


BYE BYE BREAKFAST

**Why Two Meals A Day
Works Better For Health,
Weight Loss And Longevity.**

By Carolyn Hansen





Hi, it's Carolyn Hansen, and in this report I'm going to tell you about a breakthrough approach to eating that I believe offers some incredible health benefits.

If you're no fan of long-term dieting (which today we know does you more harm than good) then what you're about to discover could literally change the way you think about eating food. It has certainly changed mine!

Here's what I have in store for you in the following pages. If you'd love to know about an easy way to:

- Improve your long term health
- Reduce excess body fat so you became lean and desirable
- Tap into reserves of energy and stamina you'd forgot were possible
- Begin thinking with greater focus and clarity
- Stabilize your blood sugar level so you don't get food cravings...

And be able to achieve all this without having to constantly count calories and feel miserable while doing it... then please read on, I promise you won't be disappointed.


I'm going to tell you about a little-appreciated approach to eating that helps you burn fat without having to keep a close eye on just how many calories you're consuming. Before you think about trying another diet, I strongly recommend you give this strategy a try.

OK, why am I so excited about this topic, and why should any of this matter to you?

I hope you'll find this exciting because I'm a fitness professional and I've looked at countless ways over the years to improve my eating habits.

As a former bodybuilder I quite literally made eating the most important focus of my life. Above lifting weights to improve my physique, and above lesser pursuits like personal relationships (yes, for a time I was an all-obsessed hard-core fitness fanatic who sacrificed a lot to be able to look good). Looking back, it was a kind of crazy way to live. On the plus side, I learned a hell of a lot about what does and doesn't work when it comes to diets!

Over the years I was exposed to a ton of ideas about the most efficient way to eat so as to ensure a lean and vital-looking physique. Honestly I wasn't all that concerned about health issues at the time. But that changed as I became more and more concerned about not only my long-term health, but that of my clients too once I became a personal trainer and then co-owner of a fitness facility.



So, as a gym owner and former bodybuilder I'm hoping you'll set aside a few minutes of your time and allow me now to tell you why eating two meals a day is the key to achieving everything I've promised you. You're about to see how two meals (and not the three we've all been taught works best) will put you on the path to enjoying greater health, having more energy, losing unwanted body weight, and feeling less hungry.

Ironically, if you'd tried to teach me 30 years ago what I'm about to teach you now I'd have waved my hand dismissively in your face and ignored you.

And I'd have been making a huge mistake!

So, no surprise then that I fell into this way of eating entirely by accident and way later in my life than might otherwise have been the case if perhaps I wasn't so hard-headed in my way of thinking about my relationship with food (which was that I needed to be consuming it every few hours).

What changed in my life to make me see that this might not be the best approach to eating?


In a word: travel.

For the last few years I have been traveling a lot, flying from one place to the over to promote and expand my business. During this time I've found it easier (and cheaper) to eat just two meals a day rather than three.

While traveling I would make a thick (eat with a spoon thick) nutritious smoothie for my breakfast/lunch (protein powder, greens and red powders, chia seeds, almonds and banana) and have that at about 11 a.m. That meant I only had to find one more meal for the remainder of the day.

I felt amazing when I was eating this way but I didn't think too much of it at the time. I was busy with exciting new opportunities and experiencing that ever-present thrill of being on the road in a foreign country (mostly the United States).





But I did notice something each time I returned home to New Zealand. Once I reverted back to eating three meals a day I started to feel really lethargic. I noticed I was always thinking about my next meal, and my weight started creeping up.

Now, this is the point where I have to confess that for many years I advocated eating not three meals a day, but six. The idea behind this is that you make your meals smaller (like 350 calories apiece) and spread them out over the course of the day so that your blood sugar remains on the low and steady side and your body never attempts to store excess as fat.

So the idea of “intermittent fasting” would never have occurred to me to be a viable way to maintain a healthy body weight. On the other hand, it began to dawn on me that while traveling this was exactly the approach to eating that I had adopted. And it was working beautifully for me!

The upshot of this is that while I was traveling - quite unknowingly to me, mind you - I had trained my body to be self-sufficient. I had learned to put it into the fat-burning mode by spacing out my meals. Basically I was forcing my body to “fast” for a longer period than it was used to dealing with. I have since adopted this way of eating permanently, and only very occasionally do I slip off the wagon!

