

# 4 Steps to Successful Intermittent Fasting *for anyone*

# *What is Intermittent Fasting (I.F.)?*

I.F. represents an approach to eating—or not eating—during a certain window of time throughout the day.

It's this on and off cycle of intermittent fasting that helps the body take a break and repair but also gives the body a chance to acquire the right amount of nutrients we need to support optimal health.

Most of us hardly go 8 hours overnight without food. I'm hear to tell you that we should regularly experience a break from food for 12-18 hours in a day— sometimes more, depending on the person.

Just doing that is essentially intermittent fasting.

# *The Ancestral Health Perspective*

Fasting is one of the oldest, most natural practices and remedies in history. Some even call it "The most powerful wellness strategy known to mankind".

We've been trained to believe that a healthy diet includes 3 meals a day, snacks in between, and regimented meal times. But, historically, humans cycled between unpredictable feasts and food deprivation.

Our genes, our human bodies, were designed to thrive during manageable scarcity...not abundance.

If we give our body what it expects, we can prevent, even reverse conditions like obesity, metabolic syndrome, and chronic illness.

# *Fat for Energy*

If you are eating most hours of the day, your body is busy almost all day long processing food. Over time, you'll gain weight because while you're processing food, you can't possibly burn body fat. You store any excess carbohydrates as fat, too.

Body fat is energy that's been stored away for later use. If you don't eat, your body will simply “eat” its own fat for energy. There's also a surplus of energy because you're not wasting resources on constant digestion.

By stretching that time frame between dinner and breakfast, you'll improve fat-burning, reduce overall inflammation and disease risk in your body, and you'll have noticeably more energy, right away!

# *So Many Benefits!*

Intermittent Fasting boosts all sorts of adaptive processes in the body that make us feel amazing, age more gracefully, and become more resilient.

Your morning fast will help boost energetic hormones so you feel great and build strong bones and muscles. It also helps you grow new brain cells and protect your brain from advanced aging.

Most importantly, fasting helps trigger a process called "autophagy". That's like a recycling program to remove junky cells in your body and recycle them into nutrients and energy for healthier new cells.

Fasting helps improve lifespan, healthspan, body composition, and so much more.

# 4 Steps to Successful I.F.

Now that you've learned the basic reasoning behind Intermittent Fasting, you're ready to try my proven 4-Step system for successfully implementing I.F. into your life.

The following pages provide you with an overview of the 4 steps, and I'm emailing you free coaching videos to walk you through all of these steps!

Ready?

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*After going through the first two steps, I am eating way less carbs and sugar, and I feel great! I'm not hungry, don't crave sugary foods, and have more energy. The method Marisa has explained is so easy, I don't even realize I'm fasting. A huge thank you to Marisa for this simple method of intermittent fasting.*

*-Shar*

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# Marisa's 4-Steps to I.F.

## Step 1:

21 Days Reduced Carbohydrate Intake, under 150 grams/day

## Step 2:

Try Fasting 12 hours (overnight)

## Step 3:

Do you feel good?

If not, you may need to stick with 12 hour fasts

## Step 4:

If you felt good, gradually aim for 14-18 hour fasts

# Step 1: 21 Day Reduced Carb Intake

This step is one of the main differentiators between my fasting technique and all the others. It is absolutely worth the effort and will pay off in more ways than you can count.

Most Americans eat over 150-300 grams of carbs a day. This leaves you burning energy quickly, aging faster, and always hungry.

Intermittent fasts come EASY when you eat under 150 grams of carbohydrates per day.

It takes approximately 21 days of reduced carb intake to train your metabolism to become a fat burner (instead of a "sugar burner").



# Step 1: 21 Day Reduced Carb Intake

This 21-day carb-moderation phase is ESSENTIAL to help you achieve a successful, healthy intermittent fasting lifestyle.

I created this step to ensure you experience intermittent fasting in the easiest, safest, and most pleasurable way possible. This means less setbacks and better results.

You don't have to be "low carb". Just start reducing your breads, sweetened drinks, and any flour-based foods or desserts. You can easily get under 150 grams of carbs and still enjoy many of your favorite foods.

*Check your email because I'm sending you free video lessons that explain more about each step!*

# Step 2: Overnight Fast for 12 hours

12 hours is a good baseline that most adults should strive for. You can start aiming for 12 hours right away. You don't have to wait to go 21 days with reduced carbs. It just becomes easier then.

A 12 hour "fast" means that you aim for 12 hours, without food, between your last bite before bed and your first bite (or carbs/protein) in the morning.

Coffee & Tea are approved during the fast. Drink black, or Bulletproof Coffee<sup>®</sup>, or blend coffee with coconut oil. Sweeten only with stevia.

*Be sure to open tomorrow's email. My companion videos will help answer many of your questions. (I'm emailing you from [marisa@marisamoon.com](mailto:marisa@marisamoon.com))*

## Step 3: Do You Feel Good?

Fasting should make you feel good, mentally and physically. As long as you don't push yourself too long, too quickly, your fast should leave you with clear thinking, and great energy.

Don't consider hunger waves when determining how you feel. Hunger waves are expected the first few times you change up your meal time. Your body will cue hunger signals around your usual breakfast time. Those signals always pass quickly!

Every adult should strive for at least 12 hours every day, but more than 12 hours is not for everyone.

*Your diet needs to be approved by your doctor if you take diabetes medication, insulin, or blood sugar lowering drugs. You should stop fasting and consult your doctor if you experience unusual symptoms or discomfort.*

# Step 4: Gradually Aim for 14-18 hrs

Did the 12 hour fast feel good to you? If that feels like your limit, just stay at 12 hours for a few weeks or months before trying to go longer.

Find your sweet spot, between 14-18 hours overnight is ideal for many adults.

Men typically thrive on 16-18 hour fasts. Many middle-aged women thrive here, too. Figure out what feels awesome to you (variation is a good thing). Start slow and gradually work your way up.

Fasting is a type of stressor, like exercise. Leaning on and off of your fasting routine is a key to successful intermittent fasting that's intuitive and beneficial.

# Intermittent Fasting Freedom

*Be sure to check your email each day so you can watch my free video lessons for each step!*

*Looking for more guidance and clarity?*

*I've put these steps into an in-depth online course so that, in 35 days, you will cruise through this transition with interactive videos, slideshows, food lists, and journaling exercises.*

*You'll be proud of who you see in the mirror, feel younger, stay younger, and feel confident that you're doing what's best for your health.*

*Discover how to free yourself from dieting that sucks and enjoy the most flexible fasting lifestyle, ever. I'll guide you!*

[\*Click here to join me inside the course\*](#)