Program Guide
Outline:

I. Purpose of the IDM Program
II. Weight-loss
III. Fasting
IV. Dietary Guidelines
V. Developing Habits
VI. Mindfulness Meditation
I. Purpose of the Program

The IDM program treats:

- Obesity
- Type 2 Diabetes and borderline diabetes
- Fatty Liver Disease
- Polycystic Ovarian Disease
- Sleep apnea

The purpose of the Intensive Dietary Management (IDM) Program is to help participants control and even reverse their conditions associated with obesity, including diabetes. We focus on intensive dietary interventions rather than medication or surgical interventions. Our objective is to lower insulin levels within the body using a combination of dietary modifications and intermittent fasting.

One dietary intervention is called Intermittent Fasting (IF). This is an entirely voluntary period of time in which you will abstain from food. Water, tea, coffee (no sugar or sweetener) and clear broth (no bouillon or canned) are permitted and encouraged. Other dietary strategies include eating whole unrefined foods, increasing your intake of natural fats, lowering your intake of refined grains and added sugars.
II. Weight-loss:

The amount of weight lost varies from person to person. Not everyone experiences the same results. Most people can expect to lose 0.5 lbs of body fat per 24-36 hours of fasting. Participants who are on certain medications may have a more difficult time losing weight than others. Weight loss is sometimes observed in spurts, don’t be discouraged if you reach a plateau. We will make adjustments to your fasting and dietary regimens to help you continue to make progress.

Please note there is no ideal weight for any individual. The IDM program focuses on body composition. Many different factors affect your weight, including water mass, lean muscle and bone (what you want to develop) weight more than unhealthy fat (what you want to get rid of). Muscle and bone weigh a lot more than body fat as well. You should avoid weighing yourself regularly. Instead, buy a measuring tape and take note of your inches. Ideally, you would like your waist (the largest part of your mid-section) to be equal to half of your height in inches, i.e. if you are 5 feet tall (60 inches), you want your waist size to be no more than 30 inches.

Participants also lose weight and inches around their waist in intervals. Your weight may be down, but your waist size will be the same. Don’t be discouraged! Chances are that at another point, your weight will be the same, but your waist size will be down. This is a pattern we often see with participants. Men tend to lose pounds faster than women, but women tend to lose inches around their midsection faster than men.

As you begin to slim down you may begin to develop some very healthy lean muscle and rebuild some lost bone mass. These are fantastic things! Since muscle and bone weigh more than fat you shouldn’t be so concerned with the number of the scale if you waist size continues to go down. Your waist size is more important than the number on the scale. It is always a good idea to take weekly progress photos of yourself to track the changes as well.

If you are interested in knowing your body composition, you may arrange to have a DEXA body composition scan. Usually, this is not necessary at the start, but it is a good idea when you think you are close to your ideal weight. There are many people out there who are 110 pounds and over 40% body fat!

Plateaus:
There will likely be a time where you plateau in terms of your weight loss and blood sugar levels. At this time we may have to alter either your fasting or dietary regimen, or both. Some participants increase from a 24-hour fasting period to a 36-hour fasting period of a 48-hour fasting period. Some may fast for 24 hours each day of the week. Others may fast for a complete week. Changing the routine of the fasting protocol is often required to break through the plateaus. It varies from person to person depending on the severity of their insulin resistance and their comfort level.
Energy Levels:
Sometimes participants will feel tired and lethargic during the first few times they fast. This is normal. Stay hydrated and after the first week it becomes a lot easier. Your energy levels will increase after the first few fasts.

Psychological Aspect of Fasting:
The idea of fasting for an extended period of time may cause you some anxiety and feel overwhelming. Please note that fasting has been performed by many different cultures and religions for hundreds of years. It is perfectly safe to fast. Many people are able to fast without experiencing any difficulties. A lot of fasting is mind over matter. Remind yourself throughout the day that fasting is a natural process and has been practiced for many years. Spending 20 minutes participating in Mindfulness Meditation each morning can also help with fasting related anxieties. Please review the section Developing Habits for more information on Mindfulness Meditation.

Expedited Results:
If you want to lose weight faster or come off of your diabetic medications sooner, than you will have to fast for a longer period of time. The longer you fast, the faster the results will be.

III. Fasting
What is intermittent fasting?
Fasting is the voluntary act of withholding food for a specific period of time. An absolute fast entails the withholding both food and drink and is not part of the Intensive Dietary Management Program. In this program, we encourage the liberal intake of noncaloric liquids.

Typical fasting periods range from 24 hours to 3 months or more. Intermittent fasting is the application of fasting for shorter periods of time on a regular basis. This may typically be a 24 or 36 hour fast to be done 2 to 3 times per week. A continuous fast is maintained for a prolonged period of time such as from 1 week to 3 months.

It is important to recognize that this is entirely voluntary process. Fasting is often confused with starvation which is the involuntary withholding of food where people do not know when their next meal may arrive. Starvation is not a healthy state.

Fasting is also often confused with ‘wasting’ which happens when the body’s store of fat has been exhausted and the body begins to burn protein for fuel. This is also an involuntary process and is definitely not healthy.

Is fasting safe?
Fasting has been used safely throughout almost the entire of human history. Virtually all major religious groups advocate fasting as a routine practice. In Catholic tradition, there are various times of fasting such as Lent, Ash Wednesday, and Good Friday. There is also prescribed fasting on Fridays and
the Eucharistic Fast.

In Islamic tradition, there is the month long period of intermittent fasting known as Ramadan and fasting is one of the Pillars of Islam. Fasting is also found in Buddhism, Hinduism, and Judaism.

