

intermittent fasting podcast

The world of health and wellness is constantly evolving, and at the forefront of many popular dietary trends is intermittent fasting. For those seeking to understand this powerful eating pattern, a **intermittent fasting podcast** can be an invaluable resource. These audio programs offer a dynamic and accessible way to absorb complex information, hear from experts, and learn from real-life experiences. Whether you're a complete beginner curious about the basics or a seasoned fasters looking to optimize their approach, a well-produced intermittent fasting podcast can provide the clarity, motivation, and actionable advice you need. This comprehensive guide will delve into the benefits of listening to intermittent fasting podcasts, explore the types of content you can expect, discuss how to choose the right one for your needs, and highlight key topics often covered by these engaging audio platforms.

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Why Listen to an Intermittent Fasting Podcast?

Intermittent fasting podcasts offer a unique blend of accessibility and in-depth information that makes them an exceptional tool for learning about this dietary strategy. Unlike reading articles or watching videos, podcasts can be consumed passively during commutes, workouts, or household chores, seamlessly integrating education into busy schedules. This allows for consistent engagement with the subject matter, fostering a deeper understanding over time. Furthermore, the audio format often brings a more personal and engaging feel, with hosts and guests sharing their insights and experiences in a conversational manner.

The authority and credibility of experts are also a significant draw. Many intermittent fasting podcasts feature interviews with leading researchers, doctors, nutritionists, and successful individuals who have adopted intermittent fasting. This direct access to authoritative voices provides listeners with reliable information, debunking myths and offering evidence-based guidance. The ability to hear complex scientific concepts explained in an understandable way is a major advantage, making advanced topics approachable for a broader audience. Ultimately, a dedicated intermittent fasting podcast serves as a continuous learning companion, offering fresh perspectives and keeping listeners informed about the latest research and practical applications.

Types of Content You'll Find on Intermittent Fasting

Podcasts

The diversity of content available on intermittent fasting podcasts is vast, catering to a wide range of interests and knowledge levels. Listeners can expect a blend of educational segments, personal stories, Q&A sessions, and expert interviews. Many podcasts dedicate episodes to explaining the fundamental principles of different intermittent fasting methods, such as the 16/8 method, the 5:2 diet, or alternate-day fasting. These foundational episodes are crucial for beginners seeking to grasp the core concepts.

Beyond the basics, you'll often find discussions on the physiological mechanisms behind intermittent fasting, including topics like autophagy, ketosis, insulin sensitivity, and metabolic health. These episodes tend to dive deeper into the scientific underpinnings, providing listeners with a robust understanding of how fasting impacts the body. Furthermore, many intermittent fasting podcasts feature guest experts who share their clinical experience or research findings, offering unique insights into specific health conditions or advanced fasting protocols. The inclusion of personal anecdotes from individuals who have successfully implemented intermittent fasting adds a relatable and motivational dimension, showcasing the real-world benefits and challenges.

Exploring Different Fasting Protocols

A common thread throughout many intermittent fasting podcasts is the exploration of various fasting protocols. Hosts and guests will often break down the nuances of popular methods, explaining the recommended eating and fasting windows, and discussing who each protocol might be best suited for. This deep dive allows listeners to compare and contrast different approaches, helping them identify which one aligns best with their lifestyle and health goals.

Debunking Common Myths and Misconceptions

The world of intermittent fasting is rife with misinformation. A good intermittent fasting podcast will often dedicate episodes to systematically debunking common myths and misconceptions. This might include addressing fears about metabolism slowing down, muscle loss, or nutrient deficiencies. By presenting factual information and scientific evidence, these podcasts help listeners make informed decisions and approach intermittent fasting with confidence, free from unnecessary anxieties.

Scientific Research and Clinical Applications

For those interested in the cutting edge of intermittent fasting research, many podcasts feature discussions with scientists and medical professionals. These conversations often delve into the latest studies on topics such as longevity, disease prevention, brain health, and weight management. The ability to hear directly from researchers about their findings and the implications for human health is a significant benefit, offering a glimpse into the future of this eating pattern.

Choosing the Right Intermittent Fasting Podcast for You

With the proliferation of health-related content, selecting the right intermittent fasting podcast can feel overwhelming. Several factors should guide your decision-making process to ensure you find a resource that is informative, engaging, and aligned with your personal journey. Consider the host's background and expertise; are they a qualified health professional, a seasoned researcher, or an experienced practitioner?

Pay attention to the podcast's tone and style. Some prefer a highly scientific, research-driven approach, while others lean towards a more conversational and anecdotal style. Evaluate the frequency of new episodes and the availability of archives. A consistent release schedule ensures a steady stream of new content, while a robust archive allows you to explore past topics. Importantly, look for podcasts that address your specific interests, whether it's weight loss, athletic performance, or managing chronic health conditions through intermittent fasting. Reading reviews and checking out the podcast's website can also provide valuable insights before you commit to listening.

