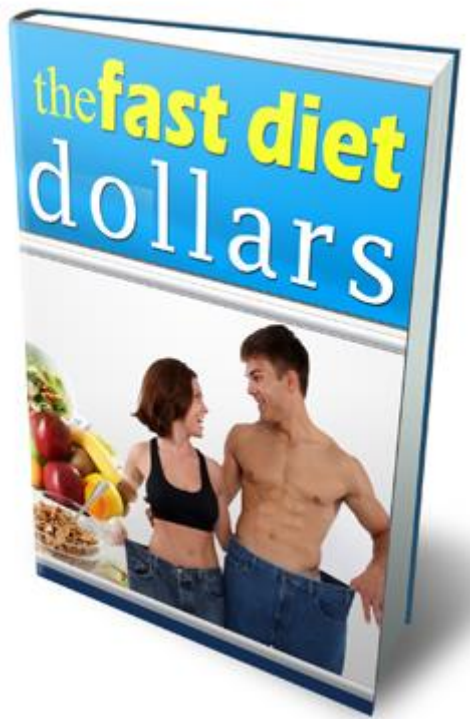


The Fast Diet Dollars



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Introduction

I'm sure you have been realized that obesity is an epidemic that affects all the persons and all age groups. This problem assumes an alarming situation in Western nations due to abundant food available here.



Is Obesity an eternal problem?

If you can understand the psyche of obese people that losing weight is insurmountable problem. On the face of this statement you may disagree with

me. However, the way the weight loss industry is growing and number of weight loss diets coming up on regular intervals validates my statement beyond any doubt.

Perception problem

Listen up! Unless you change this wrong perception and come to the reality, the obesity problem continuously haunts you without any hope of becoming lean and healthy.

Eat less

Remember! The simple truth is that you have piled up excess fat by eating excess calories than what is required for your body. The obvious solution is that you have to prepare a diet with fewer calories so your calorie intake will come down.

It is not that simple

That seems to be very easier to say than do. Okay I can understand but the fact remains that in order to lose weight, intake of calories must be less than your body required and that is how your excess fat will be burned.

The solution is in your hands

Despite of this simple fact, there is Sea of misinformation available all over the Internet and other mediums that are complicating instead of solving the problem. As a

consequence, the obesity rates are growing in alarming proportions. Today an average American body fat has become higher with disastrous health consequences.

Okay let's see what the consequences of excess body fat are:

- It is an undeniable fact that carrying an excess fat will have impact on physical and emotional life.
- It has been estimated that obesity related conditions cost of over 150 million dollars and cause 300,000 premature deaths in US alone.
- High blood pressure, diabetes, heart diseases, joint problems, cancer, and many psychological disorders are said to be associated with obesity.

My story:

Before my marriage I am a healthy individual without any undue concerns of ill-health.

I've put on weight

After I got married, I've put on a lot of weight. So the doctors warned me of the negative consequences and associated health problems.

As the situation slipping out of my hands I was forced to focus on this problem and it gradually

develops interest reading about all the aspects of obesity guides so on and so forth.

My blog

Subsequently I have started my website healthy diet plan.com and started posting articles based on my experience. I have also reviewed many popular diets and in the process I used to tell people pros and cons of each and every product.

My insights

As I'm learning many things about these diets, I can able to see a pattern why people unable to achieve their weight loss goals in spite of many diet programs available in the market.

My experience and interpretation

This book is based on my experience and a close analysis of what is happening in the weight loss industry.

Whatever the nutritionists and dieticians tell I have realized that when it comes to weight loss the proven weight loss method that gives permanent results is restrict calorie intake for a prolonged period of time for guaranteed results.

10 reasons why fast diet is better than other diets for weight loss

I believe that you are well aware of all the popular diets that are most discussed. This includes Atkins diet, the South Beach diet, the Mediterranean diet, the paleo diet and the list goes on like this. Each diet has its pros and cons.

In these days there is a lot of buzz about the fast diet. However, the question remains unanswered in the minds of many people as to which diet is the best for weight loss.

Here I would like to discuss about this topic so that it answers their question.

1. Flexible

Unlike other diets, the fast diet is easy to stick on for a long term that is why this really works. You eat normally for five days and reduce your calories only for two days a week. So this flexibility is not available in other diets as you have to reduce your calories every day.

Another important benefit of this diet is that this lifestyle will not come into your way as you can attend parties and go to business lunches....

2. Enjoyable

Once you realize that there are five days in a week in which you can eat anything you want, you can enjoy the fast diet lifestyle.

