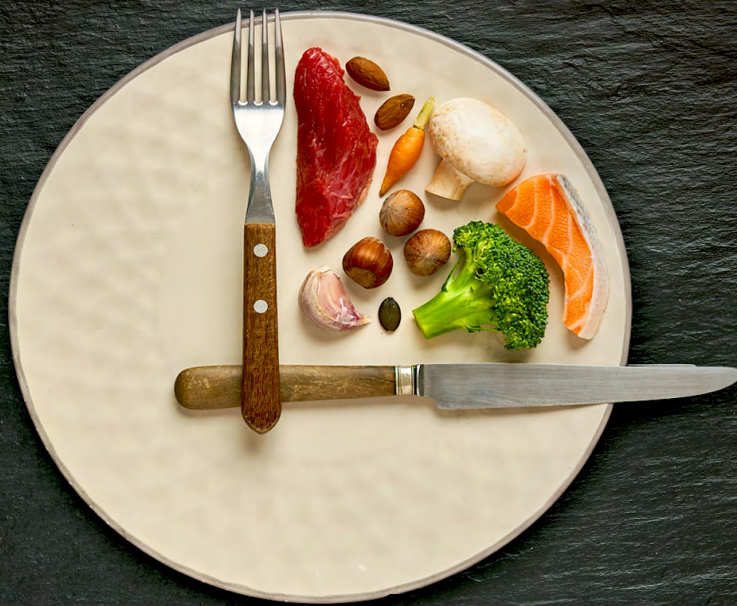


INTERMITTENT FASTING

for

KETO DIETERS 101



How to Make Your Custom Keto Diet Even More
Powerful by Upgrading Your Eating Schedule

RACHEL ROBERTS

CUSTOMKETODIET

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Email: support@customketodiet.com

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WELCOME!

Hey, it's Rachel here, and welcome to this free bonus report on intermittent fasting.

I'm excited that you're reading this report because the information you're about to discover can supercharge the effectiveness of your Custom Keto Diet.

You're about to learn what intermittent fasting is. Why it's so powerful for fat loss, especially if you combine it with keto. And how you can implement it into your Custom Keto Diet.

Now, if intermittent fasting is so powerful, you may wonder why it wasn't directly included in your Custom Keto meal plan when you received it. And the reason is that intermittent fasting is optional.

You don't have to implement any of the following information if you don't want to. You can get fantastic results without intermittent fasting just by following your Custom Keto Diet.

However, if you want to optimize your results further, intermittent fasting can offer a solution. It *will* require you to make some changes to your lifestyle — changes that may be uncomfortable at first. But it'll be worth it.

Sounds good? Great! Then let's get started with answering the most fundamental question first:

WHAT IS INTERMITTENT FASTING?

Intermittent fasting is an eating style where you cycle between periods of fasting and eating. This eating style doesn't specify *which* foods you should eat but instead when you should eat them.

While there are various forms of intermittent fasting, the 16:8 method is the most popular one. On it, you fast for sixteen hours per day and consume your foods in a daily eight-hour "feeding window."

During your fast, you abstain from all caloric foods. (You can and should, however, drink calorie-free drinks to stay hydrated. Examples are water, coffee, and diet sodas.)

During your feeding window, you consume the meals you would otherwise also consume. So, you don't miss a meal. You just eat them in a shorter timeframe.

Here's what the 16:8 method can look like:

THE 16/8 METHOD							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Midnight							
4 AM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
8 AM							
12 PM	First meal	First meal	First meal	First meal	First meal	First meal	First meal
4 PM	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm
8 PM							
Midnight	FAST	FAST	FAST	FAST	FAST	FAST	FAST

Aside from the 16:8 method, there are other intermittent fasting styles, such as Eat-Stop-Eat and the 5:2 diet. These do, however, have severe limitations, as we'll discuss in a minute. But first, let's talk about...