Assessing Host Credibility and Expertise

The credibility of the podcast host and their guests is paramount. Look for hosts who have a background in nutrition, medicine, or physiology. Similarly, if the podcast features interviews, ensure the guests are recognized experts in their respective fields. A podcast that prioritizes evidence-based information and avoids unsubstantiated claims will be a more reliable source of knowledge. Be wary of any intermittent fasting podcast that promises miracle cures or promotes extreme, unregulated approaches.

Considering Your Personal Goals and Interests

Your individual goals and interests should heavily influence your podcast selection. If you're focused on weight loss, seek out intermittent fasting podcasts that frequently discuss weight management strategies, appetite control, and metabolic health. If your aim is to improve athletic performance, look for podcasts that interview athletes or sports nutritionists who utilize intermittent fasting. For those managing specific health concerns, finding a podcast that addresses those conditions in the context of fasting can be incredibly beneficial.

Evaluating Production Quality and Engagement

While content is king, production quality and engagement are also important. A podcast with clear audio, good editing, and an engaging host or co-host can make the listening experience far more enjoyable and effective. Listen to a few episodes of a potential intermittent fasting podcast to gauge its overall flow, pacing, and how well the hosts convey their message. A well-produced podcast will keep you listening and coming back for more.

Key Topics Explored in Intermittent Fasting Podcasts

The breadth of topics covered by intermittent fasting podcasts is impressive, reflecting the multifaceted nature of this eating pattern. Listeners can expect detailed discussions on the physiological benefits of fasting, such as improved insulin sensitivity, enhanced cellular repair processes (autophagy), and potential impacts on longevity. These discussions often delve into the hormonal shifts that occur during fasting periods, including the role of insulin, glucagon, and growth hormone.

Weight management is, naturally, a central theme. Podcasts often explore how intermittent fasting can aid in fat loss by reducing overall calorie intake and improving the body's ability to access stored fat for energy. Beyond weight, many episodes discuss the cognitive benefits, including improved focus, clarity, and potentially the reduced risk of neurodegenerative diseases. The intersection of intermittent fasting with exercise, sleep, and stress management is also frequently examined, providing a holistic view of its impact on overall well-being. Furthermore, practical aspects like managing hunger, navigating social situations, and overcoming common challenges are frequently addressed, making the information highly actionable.

The Science of Autophagy and Cellular Repair

A fascinating and frequently discussed topic on intermittent fasting podcasts is autophagy, the body's natural cellular clean-up process. Experts explain how fasting periods trigger autophagy, allowing cells to remove damaged components and regenerate. This process is linked to numerous health benefits, including improved cellular function, reduced inflammation, and potentially a slower aging process. Understanding autophagy helps listeners appreciate the deeper biological mechanisms at play when they fast.

Intermittent Fasting for Weight Loss and Metabolic Health

For many, intermittent fasting is a gateway to achieving weight loss goals and improving metabolic health. Podcasts dedicated to this aspect often explore how fasting can influence appetite hormones like ghrelin and leptin, leading to reduced cravings and a natural decrease in calorie consumption. Discussions also revolve around improvements in insulin sensitivity, which is a critical factor in preventing and managing conditions like type 2 diabetes. The podcasts offer practical advice on how to integrate fasting into a weight loss plan effectively.

Cognitive Benefits and Brain Health

The impact of intermittent fasting on brain health is another area frequently explored. Listeners can learn about how fasting may promote the production of brain-derived neurotrophic factor (BDNF), a protein that supports the growth, survival, and function of neurons. This can translate to enhanced cognitive functions such as memory, learning, and focus. Some podcasts also delve into research suggesting a potential role for intermittent fasting in reducing the risk of neurological disorders.

Integrating Fasting with Lifestyle Factors

A comprehensive intermittent fasting podcast recognizes that fasting doesn't exist in a vacuum. Episodes often explore how to effectively integrate intermittent fasting with other crucial lifestyle components. This includes discussions on optimizing exercise routines around fasting windows, the impact of sleep quality on fasting success, and strategies for managing stress, which can influence hormonal balance and appetite. The aim is to provide listeners with a well-rounded approach to health that leverages the benefits of fasting.

Maximizing Your Learning from an Intermittent Fasting Podcast

To truly benefit from the wealth of information provided by an intermittent fasting podcast, active engagement is key. Merely listening passively will yield limited results. Consider taking notes during episodes, especially when discussing scientific concepts, practical tips, or specific protocols. This reinforces learning and provides a quick reference for later. Don't hesitate to replay sections that are particularly complex or interesting; sometimes a second or third listen is necessary to fully grasp the nuances.