You can do a fasting twice in nonconsecutive days during Monday to Friday, which are the days you are generally busy. As you are preoccupied with work the sign of hunger doesn't affect you much. As a whole you love this lifestyle.

3. No need to avoid your favorite foods

Unlike other popular diets the fast diet lifestyle does not suggest you to eliminate your favorite foods for weight loss.

Those who are on fast diet eat normally for five days a week. This is what we call as a feed time. During feeding time you can eat whatever the food you like normal and there is no restriction whatsoever.

The only thing you have to keep in mind is that don't over stuff during this time to ensure that the benefits that you derive during fasting time are maintained.

4. No restrictions

The problem with many other diets is that you have to follow a super restrictive diet for a long period of time. Only a small set of people who are very dedicated can follow this strict regiment and achieve phenomenal results. However, for many people following such strict regiment's practically impossible. Even though they follow for certain period of time, they give up in the middle and as a result the weight loss process comes to a grinding halt.

Unlike other types the fast diet doesn't require to follow restrictive dietary regiment. In fact this diet not interferes with your regular lifestyle, so you can lose weight steadily while eating your favorite foods.

5. Can be followed easily

After following the fast diet for a couple of months, I'm sure you will feel that you have found an eating plan that you will be following for life time. You don't experience this feeling in the other diets.

6. Permanent results

I understand that the goal of any weight loss program is a permanent weight loss. Nobody wants a program that is short lived.

But it is a fact that many weight loss programs that promises quick weight loss finally end up with weight gain. And this is the main reason that people switchover to different weight loss programs with the hope of permanent results.

Remember that any diet that is not flexible enough and also too much restrictive doesn't bring permanent results.

Thankfully is the fast diet lifestyle being very flexible and not restrictive in the sense that you will not feel deprived of your food choices, the result of your weight loss is permanent.

You have to realize that the fasting is a method of weight loss that can only bring last longing results.

7. It is a lifestyle

If I say that fast diet is a diet program, I am simply looking at its surface rather than going deep inside of it. I therefore urge upon you not to consider this as a diet program rather than a lifestyle.

By embracing this attitude you can quickly adopt a fast diet as your lifestyle and fully enjoy all the health benefits associated with it.

Factually, fast diet is a lifestyle because it does not stipulate any timing, recommend any foods, and impose restrictions on your favorite diets.

8. No side-effects

Most of the fad diets not healthy and eventually leaves you with many side effects such as fatigue, nausea and other disorders

It is also reported that over the counter HCG products that are used for weight loss are not good for your health.

There are a lot of risks associated with rapid weight loss which includes malnutrition, dehydration and electrolyte imbalances.

The fast diet lifestyle does not entail any extreme forms of intervention into your body functioning and therefore it will not have any side effects.

9. It doesn't take your time and energy

With the fast diet lifestyle you can live an active and healthy life without taking your time and energy. This is possible due to the fact that there is no need of searching for more diets.

The main benefit of fast diet lifestyle is that you can eat the foods that you like. You don't try to classify which foods are good and which foods are bad. You are in full charge of your food regiment and therefore you enjoy peace of mind.

10. Inexpensive

Fast diet lifestyle does not recommend any expensive supplements or foods. It is simply

restricting the calorie intake for a 24-hour period twice in a week. And that's it.

Weight loss is a balancing act of feeding and fasting

Your body is designed to eat, store and burn. That means we're always live in two states i.e feeding and fasting.

In the feeding state we eat and store the food. In the fasting state we burn the food.

In other words your body is designed to eat the food and store in the form of fat when it is available. When the food is scarce, your body uses food that is stored in fats.

Your body is not yet upgraded:

What do I mean by “not upgraded body” it means that your body is designed and functions to tune with ancient conditions, when food is not available 24 x 7.

In olden days your ancestors hunt for food and there is no guarantee of availability always. In those conditions you have to necessarily store the food to meet the contingencies.

Food abundance

Fortunately today there is no shortage of food for the people like us living in Western nations. That

means there is no need for us to excessively eat and store in the form of fats. However the reality is that we eat in excess quantities, unable to resist the temptations of tasty colorful foods that are marketed by food industry. The resultant condition is that we are a nation of obese people facing many problems.

Fasting is the only way out to lose weight:

Fasting is the only way to maintain the calorie balance. Put it simply store some fat when you are eating and burn some fat when you're not eating.

You fast everyday

Remember! Fasting is not a new phenomenon. You are fasting everyday when you are sleeping. If you sleep for eight hours obviously you are fasting for eight hours. In order to lose weight you have to extend the period of fasting to some more extra hours. And that's it.

