowing us to walk along this journey with you!

Getting Started

This journal can be used to track your "story" for the next 28 days. Each week a new lesson is introduced along with a biblical principle to reflect on during the week.

Participants are encouraged to select an ideal fasting schedule for the week. If you are new to fasting, we recommend starting with a 16:8 schedule. This simply means that you plan to fast for 16 hours everyday (the time you sleep counts towards the 16). The easiest way to do this is to simply select an 8-hour eating window and not consume food outside of that window. For example, someone with a 16:8 schedule would eat from 12p - 8p or 11a - 7p. They wouldn't consume any calories outside of this window (water, unsweetened tea, and black coffee are okay at any time).

Each day you are encouraged to write down something you're thankful for, as well as notes during the day. What worked well that day? What did you struggle with that day? These notes will encourage you to keep going along the way.

At all times listen to your body. You will feel hungry at times. You will get used to it with time if you stay consistent. Periodic fasting should not make you feel sick.

At times when you get hungry we encourage you to either reflect on the weekly scripture or your daily "I am thankful for" to keep you going.

Tips for Success

Body fat is simply stored fuel. Use it!

The body is more like a furnace than a scale. It's constantly burning fuel/energy.

Be patient. This isn't a race. It's a journey.

It generally takes about 12 hours after finishing food for the body to start to use your own body fat.

This isn't about dieting. This is only about timing. You can eat as you wish (be reasonable and stay away from sweets), but you must eat within your scheduled eating window.

Tighten your eating window over time (from 8 hours, to 6 hours, to 4 hours, etc.).

Your liver thanks you. It's important to remember that the benefits of fasting go way beyond fat loss, even when results don't show on the scale.

We recommend continued daily fasting even once your health goals are achieved.

Week 1

We Were Wrong

Much of the dietary research of the 1950s and 1960s changed the Standard American Diet for the worst. That change was and still is detrimental to human health. And there's a small growing movement of folks that know the way out. As you finish this journey, you will be one of them.

To put it simply, and based on current research, we believe that sugar is a large factor in many of the metabolic diseases that plague our country today. Many metabolic conditions are not seen with the naked eye, but a telltale symptom that we have a problem on our hands is seen in the growing obesity epidemic we have today.

Our family has battled these demons for years. In 2013, both my wife (Gina) and I lost our fathers to metabolic-related conditions within three days of each other. Two years prior, we were told by fertility specialists that we would never be able to conceive due to problems with insulin resistance (they were wrong by the way).

In the years since then, we've continued to battle our own weight gain and we've seen the people we love wage their own personal battles against this contrived force. On the surface, when we think about obesity and weight gain, we think of the way we look, the clothes we wear, and our overall self-esteem.

What we have learned through this journey is that the price of obesity is much higher because it literally rewires our bodies on a cellular level by turning our earthly temple into a tomb. Sounds pretty dire, right? But guess what, there's hope!

The good news is we've really over-complicated a simple concept when it comes to fat loss. We've made the obesity conversation about calories. And with this came multi-billion dollar companies hoping to keep us in the "calories in, calories out" hamster wheel.

If we shift focus and look into fat metabolism, rather than calories, we learn that body fat is simply stored food energy.

That’s it. All it is designed for is to fuel your body when no food is coming in. If you want to burn your stored fuel, then the most efficient thing you can do is run your body off of its own storage. It’s that simple!

The average Basal Metabolic Rate (BMR) is somewhere in the 2,000 calorie range. We've all heard this for years. What this means is as long as your body is warm, and you are living and breathing, you are burning an estimated 2,000 calories of energy everyday. If you tap into body fat for those 2,000 calories, rather than snacks, overly dense meals, and sugary drinks, then your body will have no choice but to consume the fat you’ve stored away.

Time-restricted eating or fasting is the most efficient way to tap into your body’s fat stores. Surprisingly, current research is showing this to be more effective than mere calorie restriction.

The main challenge with calorie restriction is related to your Basal Metabolic Rate (BMR). Studies show that when you reduce your caloric intake, you also reduce the number of calories you burn. So your body burns less to try to get you back to your original weight. Also, reducing calories leads to an increase of the hunger hormone ghrelin.

A slower BMR along with increased hunger is a recipe for the weight to return. So with calorie restriction you may lose weight in the beginning. But it is very difficult to keep the weight off.

What's different about periodic fasting (eating almost nothing at all for periods of time, and then eating within a specific time span) is that you have counter-regulatory hormones including growth hormone that increase after you have a period of time when no food is coming in.

This period of rest and recovery can only happen when you fast. It is within this window of time that your body burns its most efficient fuel source - itself.

The longer you can keep your body in this state, the longer the period of healing and burning lasts. It is a myth that you slow your body down when you fast.