Engage with the material by reflecting on how the information applies to your own life and health goals. If a podcast suggests a particular fasting window or dietary approach, consider how it might fit into your daily schedule and preferences. Many podcasts also offer community forums or social media groups where listeners can interact, ask questions, and share their experiences. Participating in these communities can offer additional support and perspectives. Finally, consistently applying the learned principles and observing your own body's response will solidify your understanding and lead to greater success.

Taking Notes and Reviewing Key Takeaways

Effective learning from any educational audio content, including an intermittent fasting podcast, involves active recall. This can be achieved by keeping a notebook or digital document handy while listening. Jotting down key terms, scientific explanations, practical tips, and personal insights from the hosts or guests will transform passive listening into an active learning process. Regularly reviewing these notes will help consolidate the information and reinforce your understanding of intermittent fasting principles.

Applying Knowledge to Your Personal Journey

The true value of an intermittent fasting podcast lies in its ability to empower you to make informed decisions about your own health. After listening to an episode discussing a specific fasting protocol or a dietary recommendation, take a moment to consider its applicability to your life. Reflect on your current habits, your goals, and any potential challenges you might face. This conscious effort to connect the podcast's content with your personal circumstances will facilitate more effective and sustainable implementation of intermittent fasting strategies.

Joining Podcast Communities and Engaging in Discussion

Many popular intermittent fasting podcasts foster vibrant online communities, often through dedicated social media groups or forums. These platforms provide an invaluable opportunity to connect with fellow listeners, ask questions, share your own experiences, and gain different perspectives. Engaging in these discussions can deepen your understanding, provide motivation, and offer support when you encounter challenges. It transforms the solitary act of listening into a shared learning experience.

The Evolving Landscape of Intermittent Fasting Audio Resources

The domain of health and wellness podcasts is dynamic, and the intermittent fasting niche is no exception. As research continues to expand and more individuals adopt these eating patterns, the content of intermittent fasting podcasts is constantly evolving. We can anticipate deeper dives into personalized fasting strategies, tailored to genetic predispositions, specific health markers, and individual lifestyle needs. The integration of technology, such as wearable devices and health apps, into discussions about fasting optimization is also likely to become more prominent.

Furthermore, the ethical and societal implications of widespread intermittent fasting practices may become a subject of discussion. As the science matures, podcasts will likely reflect a more nuanced understanding of the benefits and potential risks for diverse populations. The trend towards interdisciplinary approaches, where intermittent fasting is discussed alongside other wellness pillars like mindfulness, sleep science, and exercise physiology, will also continue to shape the content landscape. Staying tuned to emerging intermittent fasting podcasts and established ones as they adapt will ensure listeners remain at the forefront of this evolving field.

Emerging Trends in Intermittent Fasting Research

As scientific inquiry into intermittent fasting progresses, podcasts are quick to bring these developments to their audiences. Listeners can expect to hear about emerging trends in research, such as the potential impact of different fasting durations on gut microbiota, the use of fasting in conjunction with specific medical treatments, or the exploration of fasting's role in mental health beyond cognitive function. These forward-looking discussions provide a glimpse into the future of intermittent fasting science.

Personalized Fasting Approaches and Biohacking

The concept of biohacking and personalized health is gaining traction, and intermittent fasting podcasts are increasingly reflecting this trend. Discussions may revolve around how individuals can use data from wearable devices, blood tests, or subjective feedback to fine-tune their fasting protocols for optimal results. This could include experimenting with different nutrient timing, specific food choices during eating windows, or even optimizing environmental factors to enhance the benefits of fasting.

The Intersection of Fasting with Other Wellness Practices

A growing area of interest is how intermittent fasting interacts with other wellness practices. Podcasts are likely to explore the synergistic effects of combining fasting with mindfulness meditation, optimized sleep hygiene, and strategic exercise. Understanding these interconnections allows listeners to build a more holistic and effective health and wellness strategy, recognizing that fasting is often one piece of a larger puzzle. This integrated approach aims for comprehensive well-being.

Frequently Asked Questions about Intermittent Fasting Podcasts

Q: What is the primary benefit of listening to an intermittent fasting podcast?

A: The primary benefit is gaining accessible, expert-driven information on intermittent fasting in a convenient audio format. Podcasts allow you to learn about the science, practical application, and real-life experiences of intermittent fasting while multitasking.

Q: How do intermittent fasting podcasts help beginners get started?

A: Beginner-friendly podcasts often start with the basics, explaining different fasting methods, common terminology, and what to expect. They debunk myths and offer simple, actionable advice to help new fasters begin safely and effectively.

Q: Can intermittent fasting podcasts provide scientific evidence for their claims?

A: Reputable intermittent fasting podcasts often feature interviews with researchers and medical professionals, cite scientific studies, and discuss the evidence behind fasting protocols. This helps ensure the information provided is accurate and reliable.

