

LIFE IN THE FASTING LANE

How to Make Intermittent Fasting a Lifestyle—and
Reap the Benefits of Weight Loss and Better Health

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FASTING GLOSSARY

5:2 DIET: Eating five days a week and fasting the remaining two days.

16/8: Sixteen hours of fasting with an eight-hour eating window.

20/4: Twenty hours of fasting with a four-hour eating window.

24: Fasting for twenty-four hours.

ACETIC ACID: The main component of vinegar, outside of water. It gives vinegar its pungent smell and sour taste. Vinegar can be used to suppress appetite and slow the digestion of starchy and refined carbohydrates, which lessens the spike of blood sugar as the carbohydrates are digested. Vinegar deactivates an enzyme called amylase, forcing your pancreas to produce the amylase and slowing the digestion in your small intestines.

ALTERNATE-DAY FASTING (ADF): Alternate-day fasting involves fasting one day, eating the next, and repeating the pattern.

AMINO ACIDS: Organic compounds that make up proteins. When broken up during digestion, the liver reassembles the amino acids to make new cellular proteins such as blood cells, bone, muscle, connective tissue, skin, and more.

APOPTOSIS: A form of programmed cell death that occurs in multicellular organisms.

APPLE CIDER VINEGAR (ACV): Apple cider vinegar has a long history as a home remedy, used to treat multiple ailments. It is thought to help regulate blood sugar and improve your digestion.

AUTOPHAGY: This is the body's mechanism of getting rid of all of the broken-down, old cell machinery (organelles, proteins, and

cell membranes) when there's no longer enough energy to sustain them. It is a regulated, orderly process to degrade and recycle cellular components. It starts to occur after approximately twenty-four hours of fasting.

BLOOD GLUCOSE (BG): Also known as blood sugar, blood glucose is sugar absorbed into cells via insulin to feed all major tissues and the brain. The only major tissue not fed by blood glucose is the liver. Excess blood glucose is stored in the liver and turned into fat.

BONE BROTH: A broth made from simmering the meat bones of animals with vegetables, herbs, and spices for several hours. It provides nutrients during fasting.

BULLETPROOF COFFEE (BPC): Coffee mixed with butter and MCT oil. Intended to add additional fats to coffee for nourishment.

CALORIES IN, CALORIES OUT (CICO): The commonly held belief that "calories in" minus "calories out" equals the amount of fat stored or fat lost (deficit).

CHIA SEEDS: Good source of additional fiber that cannot be broken down into refined sugar; ingesting it also helps a person feel fuller longer.

DRY FASTING: Going without food or drink for an extended period. This type of fast combines fasting with light dehydration and is not recommended.

ELECTROLYTES: Certain minerals in the bloodstream that include sodium, chloride, potassium, calcium, magnesium, and phosphorus. During fasting, your electrolyte levels may become low.

ERYTHRITOL: Made from fermented corn or cornstarch, erythritol is a sugar alcohol that occurs naturally in small quantities in fruits and fungi like grapes, melons, and mushrooms. It is only partially absorbed and digested by the intestinal tract, which

can cause gastrointestinal discomfort in some people. It is known as a low-carb approved sugar substitute.

EXTENDED FASTING (EF): Extended fasting consists of fasts longer than seventy-two hours (three days).

FAT ADAPTED: When your body shifts into burning fat for energy instead of glucose.

FEASTING: The opposite of fasting; days when you eat food.

GHRELIN: The hunger hormone that turns on appetite.

GLUCOSE TOLERANCE TEST (GTT): Identifies how someone's body handles glucose (sugar) after a meal. The test is an oral test conducted after at least eight hours of fasting.

GLYCOGENESIS: The creation of glycogen in the liver. Insulin is the main stimulus of the creation process.

HANGRY: Hungry to the point of becoming angry.

HC/HWC: Heavy cream/heavy whipping cream.

HIGH-DENSITY LIPOPROTEIN (HDL): Cholesterol level measurement often called the "good cholesterol."

HYPOTHYROIDISM: Decreased metabolism as a result of thyroid hormone deficiency.

INFLAMMATION: A localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection.