**How does fasting work?**

Fasting works by allowing the body a period of rest or ‘cleansing’. The digestive system including the pancreas is allowed to rest since it does not have to do the hard work of digesting food and reducing the blood sugar. As the body is allowed to rest, it may start to recover and you may notice that your blood sugars are lower or that you need fewer medications.

Fasting also works to reduce insulin resistance. By allowing the body a period of lower insulin levels, insulin sensitivity in the body is restored and blood sugars are often improved. If you do not eat, then the body is forced to burn its stores of sugar. After these stores are depleted, blood sugars often fall. Fasting is an effective method of reducing weight. Once the stores of sugar have been exhausted, the body is then forced to start burning its stores of fat. That is precisely what we are after.

**What if I have diabetes?**

Fasting may be done safely even if you have diabetes provided that blood sugars are closely monitored and medications adjusted. That is why we insist upon close follow up and contact with the your primary care physician. If you cannot be followed closely, fasting should not be attempted.

During fasting, particularly if you are taking insulin or medications, blood sugars may be reduced. You must also be closely followed by your primary care physician to adjust medications as doses may need to be decreased as blood sugars decrease. This is a good thing, as the low blood sugars means that the process of fasting is working.

**What if my blood sugars go too low during fasting?**

If blood sugars are low then you MUST eat something to bring your sugars back to the normal range, as it is very dangerous. This is true even if it means you must stop your fast for that day. You must seek medical attention immediately. The dose of the diabetic medications or insulin may need to be adjusted.

**What if my blood sugars go too high?**

Please seek medical attention immediately.

**Does fasting deprive the body of nutrients?**

Fasting has been performed for over a year without noticeable malnutrition. Use of an
intermittent fasting protocol virtually eliminates this risk because the period of fasting is short. If there is concern, you may take a general multivitamin.

**Won’t fasting shut down my metabolism?**

In fact, the exact opposite is true. Many studies on fasting show that the resting metabolic rate is stable or increases during the fasting period. In response to fasting, the body releases large amounts of certain hormones such as growth hormone and adrenalin that maintain and even increase the metabolism.

Growth hormone release during a fast tends to maintain muscles and therefore any weight lost tends to be fat rather than lean muscle. In a typical ‘portion control’ type of diet, both lean and fat weight is lost.

**Will I feel tired during a fast?**

Again, in our experience, the exact opposite is true. Many people find that they have more energy during a fasting period. The reason is likely again related to the release of adrenalin into the body. All normal activities of daily living can be performed. If you experience persistent fatigue, you should contact us as this is not a normal part of fasting.

**Can I exercise while fasting?**

Absolutely. We encourage the use of both weight training as well as cardio training. Since the body has higher levels of adrenaline, fasting is an ideal time to do exercise. There is no reason to stop your exercise routine because of the fasting schedule.

**Will fasting make me confused or forgetful?**

No. In the short term, studies have shown that there is no decrease in memory or concentration with short term fasting. Long term fasting may actually help improve memory. One theory is that fasting activates a form of cellular cleansing called autophagy that may help prevent age associated memory loss.

**I have been getting some dizziness during fasting, what can I do?**

There are several possibilities. You should check your blood pressure, particularly if you are taking medications for hypertension. If your blood pressure is too low, you may be getting dizzy.

Another possibility is that you are becoming dehydrated. You must ensure that you take sufficient fluid. You may also need to increase your sodium intake on the fasting day. During fasting, some people will take no salt for the entire day, which may lead to dizziness. Some extra salt in the
form of broth or mineral water often helps alleviate the dizziness.

**I have been getting headaches during fasting, what can I do?**

We suggest that you try to increase salt intake. The transition to very low salt intake on fasting days commonly causes headaches. It is usually temporary and as you become accustomed to the fasting process, this often resolves itself. You can take some extra salt in the form of broth or mineral water.

**My stomach is always growling, what can I do?**

Some mineral water often helps with the growling.

**I am hungry during fasting, what can I do?**

Hunger does not persist, but instead comes in waves. If you take some fluids such as tea or coffee, the hunger will often pass. As the body becomes accustomed to fasting, it will immediately start to burn its stores of fat and hunger will be suppressed. Many people note that as they fast, appetite does not increase but starts to decrease.

See the **Top 5 Natural Appetite Suppressants** in the APPENDIX section.

**I am having headaches during fasting, what can I do?**

Headaches are common when you are dehydrated or your sodium stores are low. Make sure you are drinking plenty of water, tea and coffee to stay hydrated. Drinking clear soup broth with some sea salt, Kosher salt, Celtic salt or Himalayan salt is an excellent way to ensure your body is not depleted of sodium. Don’t be afraid to add these unprocessed salts to your broth. Sodium is not the dietary villain it is made out to be!

**I am having constipation since fasting, what can I do?**

Increasing the intake of fibre, fruits and vegetables during the non-fasting period may help with constipation. Metamucil may also be taken to increase fibre and stool bulk. In the case that it is still bothering you, please ask your doctor to consider a laxative.

**I am having heartburn, what can I do?**

Avoid taking large meals at one time. There is a tendency to overeat once a fasting period is finished, but try to avoid this and eat normally. We advise when breaking a fast to do so slowly.

Avoid lying down immediately after a meal and try to stay in an upright position for at least one
half hour after meals. If these do not work, consult your physician.

What if you take any daily medications that need to be taken with food?

If you take any daily medications that require you to take that particular medication with food, you can have a small portion of green vegetables or a small piece of fruit with the skin intact, i.e. an apple or pear with the skin.

I need to take medications with food, what can I do during fasting?

