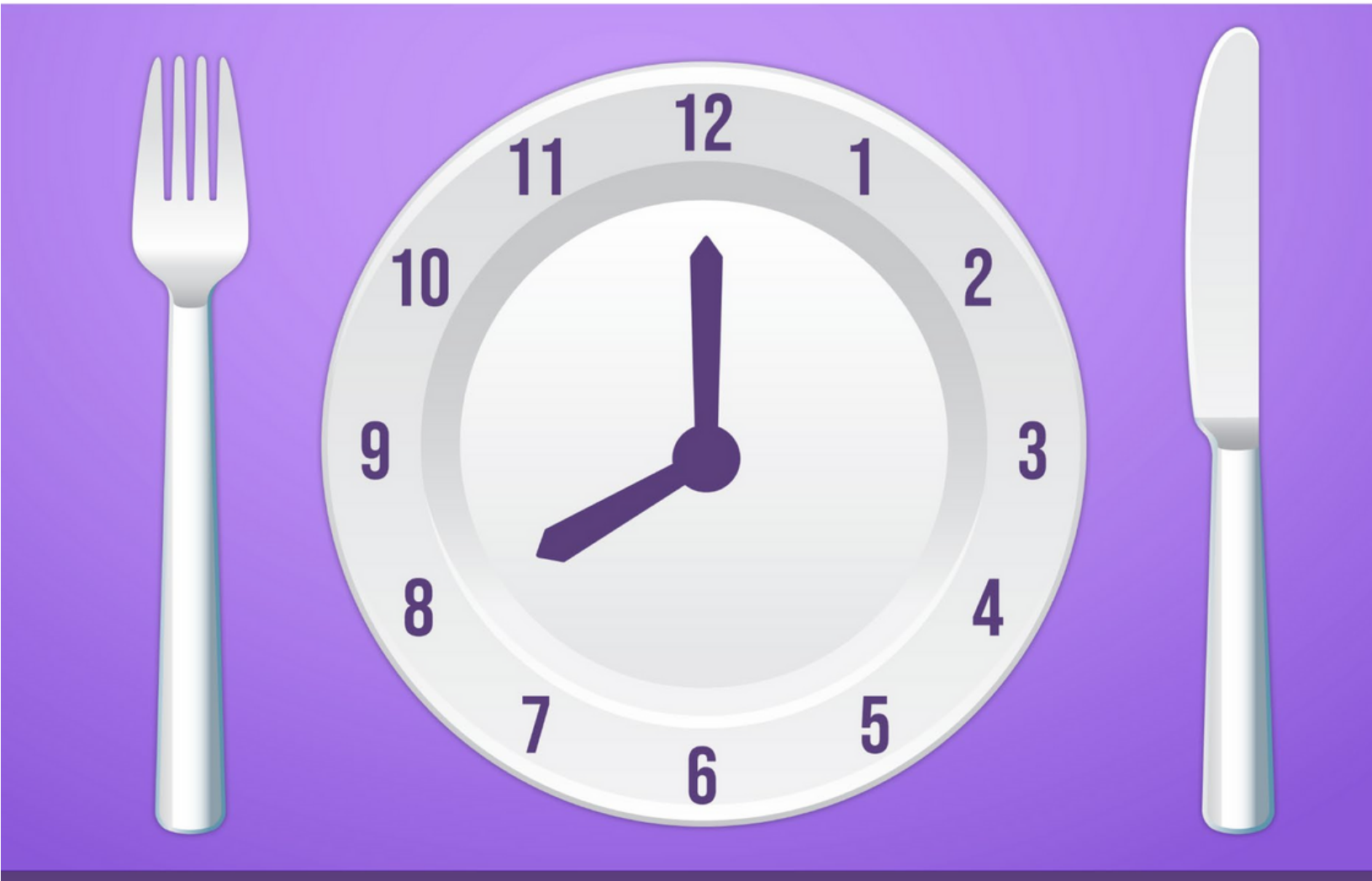
EAT FOR 8 STRAIGHT



QUICK START GUIDE:

INTERMITTENT FASTING PROTOCOL

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The Fine Print

There's always a legal disclaimer when we discuss health and wellness, isn't there? We live in a funny world where everyone is intent on covering their butts whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:
The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.
I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Phew! That wasn't so bad, right?

Ok, so now let's dive in and start learning!

Introduction

Congratulations on discovering the solution to losing weight fast! If you use guidance in The Fat Loss Accelerator Program, we're confident that you'll be seeing results in no time. You will quickly be living your life, only healthier, slimmer, and without the fear of disease and illness, because you've taken the first step toward handling your weight and we are so proud of you for that.

In this special guide, ***Eat for 8 Straight*** we go even further and show you how to reset your eating and expedite your weight loss for life.

If you follow the practical guide outlined in this book, you'll be introduced not only to a new way of fasting, but a totally new way of eating – pair this practical advice with the benefits outlined in The Fat Loss Accelerator Program, and get the best out of this program today!

What Is Fasting?

It seems like everyone has heard of fasting, or may have even done so for spiritual reasons, but is it possible that there are benefits beyond this? And what is fasting, really?

Unger's Bible Dictionary explains that the word *fast* in the Bible is from the Hebrew word *sum,* meaning "to cover" the mouth, or from the Greek word *nesteuo* , meaning "to abstain."

If we put it simply, fasting is the act where we abstain from food and drink, typically done for religious or deeply spiritual reasons (Esther 4:16).

Why do we fast?

In this book, we'll dive into a ***totally new way of fasting*** not just for your spiritual health but for your physical health too – it's a critical part of your body's reset that will show you a whole new way of living and eating!