WHEN HISTORY MEETS RESEARCH

Intermittent fasting (IF) is not a new concept. Its origins can be traced back for thousands of years. This is not surprising – as humans we’ve been forced to fast for most of our history. Either we’re doing it overnight on a regular and sustainable basis, or because of extended periods of food scarcity we have little choice in the matter.

What’s new is that today we have clinical research which proves that intermittent fasting offers lasting benefits for both our health and our longevity.

Research into fasting began with questions about whether or not restricting food intake might increase lifespan. Over the last 15 years in both animal and human studies, fasting has been shown to reduce the markers of chronic diseases and improve aspects of health that are inevitably contribute to the lengthening of human lifespan. The most concise way to think about this is that when you fast your body starts to cleanse and heal itself.

The health benefits of fasting are now believed to include weight loss, muscle preservation, reduced cholesterol and blood pressure, and higher endorphin and energy levels, plus improved brain function and longevity.



THE NEW WAY TO EAT

IF is proving itself to be a powerful approach to eating – one that is becoming especially popular because it helps you lose weight without having to deal with the effects of hunger. It also helps reduce your risk of chronic diseases, like diabetes, cancer and heart disease.

So the research overwhelmingly supports the notion of ditching the “three square meals a day” approach in favor of the IF strategy eating just two meals.

In support of this approach, it’s worth noting that this “reduced eating schedule” was practiced naturally by our ancestors. For literally hundreds of thousands of years they had no choice in the matter. They did not have the kind of frequency and ease of access to food that we have now.

In a very real sense IF is an eating strategy imprinted in our DNA.

I need to emphasize at this point that fasting has nothing to do with starvation. Instead, the essential idea is that by eating just two meals in a day - either breakfast and lunch or lunch and dinner during a 16-hour fasting period - you can retrain your body to become “fat adapted”. This means you become adapted to burn stored body fat for energy, rather than being dependent on sugars from food.

This new approach to eating is not simply about skipping a meal. It’s about spending as much time as possible in the fasted state. Eating this way, where you space out your “eating window” puts your mind in tune with your body so you can understand what hunger really feels like. Hunger is something you should be experiencing every 16-24 hours, not every four hours.

The Western world spends next to no time in the fasted state. Apart from when sleeping, perhaps just one or two hour’s maximum each day. You could say really, there is no fasting going on, just a constant grazing from dusk to dawn, and even during the night for some people.

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So when exactly should this intermittent fasting period take place?

About 80 percent of my clients skip breakfast rather than dinner. For most people it's practically and socially easier to skip breakfast. As a result, almost every single person who adopts this way of eating reports instant benefits. This is no surprise to me. I experienced the same benefits during my stints traveling and eating this way (sans breakfast) even though I didn't realize it at the time.

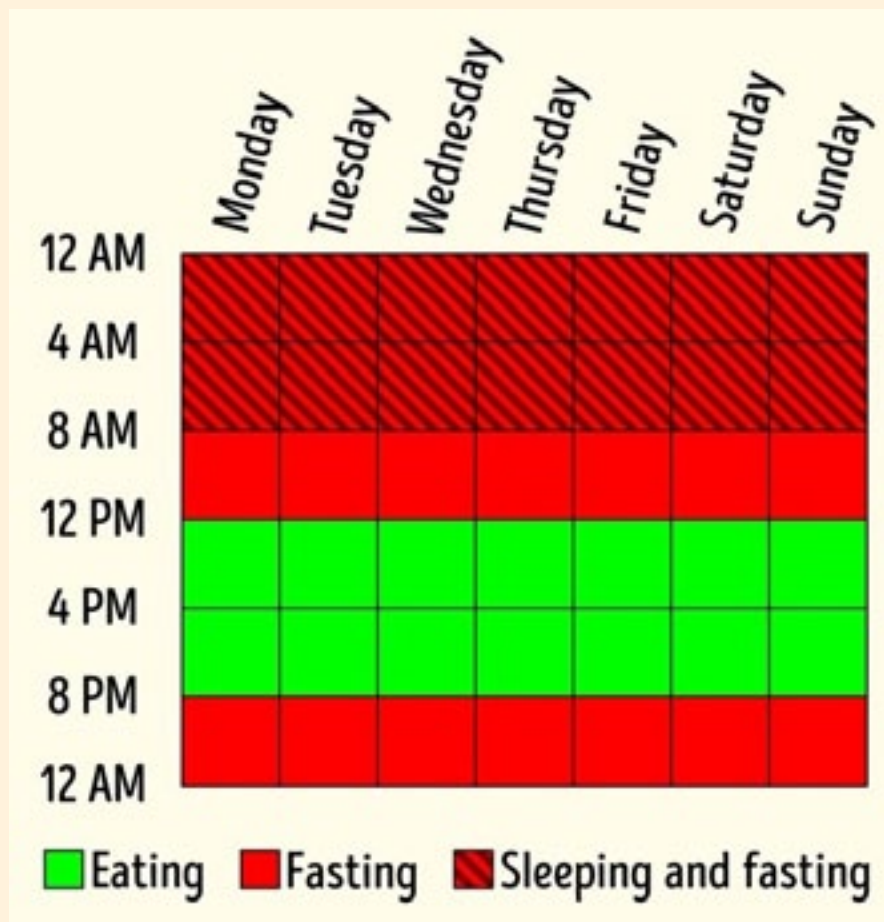
In a world where we've been taught that breakfast is the most sacred meal of the day, it does take a bit to get your head around the notion that it's unnecessary. On the other hand there are quite a few studies that suggest we're not well-adapted to tolerating food in the morning, the result of which is we're far more susceptible to feeling the ill-effects of spikes in blood sugar levels.