Try to take your medications with a small serving of leafy greens, an apple, or a pear.

How often do I have to fast?

The length of time you fast will be determined on an individual basis with yourself and the team, including the physician. This typically involves fasting period of 24 to 36 hours, and is usually done on alternate days or 3 days per week. Generally, the longer you fast for, the quicker your results in terms of weight loss and diabetic improvement.
Fasting Protocols

24 hour fast
During a 24-hour fast you will fast from one dinner to the next on alternate days. This means if you begin fasting after you finish dinner on Day 1, you will not resume eating until the evening on Day 2, i.e. you would fast from 5:00 PM on Day 1 to 5:00 PM on Day 2. This is usually done on alternate days or 3 days per week.

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36 hour fast
During a 36-hour fast you fast from dinner until breakfast/lunch two days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until the morning on Day 3, i.e. you would fast from 5:00 PM on Day 1 to at least 5:00 AM on Day 3. This is usually done on alternate days or 3 days per week.

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### 42 hour fast

During a 42-hour fast you fast from dinner until lunch two days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until the lunch on Day 3, i.e. you would fast from 7:00 PM on Day 1 to at least 1:00 PM on Day 3. This is usually done on alternate days or 3 days per week.

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### 48 hour fast

During a 48-hour fast you fast from dinner until dinner two days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until dinner Day 3, i.e. you would fast from 5:00 PM on Day 1 to 5:00 PM on Day 3. This is usually done twice per week.

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66 + 48 hour fast
The 66-hour fast starts on Day 1 after dinner and ends on Day 4 at lunch. The 48-hour fast begins Day 4 after dinner and ends Day 6 at dinner.

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3 day, 72 hour fast
During a 72-hour fast you fast from dinner until dinner three days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until dinner on Day 4, i.e. you would fast from 5:00 PM on Day 1 to 5:00 PM on Day 4. This is usually done once per week.

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### 3.5 day, 84 hour fast

During an 84-hour fast you fast from dinner until breakfast/lunch four days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until the morning/afternoon on Day 5, i.e. you would fast from 7:00 PM on Day 1 to 5:00 PM on Day 5. This is usually done once per week.

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### 5 day, 120 hour fast

During a 120-hour fast you fast from dinner until dinner five days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until dinner on Day 6, i.e. you would fast from 5:00 PM on Day 1 to 5:00 PM on Day 6.

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7 or 14 day fast
During a 7 or 14 day fast, you fast the entire week.

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**Fat Fast**

**Why we use a fat fast?:**

A fat fast can be a useful tool to get started with intermittent fasting or when you want to get back on track. The idea is to eat lots of fatty foods until sated for a few days before you start fasting. Doing so will help your body reach fat burning mode faster and without as many negative side effects, such as headaches and hunger pangs.

- Coming off of a period of eating a diet high in carbohydrates
- Extreme hunger
- Periods of stress when fasting seems impossible

**Rules of a fat fast:**

- Eat when hungry, until full as often as necessary
- No dairy or nuts during a fat fast
- You may use up to 3 tbsp of heavy cream for your tea or coffee

**Foods:**

- Eggs
- Bacon
- Salmon
- Sardines
- Olive oil, coconut oil, MCT oil, avocado oil, macadamia nut oil
- Butter
- Ghee
- Avocado
- Olives
- Bone broth
- Tea/coffee
- Spices are allowed
## What can I have on my fasting days?

<table>
<thead>
<tr>
<th>Fluid</th>
<th>What Can Be Added</th>
<th>What Can’t Be Added</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Water</td>
<td>Lemons</td>
<td>No flavouring powders or sweeteners of any kind</td>
<td>At least 2 – 3 L/day</td>
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<td>Cinnamon (to hot water)</td>
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<td>Chia Seeds (1 tbsp)</td>
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<td>Pure Psyllium Fibre (1 tbsp/cup)</td>
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<td>Vinegar (1 tbsp/cup)</td>
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<td>Tea and Coffee</td>
<td>Heavy Whipping Cream</td>
<td>Sugar or artificial sweeteners</td>
<td>As often as you want</td>
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<td></td>
<td>Coconut oil, (1 tbsp/cup)</td>
<td>Coffee Mate or other powdered milks</td>
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<td></td>
<td>Cinnamon</td>
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<tr>
<td>Iced Tea or Coffee</td>
<td>Tea bags or leaves</td>
<td>Sugar or artificial sweeteners</td>
<td>As often as you want</td>
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<td></td>
<td>Pour coffee over ice</td>
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<tr>
<td>Soup Broth</td>
<td>Homemade broths such as vegetable, chicken or beef broth</td>
<td>Bouillon cubes</td>
<td>A few times per day</td>
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<td>Sea salt, Kosher salt, Celtic Salt, or Himalayan salt</td>
<td>Canned broth</td>
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<td>Vinegar</td>
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<td>Herbs and spices</td>
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Broth Recipe

Ingredients

- Vegetables (onion, celery, carrot)
- Chicken, beef, pork or fish bones
- 2 tbsp of raw, unfiltered organic apple cider vinegar
- 1 tbsp of sea salt (or to taste)
- 1 tsp of freshly ground pepper (or to taste)
- Herbs and spices

Instructions

1. If using bones, roast them in the oven at 350°F for 30 minutes.
2. Coarsely chop desired vegetables.
3. Place stockpot on the burner. Add the bones and apple cider vinegar. Cover with water and let sit for 10 minutes.
4. Add the chopped vegetables, sea salt, pepper, and any other herbs and spices into the stockpot.
5. Cover the stockpot and turn the burner to high heat. Once it has begun boiling, reduce to a simmer.

