



# NOT - FED

New Obesity Treatment - Fasting, Exercise and Diet  
Introduction and Information



# You

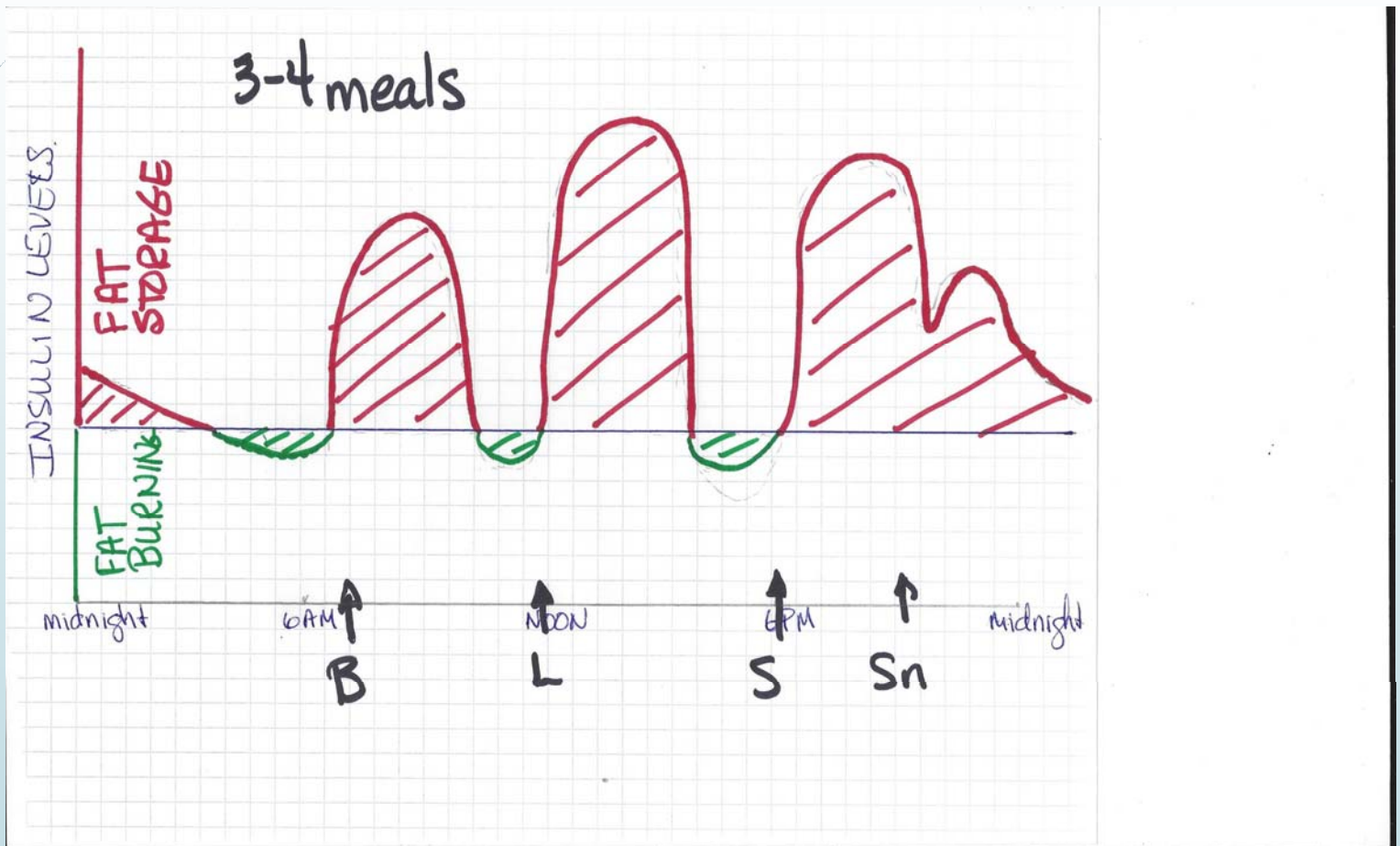
- ▶ Have expressed an interest in weight loss to your MD
- ▶ May have tried other weight loss or diet plans without success
- ▶ May have troubles with....
  - ▶ High BP
  - ▶ High Cholesterol
  - ▶ Fatty liver
  - ▶ preDM or mild DM
  - ▶ Metabolic Syndrome