Q: What are some common fasting methods discussed on these podcasts?

A: Common methods frequently explored include the 16/8 method (16 hours fasting, 8 hours eating), the 5:2 diet (eating normally five days a week and restricting calories on two non-consecutive days), and alternate-day fasting.

Q: How do intermittent fasting podcasts address potential

challenges or side effects?

A: Many podcasts dedicate episodes to discussing common challenges like hunger, fatigue, and social eating. They often offer practical tips and strategies for overcoming these hurdles and managing potential side effects.

Q: Are there intermittent fasting podcasts for athletes or specific health conditions?

A: Yes, many podcasts cater to niche audiences. You can find content specifically addressing intermittent fasting for athletic performance, weight management, metabolic health, or even its potential role in managing conditions like PCOS or improving longevity.

Q: How often should I listen to intermittent fasting podcasts to see results?

A: Consistency is key. Regularly listening to new episodes, perhaps a few times a week, will help you stay informed and motivated. However, actual results from intermittent fasting depend on consistent practice of the fasting regimen itself, not just listening to podcasts.

Q: Can I ask questions to the hosts or experts on an intermittent fasting podcast?

A: Many podcasts have interactive elements, such as Q&A segments where listeners submit questions, or they may have active online communities (e.g., Facebook groups) where you can engage with hosts and other listeners.

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intermittent fasting podcast: Intermittent Fasting Basics Jade Summers, 2024-12-22 ☐ Transform Your Health with Intermittent Fasting! ☐ Are you ready to unlock a healthier, more vibrant you? Intermittent Fasting Basics is your ultimate guide to embracing a lifestyle that's simple, sustainable, and backed by science. Packed with practical tips, this book will show you how to optimize your energy, health, and productivity through the power of fasting. ☐ What You'll Discover Inside: ☐ Proven fasting methods like 16/8, 5:2, and more. ☐ How to make fasting easy and effective with whole, nutritious foods. ☐ Science-backed benefits: weight loss, improved metabolism, and enhanced brain health. ☐ Tips to navigate hunger, social situations, and cravings. Start your intermittent fasting journey today—because a healthier, happier you is just a fast away! ☐

intermittent fasting podcast: 633 Days Inside: Lessons on Life and Leadership Greg Lindberg, 2022-09-19 In March of 2020, Greg Lindberg was wrongfully convicted and sentenced to 87 months in Federal Prison. He appealed on the ground that the district court violated his constitutional right to due process and a fair trial by taking away from the jury the most critical issue in the case. In June of 2022, the United States Court of Appeals for the Fourth Circuit unanimously agreed and vacated his convictions on both counts. This book tells Greg's story while in prison: what he learned and how he turned the adversity of prison into an even greater advantage. This book will help you turn your own failures, challenges, and adversities into even greater success.

intermittent fasting podcast: Intermittent Fasting for Busy Professionals Robert Front, 2025-07-11 In the fast-paced world of corporate commitments and demanding schedules, finding time for health can feel like an impossible task. 'Intermittent Fasting for Busy Professionals' serves as a comprehensive guide tailored specifically for those juggling intense workdays while striving for optimal health. This book delves into effective intermittent fasting techniques, offering innovative meal plans that fit seamlessly into the busiest lifestyles. Readers will discover essential apps that simplify tracking, detailed shortcut guides for quick meal prep, and strategies for overcoming common obstacles. From understanding the science behind fasting to real-world applications, this book empowers professionals to embrace a healthier lifestyle without sacrificing productivity or taste, making it an indispensable resource for anyone looking to thrive amidst the chaos of modern life.

intermittent fasting podcast: Fast. Feast. Repeat. Gin Stephens, 2020-06-16 The instant New York Times and USA Today bestseller! Change when you eat and change your body, your health, and your life! Diets don't work. You know you know that, and yet you continue to try them, because what else can you do? You can Fast. Feast. Repeat. After losing over eighty pounds and keeping every one of them off, Gin Stephens started a vibrant, successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay, Don't Deny® intermittent fasting lifestyle. Fast. Feast. Repeat. has it all! You'll learn how to work a variety of intermittent fasting approaches into your life, no matter what your circumstances or schedule. Once you've ignited your fat-burning superpower, you'll get rid of "diet brain" forever, tweak your protocol until it's second nature, and learn why IF is a lifestyle, not a diet. Fast. Feast. Repeat. is for everyone! Beginners will utilize the 28-Day FAST Start. Experienced intermittent fasters will strengthen their intermittent fasting practice, work on their mindset, and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side effect of weight loss. Still have questions? Gin has you covered! All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section.