Alternatively, a slow cooker could be used.

Cooking Times

- Chicken bone broth: 4 - 24 hours
- Beef bone broth: 8 – 48 hours
- Fish bone broth: 4 – 8 hours
- Vegetable broth: 3 hours

6. Every 30 minutes for the first 3 hours try to skim off the layer of fat (if visible) from the surface of the broth.

7. Let it cool, then strain and remove fat.

8. Refrigerate or freeze. Broth will stay good in the refrigerator for 3 to 5 days.

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Fasting Tips

1. **Drink water** – Start each morning (fasting or non-fasting) with a full 8 oz (250 mL) glass of water.

2. **Stay busy** – It keeps your mind off food. It often helps to choose a fast day for a busy day at work.

3. **Drink coffee** – Some people find coffee to be a mild appetite suppressant. Other acceptable drinks include green tea, Chinese tea, and bone broth.

4. **Ride the waves** – Hunger comes in waves – it is not continuous. When you are hungry think “you are not hungry – you are thirsty” and drink a glass of water or a cup of coffee or tea.

5. **Don’t tell anybody you are fasting** – Most people will be discouraging, as they do not understand the benefits of fasting.

6. **Give your body 1 month to adjust** – It often takes some time for your body to get used to fasting. The first few times you fast may be difficult, so be prepared. Don’t get discouraged because it will get easier.

7. **Intermittent fasting is not an excuse to eat whatever you like** – During non-fasting days, results will be best if you stick to a nutritious diet low in sugars and refined carbohydrates.

8. **When you are finished a fast, act as if it never happened** – Fasting is not an excuse to binge.

9. **Fit it into your own life** – Make sure you fit your fasting into your own schedule. Do not limit yourself socially because you are fasting. Try to arrange your fasting schedule so it will fit in with your lifestyle. Adjust your fasting schedule to what makes sense for you.
How to break a fast

Everyone responds slightly differently when breaking a fast. Some people can eat anything without it causing any gastrointestinal distress while others aren’t as lucky. Eggs seem to be the biggest culprit for those with sensitive stomachs. If you are leery about what to consume when breaking a fast or have a sensitive stomach, it would be best to avoid eggs in any form.

Strategies for Breaking a Fast

Foods to consume 30-to-60 minutes prior to having your first meal:

1. Take 1/4 to 1/3 of a cup of macadamia nuts, almonds, walnuts or pine nuts
2. Have a tablespoon of peanut of almond butter
3. Have a small salad (you can add cottage cheese or crème fresh for a dressing alternative)
4. A small bowl of raw vegetables with some olive oil and vinegar drizzled on them
5. Drink a bowl of vegetable soup
6. Some meat, i.e. three slices of prosciutto or a slice or two of pork belly

Rules

- Make sure your portion sizes are small – you will be eating a full meal shortly so there is no need to gorge.
- Take time to chew thoroughly. This will greatly help out with the digestion process of the foods you are consuming. You are slowly revving your system back-up again.
- Take your time in general. Your fast is over. Take comfort knowing you will be having a whole meal within the hour if you are feeling anxious to eat again.
- Don’t forget to drink water! Drink a tall glass of water before you break your fast and after your first meal. People often forget to consume fluid once they stop fasting, but we often mistake thirst for hunger. Make sure you are staying hydrated so you don’t overeat.
### IV. Dietary Guidelines

Participants in the IDM Program are asked to follow a low carbohydrate, high natural fat (LCHF) diet. We ask for participants to do their best to avoid refined carbohydrates as much as possible. The first thing you need to do is go through your refrigerator, cupboards and pantry, and follow these simple rules adapted from *The Blood Sugar Solution*:

1. Try to only have foods without labels in your kitchen. If a food has a label – it should have less than 5 ingredients.
2. If sugar is on the label, throw it out:
   - **Agave (agave nectar)**
   - **Dextrose**
   - **Molasses**
   - **Barley malt syrup**
   - **Evaporated cane juice**
   - **Palm sugar**
   - **Beet sugar**
   - **Fructose**
   - **Raw sugar**
   - **Brown sugar**
   - **Fruit juice concentrate**
   - **Rice syrup**
   - **Cane (juice) crystals**
   - **Glucose**
   - **Saccharose**
   - **Cane sugar (even organic)**
   - **Honey**
   - **Sorghum (syrup)**
   - **Cane syrup**
   - **Inverted sugar**
   - **Sucrose**
   - **Coconut (palm) sugar**
   - **Lactose**
   - **Syrup**
   - **Corn sweetener**
   - **Maltodextrin**
   - **Treacle**
   - **Corn syrup (solids)**
   - **Malt syrup**
   - **Turbinado sugar**
   - **Dehydrated cane juice**
   - **Maltose**
   - **Xylose**
   - **Dextrin**
   - **Maple syrup**

3. Throw out any food with the words “high fructose corn syrup” on the label
4. Throw out any foods with the word “hydrogenated” or “partially hydrogenated” on the label – these are trans fats
5. Throw out any highly refined cooking oils:
   - **Canola oil**
   - **Grapeseed oil**
   - **Soybean oil**
   - **Corn oil**
   - **Peanut oil**
   - **Sunflower oil**
   - **Cottonseed oil**
   - **Safflower seed oil**
   - **Vegetable oil**

6. Throw out any foods with preservatives, additives colourings or dyes on the label
7. Throw out any foods with sweeteners of any kind on the label
   - **Acesulfame**
   - **Stevia**
   - **Aspartame**
   - **Sucralose**
   - **Cyclamates**
   - **Saccharin**

8. Throw out any foods that say “low fat,” “fat free,” “no fat” and “no sugar added”
9. Throw out any food with ingredients you can’t pronounce on the label
10. Throw out any highly processed foods – if it looks like it has been made in a factory

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**Bottom-line:** If it came from the earth or a farmer’s field, it’s safe to eat! Also, you must read the list of ingredients on foods that say “all natural” or are marketed as health foods.