As it turns out ***when you eat*** can be more important than ***what you eat.***

Fasting is typically used for short periods of time, but here, instead, we'll introduce you to a way to bring fasting into your daily life – you can literally do this every single day, and reap the health and spiritual benefits, for the rest of your life.

Join me! Let's get started now.

Read on!

A New Way Of Eating

Now that you know what fasting is, and why we do it, it's time to move into how you can start fasting in a completely new way – a way that would allow you to practice it every single day.



Think about how you could change your relationship with food and hunger if you fasted daily.

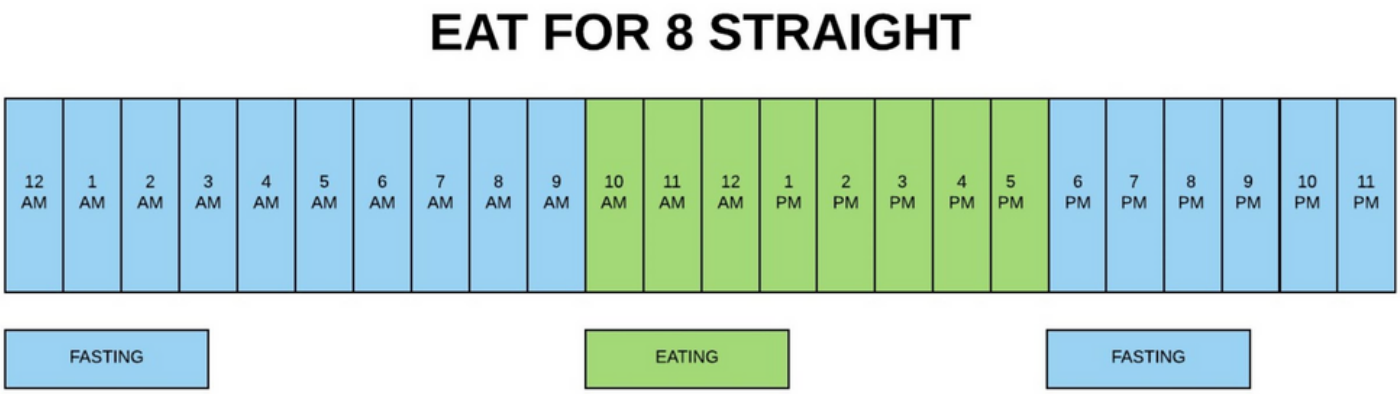
What I'm about to share with you, is *new way of eating* – one that will reward you with weight loss benefits, but which will also help you become more clear-headed and mindful, and which will clear your relationship with bad foods.

The truth is, new research suggests fasting is really good for you in general, and it's especially good for fat loss. And while traditional religious fasting lasts for days at a time, with nothing, or very little to eat, what we're proposing here is different: it's called ***intermittent fasting*** a practice that you could literally do every single day of your life.

It's simple – eat as much as you want of all the plentiful foods, such as fruits and vegetables and unprocessed goodness, but the key is to only do so within a ***8-hour window.*** For example, if you had breakfast at noon, you can have any amount of the allowed foods until 8 PM that evening, and then you can't eat again until noon *the next day*.

Sample 16/8 Intermittent Fasting Timeline

This could be your day-to-day life as far as routine goes. Stick to this as much as possible and you'll get health benefits benefits to boot!



When the 8-hour window starts and stops is up to you.

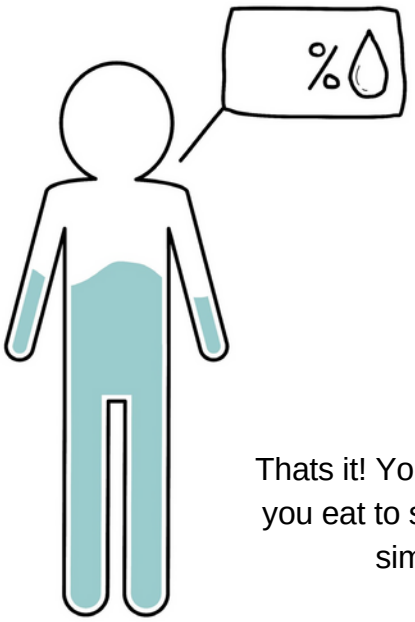
The great part is sleeping is included in the 16-hour fasting time. The only thing you can consume during the fasting period is water and unsweetened tea or coffee.
It's really important to note that you should absolutely try to limit all processed and sugary foods during your 8-hour window. We know that sometimes though, this just isn't possible. We are all human right?! It's ok to cheat every once in a while if you want that muffin or slice of pizza, but remember that long term weight loss comes from nourishing your body with nutrients and natural food.

Don't Forget The Water

During this fasting period, the time outside of your 8-hour eating period, you'll need to drink a lot of water – at least two liters per day. Here's why... there are many metabolites that build from fat mobilization and have to be eliminated from the body.



If you are adequately hydrated, these metabolites will preferentially be eliminated through the kidneys. If you are dehydrated, the liver is going to be responsible for moving a lot of those metabolites into the bile and stool for excretion. When losing body fat, the liver is also the main area where mobilized fat is processed.



If the liver has to strain to eliminate metabolites, it has less capability to metabolize stored fat into usable energy. Staying well hydrated frees the liver to process body fat so that it can be burned as fuel

Remember, our bodies are primarily made up of water and need it to function properly. So drink up!

Thats it! You've now got the keys to **eating differently** and resetting the way you eat to set yourself up for weight loss success. This eating protocol is so simple, and it’s something you can do do every single day!

References

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Click here for more info on the Biofit supplement for weight loss