intermittent fasting podcast: Biohackers Magazine Issue 11 Biohackers , The world and the humans share a special bond together. The world is a place full of vibrant life, unpredictable events, and a sort of beautiful, self-sustaining chaos. The Human being's journey on this Earth is one that is corporeal yet also deeply spiritual. The world presents so many things into our lives that often we forget that we are more than just what invokes responses from our physical senses. What separates man from every other creature is his ability to think rationally. What man lacks in survival endowments such as long claws, fur, etc., man makes up for in his ability to know. Man can think and know that he thinks. Man can eat and know that he eats. Man can speak and know that he speaks. The human being is able to conquer and have dominion over the creatures and the world itself, because of this unique ability to know rationally. There are many different areas where the human being shows this separation of pure intellect. One would be his tool-making ability or homo-Faber. It is true that some monkeys can make tools, but it is the only man that makes these tools not just as an extension of their bodily reach, but as direct fruition of their thoughts. Community, Language, Science, Arts, Religion, Death, and Culture are all elements that show man's rationality, his intellect. The intellect exists in the soul of man and animates the body through the influence on man's free will. Too often we focus on the superficial parts of ourselves and get lost in the mainstream's constant influential assault about how we should be physical. While of course we

are composed of the body, we must remember that it is the soul that also makes up our life, and its health must also be taken into consideration in everything we do. We can define a human being as a rational animal, a composite of both body and soul. Its soul is the subsistent element, and its powers involve the knowing intellect and the will to do good. With free will aiming toward good, and knowledge aiming towards the truth, the human being works towards becoming more beautiful in the sense of intentionality, of culture. Biohacking in its deepest sense must look beyond the temporal world of physiological and temporal matter and adhere to the health and the growth of the human soul. We are all on this Earth together and as biohackers, we have the mission of increasing our knowledge every single day to feed not only our bodies and brains but most importantly our souls. When one chooses to take the time to explore such questions as who they are and how they act, and where they are going, and what is their purpose, they increase their value as a person through this continual development. Their soul becomes more of a master over their temporal body and they can live life with perhaps more peace and happiness because of their continued growth and development of their soul, which acts through their body.

intermittent fasting podcast: *Feast Without Fear* Gin Stephens, 2017-09-30 In *Delay, Don't Deny*, Gin Stephens taught people around the world how to live an intermittent fasting lifestyle. Still, many wonder what foods they should be eating for best results. Is there one best diet that works for every one of us? The surprising answer to that question is an emphatic NO! In *Feast Without Fear*, the follow up to *Delay, Don't Deny*, you will learn what makes each of us unique, and why there is not a one-size-fits-all approach, no matter what all of the diet books promise you. From your genetic differences to your individual gut microbiome, there are personal factors that affect how your body responds to the foods you eat. In addition, you will examine several well-researched dietary approaches that are linked to vibrant health and longevity. You will discover how to craft an individual eating style that makes you feel your very best, while still eating the foods you love. Get ready to *Feast Without Fear*!

intermittent fasting podcast: *Fasting for Beginners* Jade Summers, 2024-12-22 ☐ Transform Your Health with the Power of Fasting! ☐ Embark on a journey to better health and wellness with *Fasting for Beginners*. This comprehensive guide makes fasting simple, effective, and accessible to everyone—whether you're looking to lose weight, improve mental clarity, or unlock your body's natural healing powers. With practical tips, scientific insights, and step-by-step advice, this book is your ultimate companion to achieving lasting health transformations. ☐ Inside, you'll discover: ☐ The science-backed benefits of fasting and how it rejuvenates your body. ☐ Different types of fasting methods (like intermittent fasting and extended fasts). ☐ Simple strategies to start fasting—even if you're a complete beginner. ☐ Delicious meal ideas to support your fasting journey. ☐ Practical solutions for overcoming challenges and staying motivated. Are you ready to take control of your health? Let *Fasting for Beginners* be your guide to a healthier, more vibrant you. ☐

intermittent fasting podcast: *28-Day FAST Start Day-by-Day* Gin Stephens, 2023-12-26 Gin Stephens is unstoppable! And she won't even pause until she's introduced every potential reader to Intermittent Fasting. In her *28-Day FAST Start Day-By-Day*, she dispenses the "hows" and "whys" of IF day by day for a reader's first month, giving IFers what they need to know, when they need to know it. Supported throughout with inspirational case histories that add up to a troubleshooting primer, as well as tips, truths and tweaks, *28-Day FAST Start Day-By-Day* also has an important write-in aspect. Most IFers "fail" because they don't think the practice is working, or think it's only working because they are naturally reducing calories by time-boxing their daily eating. With simple, direct check-ins at the end of each of the first twenty-eight days, readers will stay on track by noticing how their bodies are reacting to IF, acknowledging "non scale victories" and setting a goal for the next day: it's Gin's version of habit formation, and it works! *28-Day FAST Start Day-By-Day* is a complete program. Almost everything except the time framework will feel new even to readers of *FAST. FEAST. REPEAT.*, from picking an entry speed ("Easy Does It", "Steady Build" or "Rip Off The Band-Aid") on Day One, to discovering your "Appestat" (Appetite Thermostat) in the middle of the month, to "Master the Delay" on Day Twenty-Eight.