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Note: You are not expected to go home and throw away all of the food in your house. In an ideal world we would stop eating this food immediately, but food can be costly. Assess your refrigerator, cupboards and pantry, and review their ingredients. If you come across a bottle of canola oil, then just make sure you don't purchase it the next time once your bottle is emptied. Also, there is no need to go out and immediately buy hundreds of dollars of food items. You can finish up any products you came at home, and just make better choices the next time you go shopping.

Meal Timing & Breakfast
- Eat 2 – 3 meals per day
- Lunch and dinner are preferred meals
- Try to skip breakfast if you can or have a late brunch instead
- If you are going to have breakfast, have eggs, lean meats, vegetables, and unprocessed cheese
- Avoid eating carbohydrates of any kind in the morning
- If you are going to eat some unrefined carbohydrates, eat them with lunch
- Avoid snacking in between meals and late at night

Portion Size
We want you to eat until you feel full – not until you feel sick. You have to listen to your body. Don’t overeat but don’t leave the table until you’re full. Every person has different energy requirements due to their gender, size and activity levels. Having 8 – 10 servings of vegetables isn’t always going to fuel everyone appropriately. For some it may be too much. For others it may be too little. You need to listen to your body. When you’re starting to feel full, then stop eating. Don’t eat until you have to loosen your belt. Don’t stop eating before your appetite is satisfied. If you have to go back for seconds or thirds, go back. Overtime your stomach will shrink and you won’t be able to eat as much as you used to. In the meantime, make sure you satisfy your appetite so you don’t get hungry in between meals and snack! The idea is to make sure you eat the right foods in the right proportions to avoid blood sugar spikes and insulin surges as much as possible.

Truths
- Carbohydrates are fattening – natural fats are not
- Eating natural fats is the best way to help maintain healthy cholesterol levels
- There is no such thing as a ‘superfood’ - don’t get caught up in the trends
- Everything that is good for you is bad for you in excess – avoid extremes
- Have a variety in your diet

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**Carbohydrates & Digestion**

- Not all carbohydrates are bad – the rate of digestion determines the quality of the carbohydrate
- Carbohydrates that take a long time to digest are better for you than those that are quickly digested

<table>
<thead>
<tr>
<th>Refined Carbohydrates (Eat 0% of the time or on special occasions)</th>
<th>Unrefined Carbohydrates (Eat infrequently &amp; in small servings less than 10-20% of a meal)</th>
<th>Fibre (Bulk of Your Diet)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worst kind of carbohydrates</td>
<td>Healthy carbohydrates but still high in natural sugars</td>
<td>Special carbohydrate that can’t be converted to sugar</td>
</tr>
<tr>
<td>Not natural; man made</td>
<td>Naturally occurring</td>
<td>Naturally occurring</td>
</tr>
<tr>
<td>No nutritional value</td>
<td>Lots of nutritional value</td>
<td>Lots of nutritional value</td>
</tr>
<tr>
<td>Digest almost instantly</td>
<td>Digest quickly – some faster than others</td>
<td>Cannot be completely digested by the body</td>
</tr>
<tr>
<td>Cause blood sugars to surge</td>
<td>Can cause large blood sugar spikes</td>
<td>Stabilize blood sugar levels</td>
</tr>
<tr>
<td>Any products containing sugar and high fructose corn syrup</td>
<td>Root vegetables:</td>
<td>All vegetables that grow above the ground regardless of colour</td>
</tr>
<tr>
<td>Any products containing artificial sweeteners</td>
<td>Potatoes</td>
<td>Carrots are okay</td>
</tr>
<tr>
<td>Sweetened beverages:</td>
<td>Yams</td>
<td>Legumes and lentils</td>
</tr>
<tr>
<td>Sodas and diet sodas</td>
<td>Beets</td>
<td>Fruits, especially fruits with the skins:</td>
</tr>
<tr>
<td>Fruit juice even if it has been freshly pressed</td>
<td>Bananas</td>
<td>Apples</td>
</tr>
<tr>
<td>Wheat and wheat flour:</td>
<td>Grapes</td>
<td>Pears</td>
</tr>
<tr>
<td>Breads, bagels, English muffins</td>
<td>Non-GMO corn</td>
<td>Berries</td>
</tr>
<tr>
<td>Cereals, cream of wheat, instant oatmeal</td>
<td>Fruits, especially fruits with the skins:</td>
<td>Cherries</td>
</tr>
<tr>
<td>Pasta</td>
<td>Rice</td>
<td>Freshly ground flax seed</td>
</tr>
<tr>
<td>Crackers (even gluten free)</td>
<td>Crackers</td>
<td>Chia seeds</td>
</tr>
<tr>
<td>Beer</td>
<td>Crackers (even gluten free)</td>
<td>Non-GMO soy, i.e. tofu</td>
</tr>
<tr>
<td>Polished white rice (GMO)</td>
<td>Corn and soy products: Corn, corn flour, corn starch, Soy, soy milk, soy sauce, tofu</td>
<td></td>
</tr>
<tr>
<td>Corn and soy products:</td>
<td>Noodles (Shirataki noodles are a healthier alternative)</td>
<td></td>
</tr>
<tr>
<td>Corn, corn flour, corn starch</td>
<td>Full fat, all natural yogurt</td>
<td></td>
</tr>
</tbody>
</table>