Conscious fasting

Now the question is that when your body is designed for feeding and also fasting why not people consciously take up fasting for weight loss?

Age-old practice

You may not aware that in the Eastern societies the habit of fasting has been impregnated into their culture and therefore fasting is part of their daily routine.

In Western societies, the concept of fasting has been disappeared in the wake of consumerism and therefore the concept of fasting appears to be Greek and Latin.

5 Myths about fasting

Myth #1: Fasting slows down metabolism

There is a widespread belief that fasting will slow down your metabolism.

Metabolism = your lean body mass

Remember your metabolism mostly depend on your body weight. To be precise metabolism depends on your lean body mass [all the parts of body - your body fat]

More metabolism= more lean body mass

So! The more “lean body mass” you have the higher the metabolism. The obvious inference is that as long as you maintain your lean body mass

the question of slowing down of your metabolism does not arise.

Fasting doesn't slow down metabolism

Hence, it is a wrong belief that dieting will slow down your metabolism. Even if you are on fasting diet for 48 hours it will not have any impact on your metabolism.

Myth#2: Fasting will affect your brain:

Children > true

This may be true for growing children but not adults. It has been proved that the short-term fasting does not affect your brain.

Adults > false

On the other hand older people who are on long-term calorie restricted diet have improved their memory.

So the myth of fasting will affect your brain is also false.

Myth#3: Dieting or fasting will drain your muscle mass:

Another widespread myth that is causing concern is that, you lose your muscle when you go on a fasting diet.

No impact on fast dieters

It is true that a long-term calorie restriction can cause loss of your muscle. However, 24 hour fast or 48-hour fast in a week does not cause any breakdown of your muscle.

Combine fasting and workouts

It is always desirable to combine 30 minute workouts at least twice per week along with fast diet so as to maintain and preserve your muscle mass.

Another myth therefore is busted.

Myth #4: Fasting will make you hungry

Whenever you experience a sign of hungry you assume that the food in your body has been depleted. And immediately you go for replenish your body with the food that you normally eat. But in reality the sign of hunger does not entirely related to biological factors alone.

Hunger a conditional response

Hunger, for the most part, is a conditioned response to factors like taste, smell social and environmental factors.

In other words your desire to eat is a response to a combination of the amount of food you have

eaten and other factors including TV commercials, colorful food packaging etc..

Conditional response can be unlearned

You know very well that any conditional response can be unlearned. It means you replace your existing food habits with new ones. That is to say that the fast diet lifestyle can help you unlearn your past food habits and replace them with healthy ones.

So when you shifted to fast diet lifestyle you may experience some sort of dizziness initially and however as you move through it all such tendencies will disappear.

Myth#5: fasting will make you lightheaded

It is a fact that low sugars in your blood can cause lightheadedness. We call this state as hypoglycemic. This is a common symptom for those who are suffering with diabetes.

Fast diet is not a full fast

If you go for full 24 hours fast even then you will not have any problem of hypoglycemic state. Obviously since the fast diet lifestyle that I am talking now is not a full fast and as it is semi-fast the symptoms of dizziness is almost ruled out.

Anxiety and stress related

Despite of all these facts if you experience the symptoms of lightheadedness when you are on fast diet, this may be caused by anxiety and stress.

Apprehensions about fasting

People have many apprehensions about fasting. This includes a wrong belief system of fasting is unhealthy. In some cases these symptoms may be caused by the very feeling of not eating the food that they like. This we call as royal symptoms.

Fast diet is for healthy people

So fasting is not advisable for those who suffer with diabetes. In healthy individuals fasting does not cause low blood sugars. Initial symptoms of lightheadedness will be subsided in the course of time. In view of these facts you should not give up your fast diet lifestyle simply based on your apprehensions.

Fast diet is a lifestyle

Let me emphasize that the fast diet is not a diet program. Here I am not suggesting any weight loss foods or any weight loss meal plans.

The fast diet is a simple strategy of reducing intake of calories to optimally maintain bodyweight and burning excess fat. It is a holistic and healthy lifestyle with any health benefits associated with it.

Focus on calories but not on food

In the fast diet lifestyle the focus is reducing the calorie intake but not on foods that we eat. It is aimed at reducing the quantity of food that we eat every day. It is estimated that on an average most of the Americans are eating almost 4000 cal of food each day and that is double what we typically need in a day.

24-hour mini fasts

So it is a way of life where you embrace the idea of taking 24 hour mini fasts twice in a week so as to reduce overall intake of food.