intermittent fasting podcast: Clean(ish) Gin Stephens, 2022-01-04 Clean(ish) leads readers to a focus on real foods and a healthier home environment free of obvious toxins, without fixating on perfection. By living clean(ish), our bodies' natural processes become streamlined and more effective, while we enjoy a vibrant life. In Gin Stephens's New York Times bestseller *Fast. Feast. Repeat.*, she showed you how to fast (completely) clean as part of an intermittent fasting lifestyle. Now, whether you're an intermittent faster or not, Gin shows you how to become clean(ish) where it counts: you'll learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle. Instead of aiming for perfection (which is impossible) or changing everything at once (which is hard, and rarely leads to lasting results), you'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). As you learn how to lower your toxic load through small changes, smart swaps, and simple solutions, you'll evolve simply and naturally toward a clean(ish) lifestyle that works for your body and your life!

intermittent fasting podcast: *The Cruise Control Diet* Jorge Cruise, 2020-01-07 Activate your weight-loss autopilot—use the power of simple intermittent fasting to lose the pounds and keep them off, from Hollywood trainer and #1 New York Times bestselling author Jorge Cruise. Timing is everything when it comes to losing weight. Or, as celebrity trainer Jorge Cruise explains: When we eat is as important as what we eat. Building on the scientifically proven but hard-to-sustain day-on, day-off technique known as “intermittent fasting,” Cruise has developed a revolutionary masterplan that simplifies your calendar and eliminates between-meal hunger. He divides every day into two easy-to-remember nutritional zones: a 16-hour evening and overnight “burn zone” (semi-fasting) followed by an 8-hour “boost zone” (eating). Ingeniously, his plan also includes “bumper foods” that can be consumed in either zone—around the clock—to keep you satiated and burning fat throughout. You'll never be hungry if you don't really ever have to fully fast! Backed by the very latest research and client-tested for optimal results, *The Cruise Control Diet* unlocks the key to dramatic results with • recipes for deliciously unexpected boost zone foods, such as Portobello Mini Pizzas, Zoodle Spaghetti & Meatballs, Sheet Pan Salmon & Asparagus, and even Almond Butter Cookies • high-fat, no-sugar burn-zone recipes for craving-quenching foods like Double Chocolate Fudge Mousse and Vanilla Chai Tea Latte • weekly menus and handy grocery lists to take the guess work out of the equation • candid testimonials from Cruise's clients and test-panel participants • an optional burn-zone exercise program with instructional photos With *The Cruise Control Diet* you'll automate your diet and finally conquer weight loss forever! Featuring a foreword by Brooke Burke and an introduction by Jason Fung, M.D. Praise for Jorge Cruise “Jorge gets it right. His recipes make eating smart easy. I recommend them highly.”—Andrew Weil, M.D., #1 New York Times bestselling author of *Why Our Health Matters* “Jorge knows how to make weight loss simple and easy without feeling hungry.”—Tyra Banks, model, actress, CEO, and New York Times bestselling author “Recipes from my friend Jorge Cruise—where healthy food meets great flavor.”—Emeril Lagasse, chef, restaurateur, and New York Times bestselling author

intermittent fasting podcast: 291d90a87aa6413a95bf9ba54339d672 Jacqueline Dawson,

intermittent fasting podcast: *The Fatburn Fix* Catherine Shanahan, M.D., 2020-03-24 A proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our “fatburn” capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your

fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

intermittent fasting podcast: Biohackers Magazine , First impressions seem to always get the better of us. Quick judgments about others, ourselves, and our communities never seem to cease making their presence known in our minds. Psychologically, these initial assumptions and impressions that our mind receives are tactics our mind uses as a means of survival, sometimes aligning with our intuition to help us determine what or who is going to be helpful or harmful. But we must be careful here. Our mind is equipped to handle countless sensations and thoughts, and due to this, we sometimes get so bogged down by this demanding, busy world that we take the easy way out and make a judgment based solely on superficial knowledge, without any deeper reflection or analysis. The world is fast-paced, and although our mind does well to keep up, it needs to be able to consciously recognize that our health, both individual and as human beings, is dependent on the strive to understand oneself and the other with empathy and compassion. COVID-19 has shed a new spotlight on the increasing mental health crisis that is facing our world, and I believe that one of the main causes is careless thinking that leads to quick assumptions, to save oneself the time of research and contemplation. Don't let others think for you. Yes, respect those with the authority to offer professional opinions, but don't be a follower, be a student and learn from every experience. When your health seems to suffer, don't assume the worst. When someone comes at you the wrong way, don't write them off as a heartless soul. When you have a tough interaction with someone representing another community, don't assume that everyone else is like that. Instead, look for the best in yourself, others, and the community. There is the power behind the phrase "Love thy neighbor". When we treat every person that we come across as our neighbor, we break down the prideful barriers that ABOUT DALLAS MCCLAIN Born in the USA, Dallas is a passionate reader of theological and personal development books. He is a devout Catholic Christian and enjoys time outdoors while being a tennis enthusiast. He is the Chief Financial Officer and Editor of Biohackers Update Magazine and the co-founder. He holds a bachelor's degree in Biological Sciences, as well as a TEFL level 5 certificate in teaching English. He is currently living in Orlando, Florida with his wife, daughter, and son, where he enjoys writing, sports, and nature hikes in his free time. Dallas can best be reached at his email: dallas.biohackersupdate.com@gmail.com lead to alienation and instead open the gates to continued togetherness and participation in a loving community. I think too often we, as biohackers focus more on the physical side of things, which is, of course, important but does not truly define what it means to be human. The human person is a compositum of both mind and body. Spiritual and Corporeal substance. When biohacking ourselves, let's remember to start with the intention of acting out of love for thyself, of thy neighbor, and of thy community. There will always be disagreements between people, but when we see the other person as our neighbor, as another one of us, so to speak, we offer respect and extinguish any hatred and sinful intentions from the relationship, thus creating a peaceful, happier, and more vibrant environment to foster a healthy mind that's prepared for whatever the onerous world throws at it.

intermittent fasting podcast: *The Fasting Fix* Andreas Michalsen, 2021-12-28 Fasting: we've all heard of it. Countless celebrities and bestselling books have touted the benefits of fasting for weight loss, but what most of us don't know is that the benefits of fasting extend far beyond that: the latest scientific findings show that fasting is the best and easiest way for us to fight disease and slow aging. In *The Fasting Fix*, Dr. Andreas Michalsen—one of the world's leading experts on fasting—lays out the clear, indisputable science that fasting, when combined with a healthy diet, is the key to healing chronic illnesses and living longer. Dr. Michalsen draws from his decades of medical practice and original, cutting-edge scientific research, along with his deep knowledge about the human body and evolutionary history, to distill the simple truth about what and how we should

eat in order to live healthier, longer lives. Learn which foods to eat and which we should avoid. And learn the specific fasting program—therapeutic fasting, intermittent fasting, or a combination of both—that will most benefit your specific lifestyle and health needs. With stories from patients he has successfully treated and detailed treatment programs for the most common chronic diseases—obesity, hypertension, diabetes, heart disease, kidney disease, arthrosis, rheumatism, irritable bowel syndrome, skin diseases, allergies and asthma, migraines, depression, neurological diseases, dementia and Alzheimer's disease, and cancer—Dr. Michalsen shows us why other diets have failed, and how we can finally be healthy.

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intermittent fasting podcast: Biohackers Magazine Issue 9 Biohackers Magazine , The importance of continual self-improvement and development cannot be understated, especially in the world of biohacking. But there is also something that cannot be overstated in this same realm of personal health and growth, and that is the vital role that women play. Often argued (and affirmed as) the more intuitive of the 2 sexes, women have and continue to push themselves and their community towards their health, wellness, and wisdom goals. In a lot of ways, men have it easy. Our bodies' instruction manual is comparable to a generic IKEA coffee table's guided instructions; not a lot to decipher. But some could compare women bodies' manuals to NASA's rocket construction directions; a lot of steps, and A LOT to understand. Granted, the woman's body is easily the more attractive of the two in my opinion and I want it to be clear that although this statement is bias, I mean this as a more aesthetic, art-like manner. The symmetry, the intricacy, the mysteriousness, the gracefulness, just the way everything connects. Perhaps its because of this clear advantage in the beauty category, that it takes a lot to master all the processes within it. It once was said that in the beginning God first made man, but then afterwards he took a long look at him and then told himself, "I can do better than that", and then made woman. Women are at the forefront of biohacking and its clear that the industry would not be where it is today without them. Due to women having to figure out all of their complexities, but also having the tenacity and courage to do so, they have stood side by side with men and helped to share the helpful and needed knowledge of health optimization with the world. It is with great pleasure and respect that we dedicate this issue to all of the women in the world striving to promote good health, strong lives, and clearer minds. Although we have had and will continue to have female authors and subject matter in past and future issues, every article contained inside this particular issue is either written by a female author or purely feminine in

subject matter. This is our way to take a moment to highlight and thank all those women out there doing their thing. At Biohackers Magazine, we believe, - no, we know that every woman's thought and word is just as important as every man's. And we are here to provide this magazine as the ontic evidence to that. Without further ado, enjoy your new 'woman-ful' issue!