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How to Consume Unrefined Carbohydrates & Slow Down Digestion

- Even healthy, unrefined carbohydrates are still full of sugar and should be consumed infrequently, and in small servings
- When you consume some unrefined carbohydrates they make-up no more than 10-20% of your meal
- Fibre, natural fats, vinegar, cinnamon and bitter melon are all known to decrease your blood sugar levels, so make sure the remainder of your meal, the 80-90% of the portion left, consists of these food items

<table>
<thead>
<tr>
<th>Foods that Raise Your Blood Sugar Levels</th>
<th>Foods that Lower Your Blood Sugar Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined carbohydrates</td>
<td>Fibre</td>
</tr>
<tr>
<td></td>
<td>Vinegar</td>
</tr>
<tr>
<td></td>
<td>Turmeric</td>
</tr>
<tr>
<td>Unrefined carbohydrates</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Natural fats</td>
</tr>
<tr>
<td></td>
<td>Cinnamon</td>
</tr>
<tr>
<td></td>
<td>Bitter Melon</td>
</tr>
</tbody>
</table>

**Natural Fats**

- Should be the bulk of your diet
- Take the body a very long time to digest
- Longer digestion = Stable blood sugar levels
- Premium fuel source for your body
- Important for cell protection and regeneration - “fuels the brain”
- Consuming natural fats is the best way to maintain healthy cholesterol levels
- Remember that body fat is caused by excess carbohydrates
Suggestions for Your Meals

Breakfast:
- Try to skip breakfast as often as possible
- Have a tall glass of water first thing in the morning – you can add a tablespoon of vinegar
- Have a cup of homemade bone broth
- Have a cup of tea or coffee – add some cinnamon
- If you are determined to have breakfast, avoid carbs and consume eggs, lean meat, vegetables, unprocessed cheese

Lunch & Dinner:
- Drink a glass of water before you eat – you can add a tablespoon of vinegar to the water
- Drink a cup of soup broth or a broth-based soup such as vegetable soup, or a small green salad with oil and vinegar dressing before you eat your entrée
- Enjoy your entrée: 80-90% natural fats and fibre, and 10-20% unrefined carbs if you have any carbs at all
- If you are going to have some carbs, try to have them with lunch and not dinner
- Drink a cup of tea or coffee with some cinnamon
- Can have a serving of fruit if you choose to do so – can add cinnamon, natural fats and fibre to the fruit as well

<table>
<thead>
<tr>
<th>Eat More:</th>
<th>Natural fats, healthy oils, vegetables, meat, fish, eggs, nuts, seeds and high-fat dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat Less:</td>
<td>Sugar, high fructose corn syrup, wheat and wheat flour, vegetable and seed oils, trans fats, artificial sweeteners, “diet” and “low-fat” products, and highly processed foods</td>
</tr>
</tbody>
</table>

Herbs and Spices

- All herbs and spices are okay to use and are a great way to add variety to your diet
- Cinnamon is especially good at lowering blood sugar levels
- Turmeric has also been known to lower blood sugar levels
- Buy natural salts: sea salt, himalayan salt, celtic salt, or kosher salt

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**Beverages**

1. **Water**
   - You can have flat or mineral water
   - Add fruit – lemons are especially detoxifying
   - You can add chia seeds
   - Boil a cinnamon stick in hot water and drink
   - Add 1 tablespoon of vinegar (raw, unfiltered apple cider vinegar) to 1 cup of water

2. **Tea and Coffee**
   - You can add some milk (preferably a high fat milk like whole milk), cream or coconut oil
   - Herbal flavoured teas give a lot of variety
   - Green tea is a great appetite suppressant
   - Add a teaspoon of cinnamon to either tea or coffee to help regulate your blood sugar levels

3. **Unsweetened Iced Tea and Coffee**
   - Pour hot tea or coffee over ice at home

**Snacking**

- **Avoid** snacking as much as possible
- If you are going to cave into a snack here and there, try to have these items:
  - Vegetables – you can use dips such as hummus or add olive oil
  - Meat
  - Fruit – you can add natural nut butters, flax and chia seeds, nuts, cinnamon and unprocessed cheeses
  - Nut and seed mixes – add your own spices
### Dietary Fat

<table>
<thead>
<tr>
<th>Refined Fats:</th>
<th>Natural Fats: Should make-up the bulk of your diet</th>
</tr>
</thead>
</table>
| Avoid altogether when possible | Meat – any kind  
Preferably grass fed |
| Margarine | Poultry and eggs  
Preferably free range and hormone free |
| Vegetable, corn, canola, grape seed, cotton seed, safflower seed, sunflower seed, soybean, peanut oils | Fish and seafood (preferably wild – not factory farmed) |
| Processed cheeses:  
Cheese slices wrapped in plastic, canned/spray cheeses, cheese found in tubes and boxes | **Remember – you eat what your food eats!** |
| Lunch meats | Butter  
Buy organic if you can or make your own  
Buy unsalted and add your own natural salts while cooking  
Can be used raw or for cooking at any temperature |
| | Avocados and avocado oil |
| | Olives and olive oil:  
Buy organic olive oil  
Olive oil can be use raw or for cooking up to medium heat |
| | Coconut oil:  
Can be used raw for cooking at any temperature |
| | Unprocessed cheese and full fat dairy |
| | Nuts and nut butters:  
Raw nuts are best  
Buy organic nut butter or make your own at home with a blender  
Make nut mixes: Almonds, walnuts, pine nuts, Brazil nuts, macadamia nuts  
You can season your nuts with different spices, including natural sea salts |
| | Seeds:  
Flax and chia seeds  
Raw sunflower and pumpkin seeds |
Pantry Essentials

Fats:
Butter, preferably grass-fed without antibiotics
Coconut oil, unrefined
Olive oil, organic
Avocado oil, organic
MCT oil
Bacon fat

Meat:
Bacon
Eggs
Cured meats
Skin-on chicken
Ground Beef, 80/20

Dairy:
Heavy whipping cream
Sour cream
Cream cheese

Vegetables:
Avocado
Pickles
Spinach
Salad mixes
Celery
Broccoli
Cauliflower
Mushrooms
Brussels sprouts
V. Developing Habits

What Are Habits?