THE SIX WAYS IN WHICH INTERMITTENT FASTING HELPS YOU LOSE MORE FAT ON THE KETO DIET

Here they are:

- **Intermittent fasting boosts metabolism by 3.6% to 14%.** In other words, if you fast intermittently, it'll be easier to get and stay in a calorie deficit, which means you'll burn more fat and be more successful at keeping the lost pounds off.(1)(2)
- **Intermittent fasting increases norepinephrine (noradrenaline) levels.** This helps you get lean because norepinephrine helps to mobilize fatty acids from fat cells. That's crucial because body fat can't be burned off without such mobilization.(3)
- **Intermittent fasting reduces hunger.** Most diets fail because they leave you feeling hungry. But because you eat all your foods in a shorter feeding window during intermittent fasting, you'll experience fewer cravings, which boosts diet adherence.
- **Intermittent fasting lowers total calorie intake.** That's because this eating style reduces hunger. Research shows, for instance, that skipping breakfast, which is a form of intermittent fasting, reduces daily energy intake by up to 400 calories. That equals up to 0.8 pounds of pure body fat each week in terms of energy!(4)(5)(6)(7)
- **Intermittent fasting helps you preserve muscle while you get leaner.** A study published in the journal *Obesity Reviews* found that people who practice intermittent fasting lost the same amount of weight and fat as those who followed a standard method of continuous calorie restriction... but they lost less muscle!(8)

- **Intermittent fasting can increase human growth hormone (HGH) by as much as five-fold.** That’s amazing because HGH boosts fat-burning while helping you maintain your muscles when you’re dieting.[\(9\)](#)

In other words, intermittent fasting turns you into a “fat burning machine.” Plus, it helps you preserve muscle while the number on your scale is going down.

The latter is not only great for your sex appeal, but it also keeps your metabolism high. That’s because muscle is highly metabolically active. The more you have of it, the more calories you burn every day.

As a result, maintaining your muscles helps you get that slim and alluring figure you’re after. Plus, it helps you keep the lost pounds off. That means you’ll not only look good in the “after” picture, but also in the “after-the-after” one.

Exciting, right? But that’s not all! In addition to the benefits intermittent fasting has on your figure, it’s also one of the best things you can do for your health, especially if you combine this eating style with a keto diet. That’s because...

INTERMITTENT FASTING OFFERS NUMEROUS HEALTH BENEFITS

Research shows that intermittent fasting:

- **reduces inflammation and oxidative stress.** This may lower your risk of all sorts of chronic diseases, like heart disease and cancer.[\(10\)](#)[\(11\)](#)
- **may slow down aging.** Studies with rats found that alternate-day fasting increased life span, on average, by 83% compared to having continuous access to food.[\(12\)](#)
- And Walter Breuning, who was the world's oldest man when he died aged 114, fasted for sixteen hours every day and attributed much of his longevity to eating that way.
- **benefits brain health.** That's because fasting raises levels of BDNF, a protein that is crucial for the growth and maintenance of brain cells.[\(13\)](#)
- **improves heart health.** Eating your food in a smaller feeding window can decrease blood triglycerides, body fat percentage, and levels of the "bad" LDL cholesterol. All these improvements lower your risk of heart disease.[\(14\)](#)[\(15\)](#)[\(16\)](#)
- **improves insulin sensitivity.** This promotes blood sugar control and lowers your risk of type 2 diabetes, the sixth deadliest disease in the world.[\(17\)](#)[\(18\)](#)

Impressive, don't you agree? Especially when you combine these benefits with the life-changing benefits of the keto diet. Then, you truly can slap a big S on your chest because you'll be unstoppable!

HERE'S WHY THE COMBO OF KETO DIETING AND INTERMITTENT FASTING IS SO POWERFUL FOR FAT LOSS

The reason the keto diet is so fantastic for fat loss is that you get in ketosis, a metabolic state that turns you into a fat-burning machine. You can thank the very low carb intake for that.

But did you know that intermittent fasting can also get you into ketosis and deepen your state of it? It's true. The reason is that when you're fasting, your body burns off stored glycogen.

As a result, intermittent fasting can get you into ketosis even if you don't follow a keto diet. That's why the blood ketone levels of most people start to increase after fasting for about twelve to sixteen hours.

Now, if you don't combine a short fast with a keto diet, you'll only reach a very mild state of ketosis. That's because to reap a deep state of ketosis, you'll also have to follow a very-low-carb diet.

However, if you do follow a keto diet, you'll notice that you'll reach a deeper state of ketosis during your fast. That helps you burn more fat and get lean quicker. And that's why combining intermittent fasting with the keto diet is so powerful for fat loss.

THAT SAID, INTERMITTENT FASTING IS NOT FOR EVERYONE!

Generally speaking, intermittent fasting is very safe. That's because we didn't have access to food all day long throughout evolution. As a result, humans developed metabolic pathways to cope with cycles of food shortage and abundance.⁽¹⁹⁾

In fact, since our ancestors were exposed to such patterns, you could argue a “feast and famine” eating style is more natural than nibbling on small, frequent meals throughout the day.