INSULIN RESISTANCE: When cells are no longer responsive to insulin and normal amounts of insulin are not able to move glucose into cells, resulting in the buildup of glucose in cells. To compensate, the body has to produce more insulin, leading to a constant high level of insulin, which blocks fat burning. If your fasting blood sugar is 5.7 (103) and your insulin is high, too, over 12 $\mu\text{U/mL}$, you are insulin resistant and on your way to type 2 diabetes. If your blood sugar is 5.7 but your fasting

insulin is under 9 $\mu\text{U/mL}$, you are insulin sensitive and likely in glucose refusal mode from a low-carb diet.

INTERMITTENT FASTING (IF): Time-restricted eating cycled with longer periods of voluntarily not consuming food. IF focuses on *when* you eat, not *what* you eat.

KETO/KETOGENIC: Eating a diet consisting of 75 percent fat, 20 percent protein, and 5 percent carbohydrates, resulting in the body entering a state of ketosis. A ketogenic diet is a very-low-carb diet and may contain 20 grams of carbohydrates or less. A person's body switches its fuel supply to burning fat. Insulin levels drop significantly and fat burning increases dramatically.

KETONE: An alternative fuel source produced in the liver when the body is burning fat. Ketones fuel the brain when glucose is low and are produced when low amounts of carbohydrates, moderate amounts of protein, and high amounts of fats are eaten.

KETOSIS: A metabolic state entered when the body produces ketones.

LEPTIN: The hormone that travels to the brain to signal we are full. Upon reaching the brain, leptin decreases appetite, stopping eating and lowering insulin.

LOW CARB HIGH FAT (LCHF): A low-carb, high-fat diet.

MACRONUTRIENT (MACROS): Proteins, fats, and carbohydrates, the three components of human diets.

MCT OIL: The medium-chain triglycerides of coconut oil and palm kernel oil extracted from their original state of fat.

METABOLIC SYNDROME: Insulin resistance, also called prediabetes, resulting in a cluster of co-occurring symptoms, including increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

METFORMIN: Blood-sugar-lowering medication commonly used in type 2 diabetes management.

MONK FRUIT SWEETENER: A relatively new sugar substitute derived from a round, green fruit grown in Southeast Asia. It has noncaloric compounds called mogrosides that provide its intense sweetness. It is considered an LCHF-approved sugar substitute.

NET CARBS: Total carbohydrates minus grams of fiber and sugar alcohols.

NON-SCALE VICTORY (NSV): A weight-loss success that is not a number on a scale (e.g., a smaller clothing size or being able to run one mile).

ONE MEAL A DAY (OMAD): Fasting where a person eats only one meal a day.

PERIODIC FASTING: Another name for intermittent fasting.

POLYCYSTIC OVARY SYNDROME (PCOS): PCOS is the most common reproductive disorder in the world and is a hormonal disorder causing enlarged ovaries with small cysts on the outer edges. It affects an estimated 8 to 20 percent of women of reproductive age.

STANDARD AMERICAN DIET (SAD): Based on the food pyramid and several studies conducted in the 1970s and early 1980s, the diet references how most Americans eat. It recommends a minimum of three meals a day, with most calories and elements being refined carbohydrates. The SAD has led to epidemic levels of obesity, hypertension, heart disease, and diabetes.

STEVIA: A low-calorie sweetener made from the leaves of the stevia plant. In the United States, the active sweet compounds are extracted and processed into liquid or powder.

STRICT KETO: Following a ketogenic diet fully to include the elimination of sugar, grains, starchy vegetables, and processed foods while keeping daily carbohydrates at or under 20 grams and eating natural protein sources.

TIME-RESTRICTED FEEDING: Intentionally cycling between eating and fasting states, focusing on when a person eats, not what they eat. This is also called intermittent fasting.

TOTAL DAILY ENERGY EXPENDITURE (TDEE): Total number of calories expended every day.

TYPE 2 DIABETES: A condition in which insulin levels are high and the body has become insulin resistant. Blood sugar is elevated and doesn't allow insulin to do its job. It differs from type 1 diabetes in that the body can still create insulin.

WATER FAST: A fasting cycle supported by water only.

WAY OF EATING (WOE): Describes what, when, and how someone consumes food.