Not only that, cortisol (the stress hormone that promotes belly fat) is higher in the mornings. Glucose (sugars from food) combined with cortisol in the bloodstream increases the likelihood of insulin resistance. This means when your cells need to respond to insulin, which normally causes them to begin sucking in glucose for energy, they don't do such a great job and that sugar remains in the bloodstream where it can build up to toxic levels.

It's no secret that typical calorie restriction as a means to losing weight tends to be miserably unsustainable. Most people who attempt restriction end up bingeing or consuming low-calorie " Frankenfoods " in an attempt to fill the ever-expanding ravenous black hole of hunger that consumes them.


With intermittent fasting you don't restrict your food intake, you restrict your normal daily eating schedule to a 6-8 hour window of time. No calorie-cutting!



WHAT DOES FASTING REALLY MEAN?

Fasting isn't the same as **starving yourself**, which is what many people think when they hear the term "fasting." And yet, fasting isn't a diet, either. The literal definition of fasting is to abstain from food and drink during a specific period of time. People have engaged in ritualistic fasting for thousands of years. Spiritual fasting is practiced in many religions. But in the current context, I prefer thinking about fasting as simply a change in eating patterns.

In place of three square meals a day, or a handful of smaller meals throughout the day, you will have a specific window of time when you're allowed to eat. This could take the form of a few hours a day, or the fasting window could represent certain days of the week. During that time you can eat whatever you want - within reason.



If you're eating processed foods and potato chips, it's unlikely you will reap the benefits of IF. If that's you, I encourage you to examine your diet before trying a fast. But if you practice fasting and stick to a mostly whole food diet, rich in vegetables, lean proteins, healthy carbohydrates and fats, you will see changes in your body and in the way you feel. One benefit of this is that those occasional splurges on chocolate or cheese won't have as big an impact as they might if you were on a calorie-restrictive diet.

There is no doubt about whether we eat too much or move too little. We do, on both counts. Today it is estimated that one out of every two people is obese or overweight and millions of people are dying from complications that stem from this truth.

So any strategy that has us eating less often and is beneficial for our health is well worth a look. Especially since IF doesn't just help to manage body weight. It can extend our life too.

These benefits are well-documented and are thought to include a rebooted immune system, more stable energy levels, and even a slowed aging process.

And, most importantly, you can drop excess body fat fast. These fasting periods force your body to dip into its fat stores for fuel, a process entirely natural for the human body but which is circumvented by the modern three-meals-a-day approach to eating.

The proposed benefits of IF in animals and humans read like a laundry list of "look better," "feel better," "live longer" physiological changes. These include:

Reduced:

- blood lipids (blood fats, including decreased triglycerides and LDL cholesterol)
- blood pressure (perhaps through changes in sympathetic/parasympathetic activity)
- markers of inflammation (including CRP, IL-6, TNF, BDNF, and more)
- oxidative stress (using markers of protein, lipid, and DNA damage)
- risk of cancer (through a host of proposed mechanisms)

Increased:


- cellular turnover and repair (called autophagocytosis)
- fat burning (increase in fatty acid oxidation)
- growth hormone (the youth hormone) release (hormonally mediated)
- metabolic rate (stimulated by epinephrine and norepinephrine release)
- healthy gut bacteria

Improved:

- appetite control (through changes in Peptide YY and ghrelin levels)
- blood sugar control (by lowering blood glucose and increasing insulin sensitivity)
- cardiovascular function (by offering protection against ischemic injury to the heart)
- effectiveness of chemotherapy (by allowing for higher doses more frequently)
- create more brain cells and improve brain POWER (read research article [here](#):)



Many of the multitude of health benefits of IF are related to changes in hormones, gene expression and improved functioning of cells.