What current research is showing us is that fasting actually speeds your body up. You actually increase your BMR when you fast.

Lesson 1

1. Body fat is simply stored _____ energy.

2. The main problem with calorie restriction for fat loss is related to your _____.

3. Reducing calories leads to an increase of the hunger hormone _____.

4. You actually _____ your Basal Metabolic Rate (BMR) when you fast.

Week 1 Toolkit

Scripture Reflection for the Week:

John 8:32 (NIV)
"Then you will know the truth, and the truth will set you free."

Weekly Fasting Goal (Underline One):

16 hrs fasting / 8 hrs eating
18 hrs fasting / 6 hrs eating
20 hrs fasting / 4 hrs eating
23 hrs fasting / 1 hr eating

Weekly Non-Fasting Goals:

1. _____
2. _____
3. _____

Day 1

Today I am Thankful for _____.

Notes:

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Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 2

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 3

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 4

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 5

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 6

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 7

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Week 2

Insulin

We all need to know about insulin. It's one of the primary reasons we store body fat. It’s one of the many hormones in our body. When we eat food, insulin is secreted by the pancreas into the bloodstream to “push” food energy into our cells. As insulin goes up, our bodies store excess food energy as body fat. As insulin goes down, we pull the body fat out of storage to fuel our body.

Many Americans find themselves in a vicious cycle of high insulin because of what we eat (too much sugar and processed foods) and because of how often we eat. Contrary to many popular opinions, we are not designed to snack all day. Our grandparents didn’t snack. But we are now eating around the clock. So, as a society, we have high and continuous insulin, which we believe has led to the obesity and diabetes epidemic we have today.

Because of what we eat and how often we eat, insulin stays high for most of the day. By the time insulin has a chance to go back down, we’ve eaten again which simply spikes it back up.

Because of this continuous influx of insulin, our cells over time become resistant to insulin and can't receive it as well. This is like developing a tolerance for something. For example, if you drink alcohol frequently and in high amounts, over time your body becomes resistant to or tolerant of the alcohol. To compensate for this, it takes more alcohol to achieve the same affect. Insulin is the same way.

High levels of insulin result in insulin resistance in the cells. As a result, our pancreas secretes more insulin. Which then leads to more insulin resistance, which then leads to more insulin secretion. And now you have the vicious spiral of high insulin and high insulin resistance. But it takes time for this to happen. Which is why slowly but surely, year after year, Americans tend to pack on the pounds.

The best way out of this spiral is to FAST out of it!

Fasting, like anything else, must be customized to your specific lifestyle and needs. In a world that surrounds us with unhealthy eating habits, it is important that we do not fall victim to the patterns of the world. "Is breakfast evil?" Absolutely not. But as we consider our own personal goals, we must begin to question the things we've always been told and make personal choices that we believe are the most beneficial to us.

This act of questioning and aligning our behaviors to our goals, instead of the constant barrage of food commercials that seem to run every five minutes during our fasting periods, keeps us focused. It allows us to be driven by purpose rather than the hungers of our flesh and the suggestions of the world.

When we reclaim power over what we put into our mouths, we become better curators of the people, energy, decisions, habits, and false ideals we allow into our spirit.

That is how we take THE FAST WAY OUT!

Lesson 2

1. _____ is one of the primary reasons we store body fat.

2. Contrary to many popular opinions, we are not designed to _____ all day.

3. High levels of insulin result in insulin _____ in the cells.

4. The best way out of this spiral is to _____ out of it!

Week 2 Toolkit

Scripture Reflection for the Week.

Romans 12:2 (NIV)
"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Weekly Fasting Goal (Underline One):

16 hrs fasting / 8 hrs eating
18 hrs fasting / 6 hrs eating
20 hrs fasting / 4 hrs eating
23 hrs fasting / 1 hr eating

Weekly Non-Fasting Goals:

1. _____
2. _____
3. _____

Day 8

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 9

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 10

Today I am Thankful for _____.

Notes:

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Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 11

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 12

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 13

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 14

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Week 3

Metabolic Syndrome

By now you hopefully understand the role that insulin plays in fat metabolism. Insulin is the most important hormone when it comes to fat loss and storage. As insulin goes up, fat is stored. As insulin goes down, body fat goes out to fuel your body. But the benefits of properly-functioning insulin go far beyond fat metabolism.

There is a cluster of diseases that fall under the umbrella of metabolic syndrome. I'm 100% sure that either you or a loved one currently suffers from or has suffered from metabolic syndrome. Yet it's something that most Americans haven't heard of.

Included in the cluster of conditions that make up metabolic syndrome are things like hypertension (high blood pressure), obesity, Polycystic ovary syndrome (PCOS), heart disease, dementia, fatty-liver disease, insulin resistance, some cancers, and type 2 diabetes.