intermittent fasting podcast: The Cyclical Ketogenic Diet Robert Santos-Prowse, 2019-02-19 All the benefits of the ketogenic diet in an easier-to-follow, healthy lifestyle approach. The ketogenic diet is proven to help people lose unwanted fat! But it's ridiculously hard to stay on such a restrictive no-carb diet day after day. The program in this book offers you a healthier, more practical alternative—cycle between fat-burning periods of ketosis and weight-maintaining periods while you enjoy a diet of delicious and nutritious whole foods. With this book's innovative two-phase strategy, you will learn to: • Power up on ketosis when you need it • Achieve metabolic flexibility • Switch between fuel sources easily • Lose weight and keep it off • Make educated food choices in every situation With the expert nutrition tips, delicious recipes and step-by-step meal plans in this book, you can now enjoy all the benefits of ketosis and the foods you love too.

intermittent fasting podcast: The Relaxed Author Joanna Penn, Mark Leslie Lefebvre, 2021-09-18 Do you want to be a more relaxed author? There are plenty of books and tips on writing faster, learning more marketing tactics and strategies, trying to maximize your ranking, hitting the top of the charts, juicing the algorithms, and hacking different ad platforms. While these are all important things — which the authors themselves regularly write and talk about — it's also important to recognize that your author journey is a marathon, and not a sprint. Joanna Penn and Mark Leslie Lefebvre have been in the business long enough to see authors burning out and leaving the writing life because they turned what they love into a hamster wheel of ever more production and marketing tasks they hate. It doesn't have to be this way. This book is a collection of tips on how to be a more relaxed author — and return to the love that brought you to writing in the first place. You will discover: - Why the 'relaxed' author? - You are not alone. Why authors are not relaxed. Part 1: Relaxed Writing - Write what you love - Write at your own pace - Write in a series (if you want to) - Schedule time to fill the creative well and for rest and relaxation - Improve your writing process — but only if it fits with your lifestyle Part 2: Relaxed Publishing - Make empowered publishing choices - Understand persistence, patience, and partnership - Value your work. You create intellectual property assets. - Publish at your own pace - Publish wide (or don't) - Sell direct to your audience - Don't let piracy and plagiarism derail you - Deal with cancel culture, bad reviews, and haters - Find a community who support your publishing choices Part 3: Relaxed Marketing - Focus on the basics first - Simplify your author brand and website - Simplify and automate your email - Find one form of marketing you enjoy and can sustain for the long term - Put book 1 in a series free or permafree - Choose social media that suits you — or don't use it at all - Advertise in campaigns - Outsource when you can - Embrace who you are. Double down on being human. - Think global, digital, long-term marketing Part 4: Relaxed Business - Do you really want to run an author business? - Create multiple streams of income - Eliminate tasks. Say 'no' more. - Organize and improve your processes - Use tools - Find voices you trust and tune out the rest - Learn about money - Look after your physical and mental health - Keep a long-term mindset If you want to be a more relaxed author, sample or buy today.

intermittent fasting podcast: Beyond Getting By Holly Trantham, 2024-04-23 A beautiful, full-color guide to living with money, not for money, packed with fun, tangible advice from the women behind The Financial Diet. "Beyond Getting By will make you feel better, not worse, about your money and your life."—Tiffany "the Budgetnista" Aliche, New York Times bestselling author of Get Good with Money The girlboss came in many forms, and she struggled valiantly against our increasing exhaustion at her brand of pinkwashed-capitalism-as-liberation—but it's time to put her to rest. Yes, money is essential to life, and managing it well can be the difference between freedom and constraint. But once you have enough, the focus should be on converting it into things that are meaningful to you: more time with the people you love, more creativity, more days to just vibe on the couch. In Beyond Getting By, the women behind The Financial Diet teach you how to create (and pay

for) a life you truly enjoy—and that you can be proud of. They show you how to push beyond what society tells you will make you happy to determine what you actually want, with specific advice and interactive exercises on • how to define your own budget philosophy by no longer chasing fast fashion and instant gratification, instead allowing the unlikely duo of Sigmund Freud and Elizabeth Warren to guide your budgeting • how the idea that we have equal opportunity is bullshit—and how to start a self-advocacy journal in order to kill it in that next raise negotiation • how to stave off burnout by valuing your personal life with as much care as your career, in addition to figuring out the true worth of your time Beyond Getting By is for the woman interested in a life where money is simply a tool and never a reflection of her worth. It's for the woman who understands the limits of gamifying personal finance, and that following trends isn't the same as creating a sustainable, wealth-generating plan for the future.

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