

NOT-FED

New Obesity Treatment- Fasting Exercise and Diet

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FASTING

EXERCISE

DIET

To help patients lose weight who are at risk for diabetes, pre-diabetic or mild diabetes using a different approach to eating.

FASTING- lower insulin and burn fat

- *Goal of **fasting for 16/24 h** each day.....eating window is 8 hours
- *You already fast for about 8 hours while sleeping
- *Gradually increase your current fasting time..... finish supper at 7PM and no snacks till breakfast at 9AM is 14 hours
- *Most skip breakfast and have social meals at lunch and supper
- ***Water, clear tea and black coffee** are acceptable fluids during your fast... no milk, sugar or honey in tea/coffee
- * **Go at your own pace**.....this should NOT be painful!

EXERCISE- Strength and cardio

*Goal of **150 min a week**-

.....30 min x 5 **or** 10 min x15!

*Combo of **strength and cardio**-

.....rake the yard and go for a walk

*Start **low and go slow**

DIET- aim to lower insulin even further if needed

* Eat **Real Food**- fresh meat, dairy, fruit and vegetables

.....avoid canned and packaged

.....Minimize sweets and pop and juices

***Low carb**.. Eg Atkins, paleo, ketogenic

Consider dropping bread, pasta, rice and potatoes

*OK to eat **healthy fats**

... olive oil, coconut oil, avacado, animal and dairy fats

....avoid canola, margarine, creamers

- ➡ Dr Jason Fung – Toronto specialist
www.intensivedietarymanagment.com
- ➡ Brad Pilon- nutritionist and body builder
www.bradpilon.com
- ➡ Andreas Eenfeldt- Swedish GP- lots of easy to read info and recipes www.dietdoctor.com
- ➡ Bob Briggs- working guy with a message
<http://www.buttermakesyourpantsfalloff.com/>

NEW OBESITY TREATMENT- FASTING, EXERCISE AND DIET (*the NOT-FED study*)

Information Sheet

General info:

The NOT-FED study is a voluntary program which you can follow at home. The object of the program is to lose weight. It has three components: **Fasting, Exercise and Diet**. You can begin gradually and go at your own pace and introduce any part of the program when you feel it is a good time.

NOT-FED and diabetes:

It is safe for many type 2 diabetics. If you are on insulin or other diabetic medications which can lower your blood sugar too much (hypoglycemia), you will need to discuss with your MD to see if you can come off those meds for a 4 month period. Please check with your doctor before beginning the fasting part of the program. The other components (exercise and diet) are ok to start. Patients who are only taking Metformin are safe to begin all three components of the NOT-FED study.

FASTING:

This is one of the unique parts of the program. Basically our bodies are in a 'fed-state' or a 'fasting-state' at any point in time. What we want to accomplish is to have a period in the fasting state on most days of the week. Our bodies will break down fat and lose weight when we enter the fasting state. Since we enter the fasting state between 6 and 12 hours after our last meal, a daily 16 hour fast will ensure us at least 4 hours in the fasting state.

For most of us, that would mean that we eat in an 8 hour window each day. That would occur if we finished eating by 8 pm each evening and did not eat again until noon the next day. It essentially means no snacking after supper and putting breakfast off till noon. Now we have all been told that breakfast is the most important meal of the day, and that remains true. We simply put breakfast off for 4 hours in the NOT-FED program. For this to work for most of us, you need to be able to take the time to eat a substantial meal at lunchtime, because you will be hungry after the 16 hour fast.

Begin gradually and have breakfast later each day, or finish supper the night before earlier. For example, if you can finish eating and snacking by 6 pm in the evening, the 16 hour fasting window of time would end by 10 am the next morning. The 16 hours may seem like a long time, but remember that we sleep through 8 hours of it. Also, the 16 hour number is not cast in stone. If you fast for 14 hours or less, that will also help you lose weight.

The fast means no meals and no snacks, even if they are healthy. If your blood sugar gets low and you get shaky, then of course it is time to listen to your body and eat something (breaking the fast for that day). Some people may experience that, but it will gradually happen less often. In the morning you can have water, black tea, black coffee or a zero calorie pop drink. (The protein in milk we put in our coffee may contain enough milk protein to interrupt the fasting state.)

EXERCISE:

Despite what we all believe (that we must burn off fat by exercising), it is not actually a good long-term weight loss strategy. The theory is that after exercising, our body lowers the rate at which it burns calories (basal metabolic rate), making it harder to lose weight. This may not make sense to many of us and it is a theory.

What is well known is that exercise makes us healthier in general, lowers our risk for heart disease, diabetes and allows us to live longer. So, we have included exercise in the program because it makes sense.