The bad news about metabolic syndrome is that many people have it and don't know. According to webmd.com, 47 million Americans have metabolic syndrome. At one point, metabolic syndrome was something that generally came with age. However, we are now seeing the symptoms of metabolic syndrome in children.

The good news is that in most cases metabolic syndrome is treatable/reversible. Metabolic syndrome is usually caused by insulin resistance, and more specifically insulin resistance in the liver. Yes, a majority of these diseases are caused by the liver since the liver metabolizes the food we eat. If you can pull fat out of the liver, then you can reverse insulin resistance. If you can reverse insulin resistance in the liver or prevent it in the first place, then you can help protect yourself from metabolic syndrome and all the conditions that come with it.

It's no surprise that the Standard American Diet has contributed to the current health crisis and obesity epidemic.

As discussed in an earlier lesson, the two major problems with the standard American diet are that we eat too frequently and we consume way too much sugar and processed food. We have been doing this for 40 years, and things are getting worse.

Many will tell you that you have to eat all day, several small meals, to keep your metabolism going if you want to drop some pounds. They tell you that you need to eat more often to lose weight, which makes no sense (eat more to lose weight???). If you eat your way into something, the most logical thing to do is fast your way out of it.

Lesson 3

1. There's a cluster of diseases that fall under the umbrella of _____.

2. Included in the cluster are things like _____ _____.

3. The good news is that in most cases metabolic syndrome is _____/_____.

4. Metabolic syndrome is usually caused by insulin resistance, and more specifically insulin resistance in the _____.

5. The Standard American Diet has contributed to the current health _____ and obesity _____.

6. The two major problems with the Standard American Diet are that we eat too _____, and we consume way too much _____ and _____ food.

Week 3 Toolkit

Scripture Reflection for the Week.

Matthew 17:21 (KNJV)
"However, this kind does not go out except by praying and fasting."

Weekly Fasting Goal (Underline One):

16 hrs fasting / 8 hrs eating
18 hrs fasting / 6 hrs eating
20 hrs fasting / 4 hrs eating
23 hrs fasting / 1 hr eating

Weekly Non-Fasting Goals:

1. _____
2. _____
3. _____

Day 15

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 16

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 17

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 18

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 19

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 20

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 21

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Week 4

Thank You

We first set out on this journey in October 2019 to help people lose weight. What we've since found is way bigger than weight loss. We believe we have found a key piece to biblical principle that many are unaware of, and that through fasting you can empower yourself to go way beyond weight loss. We believe that fasting can help to "let the oppressed go free" as described in Isaiah 58:6. We believe that we have found truth in fasting, and through our personal stories (our truthful witnesses) we have the ability to change the world.

Fasting is about submission. We all have the same 24 hours in a day regardless of race, color, ethnicity, income, and ability. What makes a fast successful is the submitting of yourself through time, money, and/or food. As you go along your journey, we pray for you and hope continued blessings for you as you continue down your own path of self-exploration. We thank you more than you will ever know.

Now What?

By now you've hopefully learned that in order to burn body fat, you must reduce insulin. And to keep it off, you must improve insulin sensitivity. Only through fasting can you accomplish both at the same time. Fasting is scalable. You can do it a little or you can do it a lot. Fasting is flexible. You can do it this week and not next week. You can do it regardless of your eating preferences. Whether you're vegan, vegetarian, keto, etc. you can still incorporate fasting into your daily routine to reap the amazing benefits that go way beyond fat burning.

Although not common in the US today, fasting has been practiced by societies around the world for thousands of years. If you stay committed to your schedule, continue to tighten your feeding window, and be patient with yourself, we believe that you will exceed any of the results you're looking for.

Lesson 4

1. Fasting is about _____.

2. To burn body fat, you must reduce _____.

3. To keep it off, you must improve _____ _____.

4. Although not common in the US today, fasting has been practiced by societies around the world for _____ of years.

Week 4 Toolkit

Scripture Reflection for the Week.

Proverbs 14:25 (NIV)
"A truthful witness saves lives..."

Weekly Fasting Goal (Underline One):

16 hrs fasting / 8 hrs eating
18 hrs fasting / 6 hrs eating
20 hrs fasting / 4 hrs eating
23 hrs fasting / 1 hr eating

Weekly Non-Fasting Goals:

1. _____
2. _____
3. _____

Day 22

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 23

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 24

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Day 25

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 26

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 27

Today I am Thankful for _____.

Notes:

Today I felt:

- Awful
- Not Bad
- Good
- Great

Day 28

Today I am Thankful for _____.

Notes:

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Today I felt:

Awful
Not Bad
Good
Great

Thank You!

Research Credit (The Doctors):

Dr. Jason Fung, M.D.

Dr. Eric Berg, M.D.

Dr. Robert Lustig, M.D.