Fast diet for weight loss

You have to realize that the simplest way to lose weight, maintain your lean muscle and enjoy all the health benefits is by giving rest to your body couple of times in a week. Importantly it is the only way you can get rid of your compulsive eating habits.

Fast diet is easy

The fast diet lifestyle is not only easy but also inexpensive as it doesn't require expensive foods and supplements. The only thing you have to do is restrict the quantity of food you take at least two days a week.

5.2 intermittent mini fasting

Even though the fast diet food habits are ancient and it is common in most Eastern traditions, the British physician Dr Michael Mosley propagated this strategy first in England then be displayed to other nations.

As I told you elsewhere the fast diet is not a diet plan. It is change of a lifestyle to achieve a permanent weight loss along with many other health benefits.

Feeding five days & fasting two days

The fast diet is also called as 5:2 intermittent fasting diet. This simply means you eat the food in regular way for five days a week. On two days during the week you reduce the intake of calories down to a total of 600 cal in case of men and 500 cal in case of women. In any given point of time the fasting period must not be more than 24 hours.

500 or 600 cal is not a lot and yet it is enough to function and workout without any difficulty.

Don't extend fasting periods

Remember! You don't extend fasting periods of time in your anxiety to lose weight fast. This is because extended period of fasting is turning your body into a starvation mode thereby slowing down its metabolism.

How the fast diet burn excess fat?

When you are on fasting diet, the body looks for the stored food in the body to meet its energy requirements and that is how your body functions properly. After taking all the glucose in your blood, it turns into the glycogen that is stored in your liver and muscle tissues. Once the glycogen is used, the body will start burning the fat for its energy and that is how you lose your excess fat.

Preferred foods?

You can include lean protein sources and lots of vegetables for your fasting day menu. You're not mindful of low calorie intake as this meal seems to be more substantial.

Just wait till tomorrow!

When you start you feel it hard but not terrible as such. However, as you continue with this lifestyle

you feel better. And when you feel hunger, just remember, that you have to wait until tomorrow. If you still cannot resist the hungry you can have an amazing cup of green tea and your hunger goes away.

Fast days



During fast days you may eat one meal in the evening and tried to keep it around 500 or 600 calories limit. If you wish to spread it twice you can do so by following calories limit.

Feeding days



On your feed days you can eat pretty much normally but don't overdo it... but you still can eat sweets, burgers, and chips.

Workout during fast diet lifestyle

Many people who are on fast diet have a doubt that whether they can continue to work out during fasting. There is no need to stop your workout when you fast. And one more thing if you continue your workout even during fast time you will notice improved stamina.



Fast diet + workouts

Combining your fast diet lifestyle with some kind of workout preferably with weights is desirable to maintain the muscle mass.

A regular workout along with your fast diet lifestyle will have number of benefits. Besides maintaining and building your muscle during fasting, it also affects your self esteem and your body image. As a whole you not only lose your weight but also feel good about yourself.

Fasting in religions

Fasting in Christianity

The purpose of fasting is to focus on prayer. Some Christians skip couple of meals a day. Some Christians abstain from food full day or even longer periods of time.

Fasting and praying go together

Christians believe that fasting is a means to establish a Rapport with the God. They also believe that fasting has to be done privately with absolute immunity otherwise they will not derive any benefits out of it. As a whole fasting and prayer will go hand-in-hand in the Christian life.

Fasting in Islam

We all know that Muslims spent a whole month fasting and prayers. They follow total abstinence from food and drink from dawn to dusk.

The spirit of virtue

The main purpose of fasting and praying is to inculcate the spirit of virtue. That is why they don't take anything from morning to evening in the month of Ramadan.

Fasting in Hinduism

Hindus believe that it is not practically possible to live a life of spirituality in their daily life. It is true that we are distracted by many indulgences that do not allow us to lead a spiritual life.

Hindus practice the fast diet

In general Hindus fast certain days in a week depending on their choice of God or Goddess. It is also a common practice that during festival time they fast.

