

WELLNESS JOURNEY: INTERMITTENT FASTING

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CONTINUING OUR WELLNESS JOURNEY

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We are continuing our annual wellness journey to learn about healthy ways to make positive change. One topic which we are asked about regularly is Intermittent Fasting.

We will get into some definitions, pros, cons and where to start during our time together today!

Today we will set goals for positive change and learn from Chef Olive how to make a healthy Curry of Cod we can make in advance!

WELLNESS JOURNEY: INTERMITTENT FASTING

EXPLORING OUR BODY'S NEEDS; WHAT WORKS WELL FOR ME

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Are you making
proactive
decisions to be
well?

Continuing
our plan
for 2022!

We will look at areas you can make small
changes to make a positive impact on your life

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WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting
and everything in between (Currently both Virtual and In-Person)

Bringing people together through
Cooking, Good Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible
COOK using healthy cooking techniques
EAT a variety of wholesome foods including herbs and spices
SHARE and enjoy meals with friends and family
AWARENESS of allergies and sensitivities

We're all good 😊

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OBJECTIVES FOR TODAY

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- What is Intermittent Fasting (IMF)?
- What are the potential benefits?
- Myths around food, nutrition, and a 'healthy' diet
- How would I start, or try, IMF?

2022 includes
wellness talks, demos,
cooking classes and
individual
consultations for a
better you!

IMF is a potential area of health and food education. Let's learn more toward our goal of wellness, disease prevention, and ultimately how to make positive lifelong changes utilizing fun, bite-sized, interactive sessions.

Let's chat
1:1 June
7-8 or in
September

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Is IMF JUST THE NEXT DIET CRAZE?

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Is Intermittent Fasting (IMF) another passing theory?

- Since about the 1970's we've had new 'diets' hit the stage
- IMF is a throw back in time, not something new
- We've changed up our eating all the way around:
 - Highly processed and premade foods
 - Higher sugars and less HEALTHY fats
 - Mealtimes are a bit random
 - Even the settings for our meals – our computer or phone as a guest at our table
- This is a traditional aspect of eating and can be beneficial to some

Before we go Intermittent Fasting is timed eating
... it is NOT Starving!

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- **Fasting** is a time-based restrictive eating. Other standard 'diet' approaches fall into either calorie or food restrictive plans.
- **Intermittent fasting** is a technique to flip the metabolic switch by simply eating less frequently, but not less.

It's not right for everyone, learn why

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IMF - A METHOD OF TRADITIONAL EATING

- Hunters and gathers didn't have food available all day long, much less everyday
- Farmers would head out early and come in for a big midday or late afternoon meal
- We walked for hours a day exposed to the sunlight (exercise and vitamin D)
- At a point in history, eating three meals became the luxury of the rich, however it didn't always benefit them
- Now we eat differently, eat different foods and have a host of complications of modern world stress, inflammation, hormone imbalances, etc. that complicate our tolerance for change

My dad shared many stories about his life and meals on the farm as a child. We can learn a lot from family stories.

Fasting is not for everyone and is not a magic solution

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WHAT ARE THE POTENTIAL BENEFITS?

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IMF looks at changes in timing, not abstaining from food and water

- When you intentionally limit your eating window and eat nutrient-dense foods, you give your body time to digest, repair cells, recycle damaged cells, create beneficial hormone levels and avoid energy-stealing blood sugar crashes.
- It can be beneficial to your health and cost effective, though this is not right for everyone.
- It is not a magic solution to overcome health concerns nor make poor eating habits acceptable. It's important to eat well during the restricted window.

... farmers didn't eat donuts and head out to the field.

When we say eat the rainbow... we were not talking about rainbow sprinkles! 😊



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TOP 5 POTENTIAL BENEFITS

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1. Break poor snacking habits
2. Help balance insulin and blood sugar
3. Help to heal the gut by giving your liver a break!
4. Healthy weight management
5. Reducing inflammation

Let's investigate
inflammation a bit
more

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REDUCING INFLAMMATION IS A CONTINUING THEME

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- Detoxify and Restore Energy
 - Reduce stored toxins
- Reduce Brain Fog
 - This describes the cognitive impairment that can result from inflammation
- Decrease Chronic Inflammation
 - Less focus on digestion, can reduce the inflammatory response and rest and restore
- Slowing Tumor Growth
 - May help to prevent or slow cancerous and non-cancerous tumors

Cancer is on the increase globally. There is a connection between increased inflammation and cancer. We can focus on living healthier lives to help reduce our chances of the onset and development of chronic conditions, including cancer

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WHY DON'T WE ALL RUN OUT AND START IMF?