With this list of benefits, IF appears to be an amazing cure-all. So why isn't everyone doing it?

Well, everyone is doing it! In most cases, people are fasting for 12 hours every single day. Unless you're waking up at night and raiding the fridge, you're probably already enjoying some of the benefits of IF. You just didn't know it.

However, current research shows that some of these benefits may only be realized after longer periods of fasting – around 20-24 hours, depending on your activity levels. For example, if you are fairly sedentary during the fast, you may need the full 20-24 hours without food to realize the benefits. However, if you are very active, or you exercise purposefully during the fasted state, you may be able to enjoy the same benefits after only 16-20 hours without food.

This brings up an important point: I strongly recommend you follow an exercise program regardless of whether you're experimenting with IF. Although exercise and IF share some of the same benefits, many researchers believe their combined impact on energy balance and cellular adaptation enhances the benefits of both interventions.

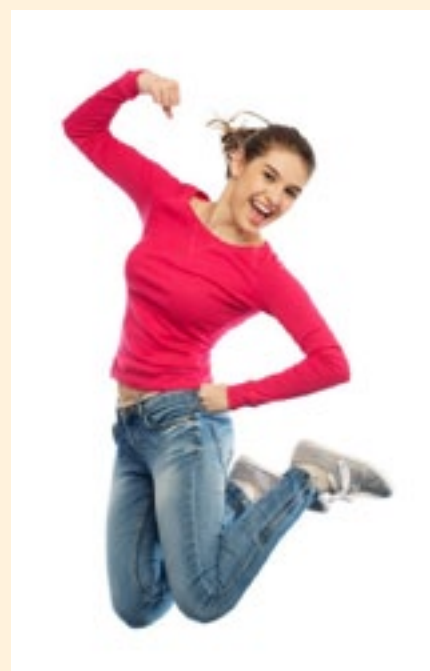
Here is a link to my very popular [Minimalist Fitness program](#):


SUPERCARGES YOUR ENERGY

IF boosts mitochondrial biogenesis, the creation of new mitochondria which are the batteries for your cells. Each one of your cells is filled with hundreds of mitochondria that power your cells to do their job. Their job is to take the food you eat and turn it into energy.

When you have a break from eating you give your body a break from constantly digesting food. When you eat something, you may notice at first you get a little tired, that's because your body is spending all of its energy digesting the food. When you are constantly eating, your energy is constantly being used up, leaving you feeling drained for no good reason.

When you have that break, you are reserving that energy; and it is then re-directed to other things, like: healing injuries, preventing illnesses and/or getting fit via working out...





Mitochondria in the brain supply it with the power needed to think with clarity, intensity, and focus. Think of it like giving your iPhone more batteries for more efficient and longer lasting energy.

EXERCISING IN A FASTED STATE


Training in a “fasted state” in the morning has become a popular workout strategy for people looking to get more from their workout “buck”.

Contrary to popular belief, research suggests that eating many small meals throughout the day won’t speed up the metabolism (something I wish I’d known when younger!), skipping a meal won’t make you fat, and exercising on an empty stomach will not nullify a workout. In fact, skipping a meal before exercising will actually boost your strength and your level of fitness.



About six hours after a meal your body enters a fasting state. When this happens, it burns off its stored sugar and then starts breaking down fat and converting it into ketone bodies for fuel. In other words, you start burning fat instead of sugar for energy.

When you exercise in this fasted state, it blasts the fat off you. One study [*published in the British Journal of Nutrition*](#) found that participants who exercised while they fasted burned nearly 20 per cent more fat than those who ate before working out.



An empty stomach triggers a cascade of hormonal changes throughout the body conducive to both building muscle and burning fat. In [one six-week study](#), researchers asked male volunteers to stuff themselves with junk food every day. Some participants didn't exercise at all while gorging themselves, while others either fasted before exercising in the morning or ate a big breakfast before working out.