Fasting will detox

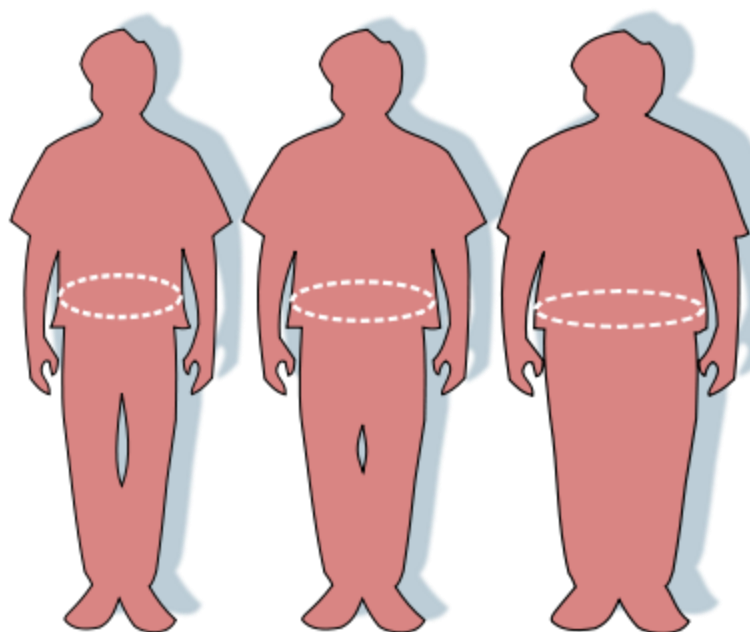
Ayurveda is ancient Indian medical system wherein the underlying principles of fasting were clearly mentioned. As per ayurveda system all the diseases are caused by accumulation of toxic material in the digestive system. By giving rest to the digestive system it can cleanse and correct the imbalance in the body naturally.

Fasting our way of life

If you can deeply understand the cultural practices of all the religions, you can realize the

importance of fasting in our lives. So the fast diet lifestyle that is being propagated today is in fact not a new diet. Fast diet lifestyle is meant to help people maintaining health and lead a peaceful life.

Benefits of fast diet lifestyle



Intermittent fasting is the most effective and easy way to cut the calories; lose excess body fat and also gives amazing health benefits.

It really works for your weight loss



If you follow the fast diet method you can see weight loss in 4 to 6 weeks time. It is also best to keep your weight under control for a long time. The best thing is that even you eat a dessert you will not feel any guilty because the fast diet lifestyle has been designed on the premise of that you should not be deprived of your favorite foods.

You feel more energetic

The fast diet lifestyle is relatively easy to follow and it doesn't feel you are on a diet. Gradually your blood count will improve and as such you feel more energetic and lively.

Lose obsession with food

The difficult thing for anyone who wants to go on a diet is a lot of misinformation about fasting.

And that is why they post pone fasting always. Now, as you know the concept of intermittent fasting you no longer dislike fasting because you know that you can eat tomorrow anything you like. In view of this eventually you lose your obsession with food.

Fast diet lowers glucose levels

Apart from losing excess pounds it can also lowers your blood glucose levels. This helps to diabetic patients also.

Naturally increase growth hormone

Growth hormone helps burning the fat, building the muscle and also has anti-ageing effect. It is also responsible for maintaining your lean body mass. Over weight and abdominal fat can suppress the secretion of growth hormone.



There are three ways to increase growth hormones in your body. I.e Fasting, exercise and relaxed sleeping.

Celebrities pay but you don't

The good news is that fasting can cause large increase of growth hormone in all age groups. That means you can have natural growth hormone by simply fasting which otherwise the celebrities are paying thousands of dollars.

Improvement of overall health and life span

Prolonged and chronic inflammation is one of the key factors for life-threatening diseases including rheumatoid arthritis, hypertension, fatty liver, cardio vascular diseases and diabetes.

Fasting keeps inflammation under control

Chronic inflammation is widespread in people with obesity. Intermittent fasting combined with regular workouts will help you to get rid of excess fat. Excess fat and over eating are main causes of inflammation.

Fast diet lifestyle automatically keeps inflammation under control and thereby improves your health and longevity.

Fast diet lifestyle conclusions

By now I'm sure you have already realized amazing benefits of fast diet for achieving successful and sustainable weight loss.

Fast diet the best way to lose weight

In my opinion fast diet is the best way to lose weight as well as overall improvement of your health. It is the best from the point of practicality and adaptability for a long period of time.

It is stress free and guilt free

More than anything else it is stress free and guilt free as there is no need for you to keep on exploring new diet and weight loss plans.

Live fast diet lifestyle

I am also sure that you finally feel and believe the fast diet as your lifelong lifestyle.

Give rest to your body

Finally remember that you are not doing any great thing. You are simply giving your body periodical rest so that it functions very optimally.

Enjoying glowing life

I'm confident that if you embrace fast diet lifestyle, it not only improves your health but also enhance your self esteem.

Thanks

Praveenben