Many of us believe the majority of the choices we make each day are the direct result of well-considered decision-making. The truth is they are not actually conscious choices. Over 40% of the actions people make on a daily basis are actually habits we have developed throughout our lives.

All of our habits were at one point in time consciously derived choices we made. Think about the first time you decided to stop and purchased a cup of coffee on your way to the office in the morning. You were likely feeling exhausted. You knew having a good old cup of Joe would provide you with that caffeine jolt to help get you revved up for your workday. Sure enough, the coffee did the trick, which resulted in a productive morning at work. In fact you felt so great after that cup of coffee you decided to stop and buy a coffee the next morning, and the morning after that, and so on. Every time you repeatedly pulled into the coffee shop to get your morning caffeine fix, you stop doing so consciously. The decision as to whether or not to pull into that drive-thru has ceased to be choice. Over time this behaviour becomes an automatic response.
Why Do We Develop Habits?

Habits form because our brains are always trying to find new ways to conserve energy so we can divert our mental energy into more important tasks. Our efficient brains will try to make any routine in our lives into a habit, regardless if it is a good or bad habit.

How Do We Develop Habits?

The brain converts a sequence of actions into an automatic routine. This is the root of how habits form. Some are simple, like putting toothpaste on your toothbrush. Others are more complex, like dressing for the day ahead. The brain stores these behaviour chunks, recalls patterns and acts on them.

The habit loop consists of three steps: cues, routines and rewards. Cues trigger us to go into automatic mode and determine which habit to use. Cues are sometimes impossible to ignore. Cues trigger a routine, the behavioral response that can be physical, mental or emotional. The reward helps you figure out whether or not this particular loop is worthwhile remembering.

Overtime this loop – cue, routine and reward – becomes more and more automatic. The cue and the reward become so intertwined that a craving emerges. Cravings make cues and rewards work by powering the entire habit loop, thus, creating habits.
If you see a package of cookies (cue) it may be difficult to completely ignore. We will begin to anticipate the sugary treat. We know if we eat the cookies (routine) we will have fulfilled this desire for sugar (reward). Therefore, we have satisfied our craving for sugar.
If a smoker sees a cue – a pack of cigarettes – their brain will start to crave nicotine. If it does not arrive, the craving will grow and grow until the smoker reaches for a cigarette.
How Can We Change Habits?

Habits never really disappear because overtime they have become so ingrained. When a habit emerges, the brain stops fully participating in the decision-making process. As a result, you cannot fully eradicate a habit, even a bad one. Furthermore, the brain is incapable of distinguishing good habits from bad ones.

Any behaviour can be transformed if the cue and the reward both stay the same. To change a habit, you must change the routine, which is not always easy. You must find new routines, or else the habit loop will automatically unfold.

Suppose it is a fasting day and you wake-up and the rest of your family is eating breakfast (cue). You will likely begin to feel hungry and crave food. Normally you would have eaten breakfast with them (routine) and afterwards you would feel full (reward) satisfying your craving of hunger.

In order to fast for the day, you will have to find a way to feel full, but how? You cannot tell your family not to eat, so we cannot change the cue or reward. You must find a way to satisfying this craving for food without changing the cue or the reward. You will have to alter your routine and find something to replace eating a big breakfast that will still leave you feeling full.
Instead, you might try having a cup of green tea or a cup of coffee, which are wonderful natural appetite suppressant. After drinking a cup of green tea, you know you will feel full, thus, you will have satisfied your feeling of hunger.

If you want to successfully change a habit, replace old routines with new ones. You cannot change the cue or the reward.

**Belief**

You must believe change is possible, in order for a new habit to stick. Often it only emerges with the help of a community. Your odds of success increase substantially when you commit to changing as part of the group. This is why in the IDM program has structured our counseling sessions in the form of groups. It allows patients to offer other patients, who are experiencing the same challenges and difficulties, to offer words of encouragement with one another. Sometimes the simple task of listening to someone else, who is also struggling with the same issues are you are, say they are able to do create new habits is enough motivation in itself to help drive you to stick with new routines.
Creating New Routines

Coping With Feelings of Hunger

There are always going to be cues that will cause you to crave foods, and sometimes these cues will be impossible to ignore. It is important to develop new routines to improve your dietary habits and leave you feeling satisfied. Remember: you cannot eliminate these cues or change the rewards. They must stay the same. You can only change your behavioural response to these cues, your routine, to develop better habits.

Developing Good Morning Habits

1. *Drink a Tall Glass of Cold Water*

Every morning regardless of whether or not it is a fasting day, you should drink a tall glass of cold water when you wake-up. This will help you feel energized and full throughout the morning.

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2. **Allowing for 20 Minutes to Participate in Mindfulness Meditation**

Mindfulness meditation can help us manage many stressors, from the regular stressors we experience on a daily basis to stress related to lifestyle and dietary modifications, such as fasting and giving up some of our comfort foods we have grown to depend upon. It may be beneficial to allow yourself 20 minutes each morning to prepare your mind for the challenges you are about to face throughout the day ahead. Also, it may help you throughout the day while you cope with feelings of hunger and cravings.