The present standard recommendation is to do moderate exercise 150 minutes each week. This could be brisk walking, bicycling or lifting weight or using a universal gym. If walking is all you can presently do, that is also good exercise for the heart.

DIET:

This is like the fasting part of the program and will be a departure from what you presently feel is normal. Let's state it up front: eating fat does not make you fat, eating sugar does. Our dietary recommendations therefore fall into the 'low carb' diet recommendations, but if you already have a healthy diet and do not want to change it, that is fine, as long as you avoid obvious sugary treats and sweetened pop drinks (zero cal drinks are ok). You do not have to eat less calories, just change the type of calories you eat from less sugar calories to more fat calories.

'Low carb' diets (Mediterranean, Paleo, Atkins) suggest lowering the amount of carbohydrates, particularly 'simple carbs' like sugar. What actually makes us feel full is the amount of fat in a meal, so do not avoid fat. Some diets suggest certain kinds of fat are healthy or less harmful (olive oil, less red meat, saturated versus unsaturated, trans fat, etc), but we will not give focused dietary advice. Eating fat actually allows us to burn fat in our bodies. Avoid sugar, pasta and bread.

Low calorie diets have been shown to fail, often because they leave you hungry a lot of the time. We think that occurs because they are often low in fat. The number of calories we eat is less important than the type of calories. Sugars (sugar, pasta, bread, processed foods) will cause us to store energy in our body because we cannot burn it all off. The way the body stores that is by increasing fat stores. So, enjoy a reasonable diet and avoid simple carbs; since these diets include fat, hunger is uncommon.

MEASUREMENTS and BLOOD TESTS:

We want to follow your weight and waist size (measured at the belly button). You can do this at home, or come in to the clinic and the nurse can do it for you. Monthly measurements are reasonable, but we definitely want to record those measurements for the study every 3 months. If doing those measures at home, then you can phone them in or drop them off to the clinic (attention Denise Poirier). Your name and personal information will be made anonymous when Denise assigns you a participant number and that is how all information will be gathered and recorded, so the study results will be anonymous.

We also need some blood tests every 3 months and at the beginning of the study. These tests do not need to be done during fasting and consist of A1C and cholesterol; all done with one needle stick.

STOPPING PARTICIPATION:

You can stop participating at any time. The clinic nurse will otherwise call you every three months to get information from you and arrange blood work. Thank you for participating!

STUDY SCHEDULE: Measurements (weight and waist) every 3 months

Blood work every 3 months; Short written survey every 6 months

RESOURCES

Books:

- “Eat, Stop Eat”, by Brad Pilon (fasting)
- “The Obesity Code”, by Jason Fung (fasting and diet)
- “Always Hungry”, by David Ludwig (high fat diet)
- “Eat Fat, Get Thin, Dr Mark Hyman (high fat diet)

Online Videos:

<https://proteinpower.com/drmike/2017/03/11/dr-david-ludwig-high-carb-vs-low-carb-vs-slow-carb-diets/#more-6208> (Dr David Ludwig on low carb diets)

<https://www.youtube.com/watch?v=n4LtTcSw72k> (Dr A Malhotra, exercise not effective for weight loss)

<https://www.drdauidludwig.com/> (Dr David Ludwig on hunger and food quality)

<https://www.youtube.com/watch?v=zwy9rkIBOyY> (Dr Mark Hyman and D. Ludwig discuss high fat diets)

<https://www.youtube.com/watch?v=n4LtTcSw72k> (what foods to buy and cook for a low carb diet)

<http://www.buttermakesyourpantsfalloff.com/butter-makes-your-pants-fall-off>

<https://www.youtube.com/user/lowcarbdownunder> (multiple scientific talks on low-carb diets)

Articles:

<http://www.nytimes.com/1991/05/21/science/to-preserve-their-health-and-heritage-arizona-indians-reclaim-ancient-foods.html?pagewanted=all&src=pm&pagewanted=print> (Pima Indigenous People and Paleo diet)

<http://huntgatherlove.com/content/pima> (Indigenous people and low carb diet)

<http://www.macleans.ca/society/health/eat-like-your-grandma-why-you-should-skip-the-kale-salad/> (Eat like your grandma- MacLean’s Magazine)

Food and Recipe Websites:

<https://www.dietdoctor.com/low-carb> (What is low carb food- what to buy and cook?)

https://www.buzzfeed.com/christinebyrne/satisfying-low-carb-dinners?utm_term=.qpgN9b21M#.cpw4EQgJV (tasty recipes, many sites online)

Diets: (arranged by lower amounts of carbs):

- Low carb diets (Atkins, Mediterranean, Paleo) → Very low carb diet (Ketogenic diet)
- Intermittent fasting

More Information:

(email to: hac@slmhc.on.ca - or visit our website for the *NOT-FED study* at: <http://www.hughallenclinic.com>)