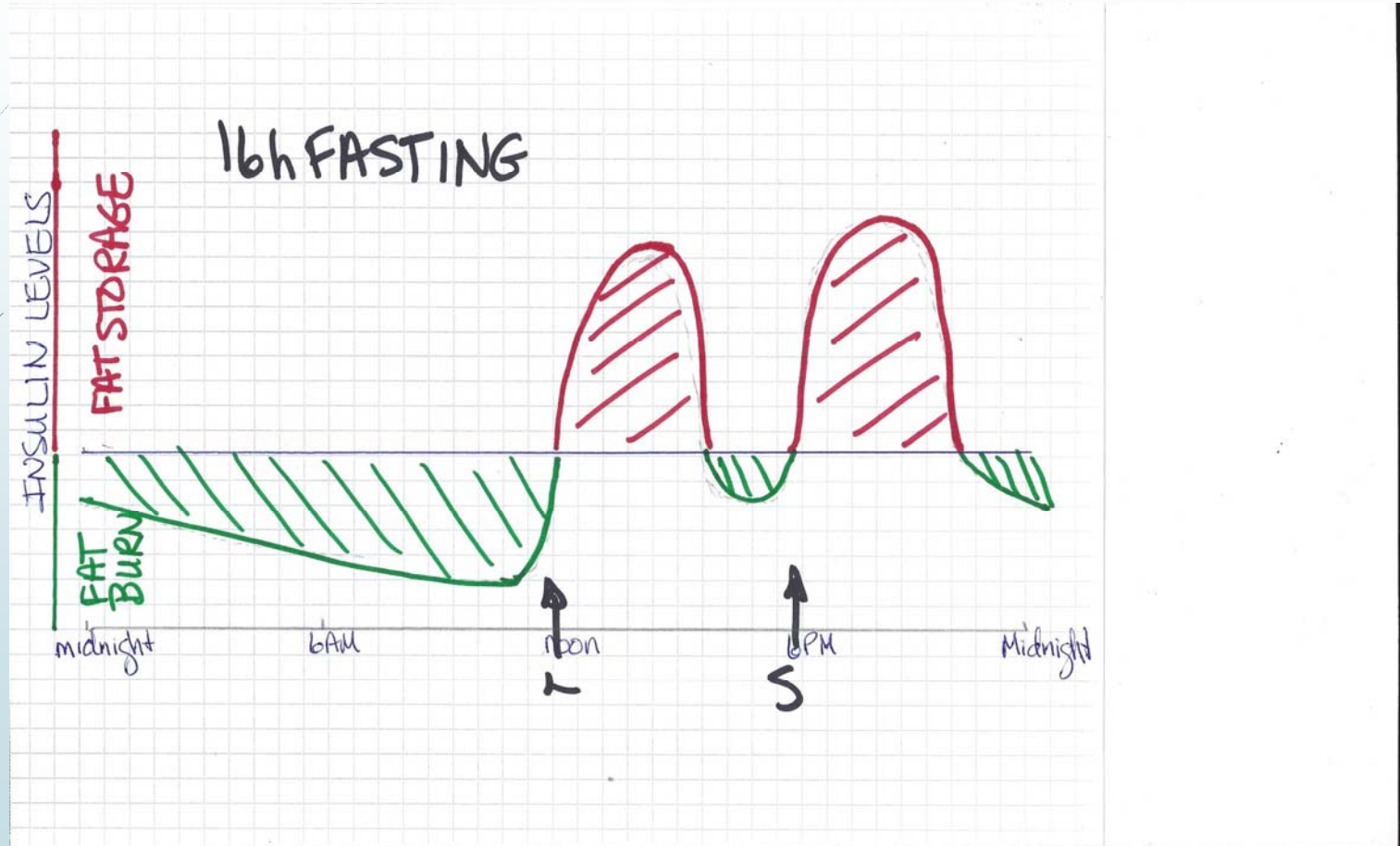
## INSULIN in YOUR BODY

- ▶ Is a growth hormone.... **High Insulin = Fat Storage**
- ▶ Released when we eat carbohydrates and to a lesser extent proteins.....Not released by eating fats
- ▶ Used by our bodies to change calories.....into fat stores
- ▶ Insulin actually blocks body fat from being burned when present
- ▶ “Fasting” lowers our insulin levels after 6-12 hours
- ▶ **Lower Insulin = Fat burning**

# INSULIN PATTERN with EATING

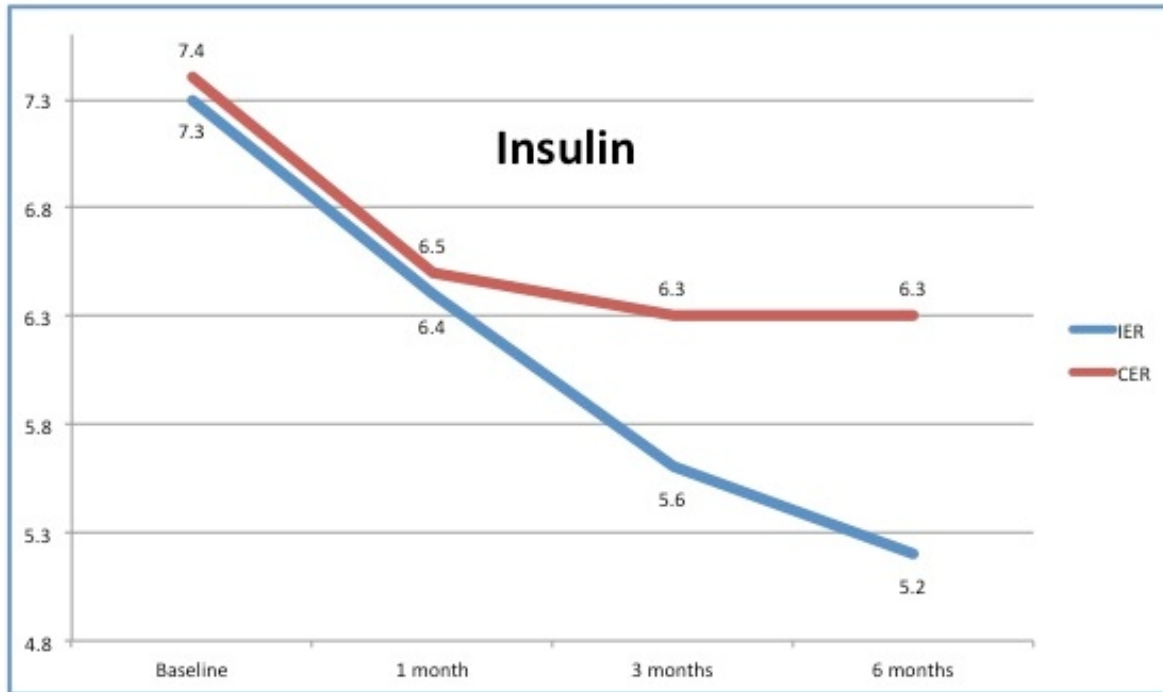


# GOAL FASTING INSULIN PATTERN



# Reducing calories works but not as well as fasting

## IER vs CER



Int J Obes (Lond). 2011 May ; 35(5): 714–727 Harvie MN

IER= Intermittent Energy Restriction= Intermittent fasting

CER= Caloric Energy Restriction = Calorie Reduction



FASTING

EXERCISE

DIET



FASTING

16 hours a day

EXERCISE

150 min a week

DIET

Low carb



## 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 of fasting
- \*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