That said, intermittent fasting is not for everyone. An example scenario in which such an eating style is not recommended is if you're pregnant. There simply is no research on how intermittent fasting impacts pregnancy.

While fasting may be okay in such a scenario, it may also hurt the health of the baby. We don't know yet. So, don't take any risk here, but instead, ask your doctor or health practitioner about the best way to eat in your situation.

Also, intermittent fasting is not ideal if you're underweight. That's because such an eating style makes it almost certain you'll lose weight, which would be harmful in this case.

Other than those two scenarios, intermittent fasting is generally a safe and healthy practice. So, without much further ado, let's look at how you can get started with intermittent fasting.

HERE'S HOW TO IMPLEMENT INTERMITTENT FASTING INTO YOUR CUSTOM KETO DIET

There are many ways in which you can approach intermittent fasting. Examples are by fasting for 24-hours once or twice per week or by only eating one meal per day.

I recommend, however, that you follow the 16:8 method. That means you fast for sixteen hours per day and eat your food in an eight-hour feeding window. Such an approach is best for two reasons.

First, fasting for longer than sixteen hours puts you at risk of muscle loss. That's why it's not recommended to eat only once per day or follow Eat-Stop-Eat. (The latter method has you fast for twenty-four hours once or twice per week.)

Second, many intermittent fasting diets promote an irregular eating pattern. They have you, for instance, fast on Monday, Wednesday, and Friday but maintain a regular eating pattern for the other days of the week.

That's suboptimal because changing your meal times frequently impairs heart health, reduces insulin sensitivity and metabolism, and increases hunger.⁽²⁰⁾⁽²¹⁾⁽²²⁾⁽²³⁾⁽²⁴⁾

Your body likes to have consistency. Just like your sleep will be better if you go to bed at the same time each day, so will your health if you maintain a consistent eating schedule.

Also, because irregular meal patterns can increase hunger, some intermittent fasting methods can make it harder to stay in a calorie deficit and lose weight.

If you follow the 16:8 method, however, you reap all the health and fat loss benefits of fasting without risking muscle loss and without suffering the adverse effects of an irregular eating pattern.

That's why I recommend that you implement the 16:8 method into your keto diet.

SO, LET'S LOOK AT HOW YOU CAN USE THE 16:8 METHOD ON YOUR CUSTOM KETO DIET?

It's simple. You just eat the same meals as you otherwise would except for one small change — you eat those foods within an eight-hour period.

So, instead of having your first meal of the day at let's say 9 am, you may eat it around noon. And instead of having your last meal before bedtime, you may decide to stop eating at 8 pm. That way, your feeding window would be eight hours.

It's up to you how you set up your timeframes. You could, for instance, have your feeding window span the morning and early afternoon. Or you could have it span the afternoon and early evening. Or something else.

All set-ups can be okay. But generally speaking, it's best to eat in the afternoon and early evening; for example, from 12 pm to 8 pm. The reason is that such a set-up is easiest to adhere to.

Why's that? It's because appetite tends to peak at around 8 pm, as found by research published in the journal *Obesity*. Therefore, it's hard to adhere to intermittent fasting if you don't eat in the evening.⁽²⁵⁾

If you attempted, let's say, an eight-hour feeding window that spans from 9 am to 5 pm, it's almost certain you'll suffer food cravings in the evening. As a result, these cravings may cause you to overeat and hurt your progress.

On the other hand, it's much easier to skip breakfast because we tend to be less hungry at that time. That's why abstaining from food is easier in the morning than it is in the evening.

What's more, having food in the evening also simplifies your social life. That's because evening meals are usually enjoyed with friends, family, or colleagues.

HERE'S WHAT YOU CAN CONSUME DURING YOUR FAST

Basically, as long as you keep your energy intake below twenty calories during your fast, you'll be good to go. That small number of calories won't break your fast and won't decrease the results you get.

This means you can consume drinks and foods like:

- Water
- Coffee
- Tea
- Lemon water (in limited amounts)
- Apple cider vinegar (in limited amounts)
- Zero and low-calorie diet sodas (in limited amounts)
- Sugar-free chewing gum (in limited amounts)

Often, people tell you're only allowed to have water during your fast. They claim you'll miss out on the benefits of fasting if you consume drinks like coffee and tea or chewing sugar-free chewing gum. But that's not true! It does not reduce the benefits you'll get.