This is one more example of why we believe there is not one right way of eating for everyone
(notice I didn't say 'diet'... I'm not a fan of that word)

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WHAT ARE THE WATCHOUTS OR LIMITATIONS?

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Extreme Hunger

- You may be hungry, though if it's extreme, EAT!
- May need to adjust hydration or macronutrient consumption

Fatigue / Brain Fog

- *Mild* fatigue and brain fog as your body switches from burning carbs to burning fat is normal
- Start gradually, try to reduce high sugar consumption in advance and avoid extreme exercise

Nutrient Deficiencies

- If you are not metabolizing well, anemic or have other conditions that leave you weak or malnourished, fasting is not right for you currently

Overeating

- Some may inadvertently start overeating during the eating window

Headaches

- Headaches may be a sign of dehydration, inadequate sleep, lacking supplements or hormonal imbalance

Hormone Imbalance

- Fasting may intensify hormone imbalances, especially in women
- Especially true when stressed or have known imbalances, including cortisol

Assess if fasting the
right option for you?

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HOW WOULD I START, OR TRY, IMF?

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Assess your overall health and ability to safely fast

- Review the physical watchouts on the prior page
- Assess if you have the mental and emotional energy to take on something new
- IMF will present as a stressor initially and we must have the capacity to handle it
- If you have medical conditions or are at risk, consult your medical professional

Common IMF Options – changed the time of your eating, not the volume

- 12-Hour (12 hours fasting and a 12-hour eating window)
- 16/8 Method (16 hours fasting and an 8-hour eating window)
- There are other options that provide for specific days for calorie restriction. This is another step. Let's start with just changing the timing

Start slowly or make other healthy choices ... fasting is certainly
not the only option to move toward a healthier lifestyle

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PLAN YOUR FAST

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- Eliminate poor eating habits including excessive sugars
- Hydrate – a good average is half your weight in ounces; you'll need more than usual
- Consider times/dates of intense workouts or stressful events and avoid them
- Determine your start and end time for your eating window – consider how you feel in the morning, family meals, workouts and other considerations
- Discuss your fasting schedule with others that will be impacted by your schedule
- Consider your need for supplementation, i.e., multi-vitamin, D3, omega-3, minerals
- Consider starting more gradually with the inclusion of broths during your fasting hours
- If you are taking daily medications, consult your doctor before starting any type of fast

Start by keeping meals fairly similar,
just changing the time

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PREPARING FOR & BREAKING YOUR FAST

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- Nutrient-dense foods will help sustain blood sugar levels
- After your fast, you will need the same, nutrient-dense foods
- Timing will differ for everyone, though nutrient choices are similar
- Avoiding sugar and processed carbs is important for your success
- What do we need from this meal and why?

Cod or Curry would
be a perfect meal
during fasting!
Let's prepare it now
with Chef Olive!



Protein: Long-lasting
energy to support your
body



Healthy Fats: Feed your
brain to help us to both
feel ready to work and
relaxed to sleep



Carbohydrates & Phytonutrients:
They help digest Fats & Proteins
and well as provide needed macro
and micronutrients

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We hope we have cleared up questions about health & nutrition and sparked curiosity to engage in future sessions about controlling lifestyle risk factors as we go through the year.

Let's establish some goals!

DEFINE YOUR COMMITMENT TO LONG-TERM IMPROVEMENT

Are you willing to prioritize your long-term health goals?

- If not now, when?

Are you listening to your body (and your health outcomes)

- What is driving your eating choices? Does it benefit you?
- How is your sleep, energy, mood, or health stats?
- Have a followed up with you doctor and scheduled your annual screenings?

Are you providing your body with the food and care it deserves?

WHAT STEPS WILL YOU TAKE TODAY?

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Start thinking about your goals today!

- 2 goals for reducing lifestyle risk factors
- 2 goals for adapting to daily schedules, i.e., return-to-office

Create
SMART
goals!

We will continue to provide support and education:

- Nutrition and Lifestyle Discussions + Demos for Disease Prevention
- Return of the Summer Cooking Series!
 - Including quick and healthy meal prep and recipes with nutrition tips as well!
- Individual Nutrition Consultations
 - A limited number of sessions available to address your nutrition questions

What is your first goal?

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WRAP UP / QUESTIONS?

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About Lisa Michelle Miller, BS, NC

- Ocean View Nutrition – Consulting & Coaching

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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas - @drinkRebout

Link to today's presentation, demo info and more
<http://www.kitchenonfire.com/lifestyle-for-disease-prevention>

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