What happened? The men who didn't exercise got way chubbier (no surprise). The men who ate breakfast before exercising also gained weight, although only about half as much as the controls. The fasting exercisers, however, gained virtually *no* weight, even though they ate the same bad diet.

FASTED EXERCISE LOWERS YOUR INSULIN LEVELS

Excess insulin packs fat on your body and puts you at risk for diabetes, so one of the biggest favors you can do for yourself is to drive down insulin. Either fasting or exercise will help you do this—and when you pair them up, the result is metabolic magic.



In the study cited above, the controls and the non-fasting exercisers exhibited insulin resistance (which leads to higher insulin levels) after their junk food overload. The fasted exercisers, however, showed *no* signs of insulin resistance, in spite of their terrible diet.

In [another study](#), participants exercised in a fasted state at least three times weekly for 12 weeks. By the end of the study they lost an average of one-quarter of their baseline fat mass, and their fasting insulin levels *fell by 25%*. That's HUGE.

FASTED EXERCISE IMPROVES YOUR ATHLETIC PERFORMANCE

Right now, you're carrying around a big supply of energy in the form of fat. The problem is that you can't access that energy easily, because your body is trained to burn sugar - not fat.

When you exercise in a fasting state, however, you teach your body how to tap readily into your fat stores for energy. When you do this, you become *metabolically flexible*.

When the body learns to exert itself without any food, it also gets better at performing when it *does* have fuel in the tank.

On the day of a big race or game, you will still want to eat beforehand (that's not the time for fasting). But if you are metabolically flexible, your body will easily switch to burning stored fat once it uses up the sugar from your meal. As a result, you will have a virtually unlimited supply of energy... and that means you can leave your competition in the dust.

Keep in mind though, when you start doing fasted exercise, it will take a couple of weeks for your body to master the art of burning fat for fuel. Hang in there, even if your workouts are a little tough at first. I promise that your investment will pay off big-time when the pounds melt off, your insulin level drops, and you begin to feel amazing.

THE FAST WAY TO IMPROVE PERFORMANCE



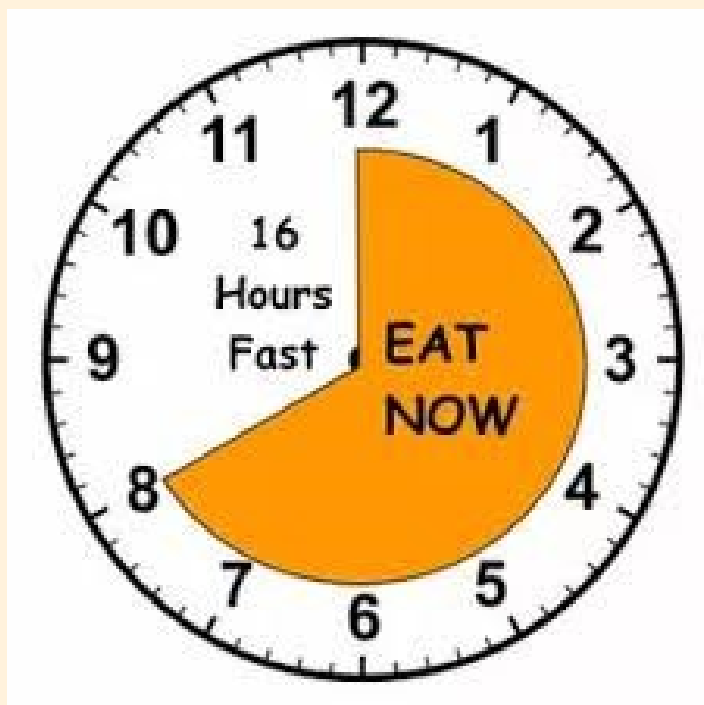
Exercise, especially intense exercise that uses a lot of muscles (think compound movements like deadlifts and squats) causes a big surge in “youth” hormones which is why it makes great sense to combine exercise and fasting.

In short, fasted training helps to ensure that carbs, protein, and fats go to the right places in the body and are stored only minimally as body fat. Exercising on an empty stomach has been shown to be especially great for fat loss, and it's even been shown that people who train while fasted become progressively better at burning fat at higher levels of intensity (because of an increase in fat-oxidizing enzymes).

YOU CAN TRAIN YOURSELF TO FEEL LESS HUNGRY

With IF, you simply restrict the **hours** you eat each day rather than **what** you eat. No conscious “dieting” required! The simplest version of this way of eating is to eat just two meals a day in an 8 hour window. For example the first meal taking place around 11am-1pm and the second around 6-8pm.