In fact, consuming up to twenty calories in total such as in the form of tea, lemon water, or chewing gum actually *benefits* your fast. That's because that small number of calories makes it easier to maintain your fast. As a result, it'll be less demanding to fast daily.

Tea, for instance, has about two calories per cup. But drinking tea can reduce hunger and help you stave off cravings during your fast. One of the reasons is that tea contains caffeine, a natural appetite suppressant. [\(26\)](#)

The same applies to sugar-free chewing gum. It has about two to five calories per piece. But research shows that chewing gum can suppress appetite, especially for sweets and snacks.[\(27\)](#)

That's why it's fine to have a piece or two during your fast, as long as you ensure that you don't overreach the energy target of twenty calories.

You should, however, avoid drinks like alcohol, sugary soda, fruit juice, milk, kombucha, almond milk, Bulletproof coffee, bone broth, and so forth. Those score higher in calories and thus can break your fast.

But when it comes to (near) calorie-free drinks, it's totally fine to consume those. In fact...

YOUR HYDRATIONAL NEEDS *INCREASE* DURING A FAST

That's why it's especially important to consume enough fluids like water, tea, and, coffee while you're fasting. Here are the two reasons your hydrational needs increase during a fast:

- Fasting lowers insulin levels. This leads your kidneys to excrete excess sodium, resulting in the release of water from your body. [\(28\)](#)[\(29\)](#)
- The water found in food accounts for about 20 to 30% of your total daily water intake, an amount you won't get during your fast. [\(30\)](#)[\(31\)](#)

Because of those two reasons, I recommended that you increase your water intake by 50% during your fast compared to what you would otherwise drink. You can get that amount through plain water. Or, you could get it through other low-calorie or calorie-free drinks like coffee, tea, or diet sodas.

“BUT AREN’T DIET SODAS BAD FOR HEALTH? AND WON’T DIET SODAS BREAK A FAST?”

These are common questions I get when I tell people it’s okay to drink diet soda during their fast. And the answer is as follows: Yes, it’s safe to consume such drinks. And no, they don’t break your fast.

The reason diet sodas don’t break your fast is that they’re devoid of calories. That means they don’t raise insulin or blood sugar levels and thus don’t have an adverse effect.[\(32\)](#)[\(33\)](#)[\(34\)](#)[\(35\)](#)[\(36\)](#)[\(37\)](#)

Also, the only controlled studies that show artificial sweeteners are unhealthy are animal-based. These studies usually use artificial sweetener intakes that are comparable to drinking 1,800 cans of diet soda per day! No sane human would drink such amounts, and thus those studies aren’t valid.

The studies that are of quality, however, all show that zero-calorie sweeteners are safe when consumed within the maximum recommended intakes. That’s why, based on the current scientific literature, it seems fine to drink diet sodas.[\(38\)](#)[\(39\)](#)[\(40\)](#)[\(41\)](#)

The one possible exception may be saccharin. The safety of this zero-calorie sweetener is a bit rockier. While most research indicates saccharin is non-problematic, one study found this sweetener impaired gut health and glucose tolerance.[\(42\)](#)[\(43\)](#)

Therefore, if you want to drink a diet soda, you may want to go for one that doesn’t have saccharin.

It is, of course, up to you whether you want to drink diet sodas during your fast. You don’t have to. But if you have sugar cravings while fasting, such a product can offer a solution.

HERE'S THE BOTTOM LINE

We just covered the nuts and bolts of intermittent fasting. You learned why combining this eating pattern with the keto diet is so powerful for getting and staying lean.

You now also know how to implement intermittent fasting into your keto diet. And I can't wait for you to give this life-changing combination a try.

If you still have questions about intermittent fasting, I answer the most common ones below.

Q: Can I take supplements during my fast?

Yes. But remember that some supplements, especially fat-soluble vitamins, are best absorbed when consumed together with dietary fat.

Q: Will I have to skip particular meals?

No. Consume all the meals outlined in your Custom Keto meal plan. The only adjustment you have to make is to eat those meals in a daily timeframe of eight hours. You don't need to change anything else.

Q: Does intermittent fasting cause muscle loss?

No. When done correctly, intermittent fasting does not cause muscle loss.

In fact, one study found that people who practice intermittent fasting lost the same amount of weight and fat as those who followed a regular calorie-restriction diet, but they lost less muscle!⁽⁸⁾

Q: Do I have to implement intermittent fasting into my keto diet?

You don't *have* to. However, intermittent fasting can boost your results. Thus, if you want to lose fat as quickly as possible and keep the lost pounds off, feel free to give it a try.