\*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*



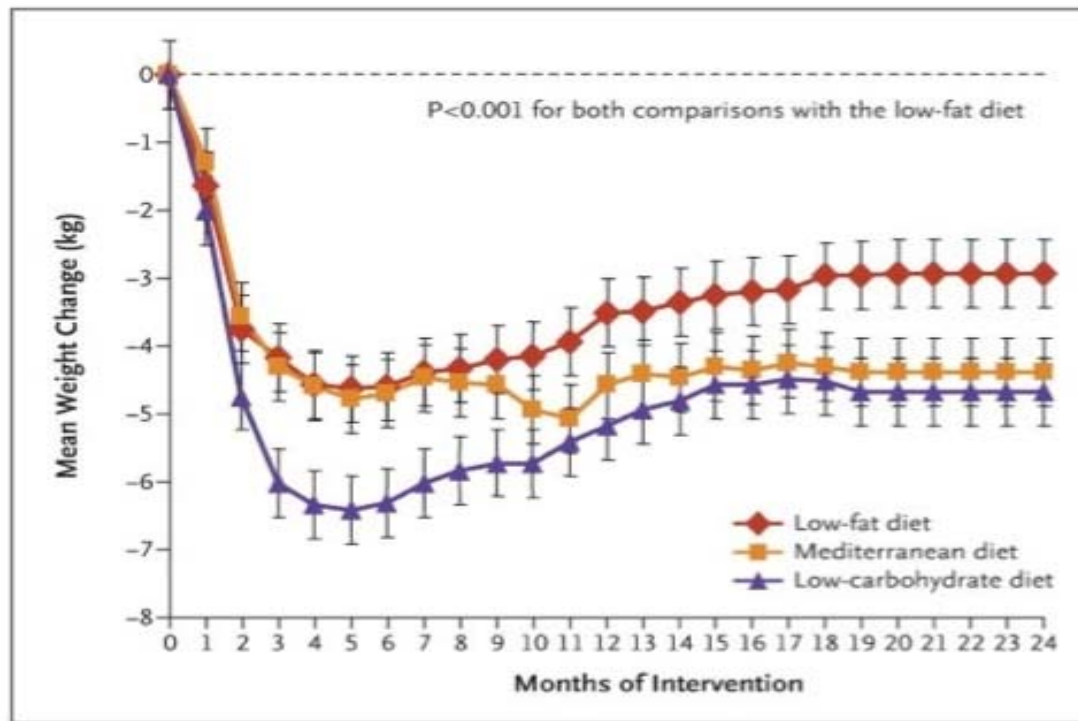
## DIET- aim to lower insulin even further if needed

\*Eat **Real Food**- fresh meat, dairy, fruit and vegetables  
.....avoid canned and packaged foods  
.....eliminate sweets, pop and juices

\***Low carb**.. Eg Atkins, paleo, ketogenic diets  
Consider dropping bread, pasta, rice and potatoes

\*OK to eat **healthy fats**  
... olive oil, coconut oil, animal and dairy fats  
...but avoid canola, margarine, creamers

# ALL DIETS WORK... but some are better than others



**2.9 kg**

**4.4 kg**

**4.7 kg**

**P< 0.0001**

Dietary Intervention Randomized Controlled Trial (DIRECT) NEJM  
July 17, 2008 vol. 359 no. 3, Iris Shai



## Lowering insulin MAY also help

- Reflux
- Arthritis
- Prevention of Alzheimer's and Dementia
- Prevent skin, ovarian, endometrial, colon, pancreatic, renal and breast cancers
- Depression/mood swings



## Commitment for NOT-FED study

- 2 years of follow-up
- Every 3 months- weight, waist, BP and bloodwork
- We'll post results for the community as a whole... no names!
- Hopefully long lasting results for you!



## FURTHER READING

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