The premise is that by eating **two meals a day** — either **breakfast and lunch** or **lunch and dinner** — you introduce a **daily** 16-hour fasting period. As a result, you retrain your body to become “fat adapted,” meaning you burn stored body fat for energy rather than depend on sugars from food.



With intermittent fasting there is no restriction of food groups or macronutrients which many mainstream weight loss type diets require, leaving you constantly craving for what you can't have. Once you get used to it, it's really easy to stick to because, surprisingly, you will feel less hungry. Hunger is not an issue according to most people who eat this way.

IF is not a diet, it's a pattern of eating. It's a way of scheduling your meals that doesn't change **what** you eat but **when** you eat. You can choose between having breakfast and lunch, or lunch and dinner, but avoid having both breakfast and dinner.

While typical diets often yield lackluster results replete with weight regain, practicing IF fosters sustainable, automatic fat burning. Much more than typical calorie-restricted diets, despite similar calorie intakes! In fact, most of the time you will be keeping your calories the same but you will be eating bigger meals during a shorter time frame.

It is important if you choose to eat this way to make sure you obtain enough nutrients overall as the health gains from eating this way may be offset by nutrient deficiencies from low-nutrient choices that could cause poor health. Those two chosen meals have to be packed full of nutrition and completely balanced.

But once you get used to it, you will love the simplicity of this type of eating. Eating two meals a day allows you to eat one less meal, which also means planning and shopping for one less meal, cooking one less meal and stressing about one less meal.

It makes life a bit simpler and that is a good thing.

Perhaps most importantly, IF is one of the simplest strategies we have for taking fat weight off while keeping good weight on (muscle tissue) because it requires very little change in behavior. It falls into the category of “simple enough that you’ll actually do it, but meaningful enough that it will actually make a difference.” Having a limited window for eating is much less difficult than simply restricting calories and you will be in a slight caloric deficit without even realizing it.



THIS WAY OF EATING COULD CHANGE YOUR LIFE FOR THE BETTER

Given the known benefits for metabolism and all sorts of health markers, it makes sense that IF could help you live a longer and healthier life. Likely you will see amazing results within just a week of practicing it.




For a positive lifestyle change to last, it needs to become a way of life. This is where most diets fail. They may facilitate weight loss in the short term but most of them are unsustainable. You will put on weight as soon as you go back to your usual eating pattern.

WHAT MAKES THIS WAY OF EATING DIFFERENT...

By skipping one meal, you are getting a 16 hour fast, but the focus is on eating when you feel hungry, not because the clock tells you to do it.

This slight change in focus makes a MASSIVE difference. It becomes a way of life rather than something you do in the short term to get you to your ideal body weight.

I follow this special way of eating every day because of how it makes me feel. I am full of energy, I never feel hungry, and I stay lean effortlessly. I regularly eat out with friends, and I love food – there are NO feelings of restriction or deprivation, or I wouldn't do it.



This way of eating is becoming a way of life for so many people because it is simple, effective and sustainable. It teaches your body to transition from burning sugars and carbohydrates to body fat for energy – this is one of the most empowering things you can do for your long-term health and wellness.

Not only will you lose weight, you will be FULL of energy all day long, no longer reaching for caffeine or nicotine or sugar to get you through the day.

Now that you understand the value of this approach to eating all that remains is to put it into effect. Admittedly I may have made the process seem abundantly effortless. Compared to other approaches to maintaining a healthy body weight and all the benefits that go with it, this approach is easy. But if you would like to know more about how I make it work for me, and the types of meals I prepare so as to facilitate the intermittent fasting approach, I have a special program called The 16-Hour Diet that you can learn more about by clicking the link below:

[The 16 Hour Diet Plan](#)

Sadly it took me more than 30 years to figure out how to find a sensible approach to fasting that works effectively and eliminates the nasty side effects of virtually every other form of fasting I've come across over the years. This is where all the experiences I endured as a bodybuilder in my youth now pay off.

I've made a lot of mistakes over the years starving myself just so that I could lose a few pounds and look great on stage. Luckily you'll never have to make the same mistake that I did. Fasting doesn't have to be a miserable experience, and when you click on the link above and visit my page about The 16-Hour Diet I'll explain just what it is you need to do to get started fasting quickly, effortlessly, and without the need to perform calorie restriction of any kind!

Cheers,

Carolyn Hansen