![Diagram of Mindfulness Meditation](image)

3. **Drink a Glass of Coffee or Green Tea**

Coffee and green tea are known to be powerful natural appetite suppressants. Every morning it is a good idea to have a cup of coffee or green tea to help you feel full.

![Diagram of Coffee and Green Tea](image)
Planning Ahead for Success

Throughout the day you will encounter cues that will cause you to feel hungry and crave food, or crave foods that are high in carbohydrates. It is important to develop new routines to replace your old routines to ensure success. Below is a list of cues you might encounter while you are trying to develop a healthier lifestyle and a list of new routines to help you succeed.

Note: some of these routines may require planning and preparation in advance. Studies have repeatedly demonstrated the importance of planning out routines in advance to help re-shape our current habits. If you have a plan of action in place for when you know you are going to encounter difficulties, then you are much more likely to succeed at utilizing new routines and form better habits. It is worthwhile to make preparations such as, spending few hours on the weekend cutting up vegetables for the week ahead, or brining a container of mix nuts to your office to store in your desk.

<table>
<thead>
<tr>
<th>Cues</th>
<th>New Routines to Replace Old Ones</th>
</tr>
</thead>
<tbody>
<tr>
<td>On fasting days:</td>
<td>● Drink a tall glass of cold water</td>
</tr>
<tr>
<td>- Feelings of hunger</td>
<td>● Drink a cup of green tea or coffee</td>
</tr>
<tr>
<td>- Watching others eat</td>
<td>● Drink a cup of bone broth</td>
</tr>
<tr>
<td>- Cooking for others</td>
<td>● Meditate for 20 minutes</td>
</tr>
<tr>
<td>- While studying, reading or watching television</td>
<td>● Add a tablespoon of chia seeds to a glass of water</td>
</tr>
<tr>
<td>- General boredom</td>
<td>● Keep busy: Go for a walk, garden, do house chores, do word searches and other puzzles</td>
</tr>
<tr>
<td>- Carvings for foods that are high in carbohydrates</td>
<td>● Call a friend or a relative</td>
</tr>
<tr>
<td></td>
<td>● Research online</td>
</tr>
<tr>
<td>On eating days between meals:</td>
<td>● All of the above</td>
</tr>
<tr>
<td>- Feelings of hunger</td>
<td>● Have a handful of raw nuts</td>
</tr>
<tr>
<td>- Watching others eat</td>
<td>● Have a small portion of vegetables</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Situation</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking for others</td>
<td>Have an apple, pear or a handful of berries</td>
</tr>
<tr>
<td>While studying, reading or watching television</td>
<td></td>
</tr>
<tr>
<td>General boredom</td>
<td></td>
</tr>
</tbody>
</table>

**Seeking socialization on either fasting days or between meals on eating days:**
- Mid-morning or mid-afternoon breaks in the workplace
- Requiring a “mental” break during the day
- Meeting friends

**Feeling stressed or overwhelmed**
- All of the above
- Meditate for 20 minutes
- Do some sort of physical activity

**Desire to eat foods that are high in carbohydrates**
- All of the above
- Have a piece of chocolate that is 70% cocoa, or greater, if it is your eating day

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Use the diagrams below to help you prepare for cues that will trigger food cravings. Here are some examples to help you get started.

**Challenge:**

Someone brings in a box of donuts to the office. Although it is your eating day, you want to resist the urge to devour the carbohydrate filled treat. How do you cope with your craving for sugar?

**Challenge:**

It is your fasting day and you are responsible for cooking supper for your entire family, but everything smells so good! How do you cope with your craving for food?
Challenge:

You have had a very stressful day. All you want to do is eat your favourite carbohydrate filled comfort foods. How do you cope with your craving for comfort and relaxation?

Challenge:

You are watching television at night and begin to feel hungry after seeing dozens of food advertisements during the commercial breaks. How do you cope with your craving for food?
Challenge:

You have been working very hard all morning at work and are feeling burned out. Normally you would go into the office lunchroom for a change of scenery, but it is always stocked with cookies and other pastries. How do you cope with your craving for a mental break?
Planning in Advance for Success Worksheet

Challenge:


Challenge:


Challenge:
VI. Mindfulness Meditation

What is Mindfulness Meditation?

Mindfulness meditation helps us to overcome suffering by allowing ourselves to become aware of our thoughts. The objective is to take a step outside of our thoughts and become aware of them as an observer. This allows us to pay precise, nonjudgmental attention to the details of our experiences. Instead of suffering, mindfulness meditation helps us to practice being present. It also involves reminding us of pleasant experiences from our pasts when we have been able to overcome struggle and achieve personal success.

It is important to note that we don’t want to get rid of our thoughts, but only become aware of them. We want to avoid trying to change ourselves into some idea of whom we ought to be. We are trying to be with ourselves as we presently are and be an objective observer to our thoughts, good and bad.

How Long Does it Take?

Allow yourself 20 to 30 minutes to relax and process your thoughts.

How Often Should We Meditate?

Meditation can be done any time. One way to develop good habits would be to wake-up in the morning, have a class of cold water, and begin our meditation. However, meditation can be done as little or as frequent as necessary.

Why Should We Meditate?

Any time we are suffering, experiencing stress or anxiety, or daily for good mental health. We know that stress can also have a negative effect on our blood sugar and insulin levels. Meditation can help us work through the thoughts, which enables us to cope with stress much more effectively.

Mindfulness meditation can be particularly helpful to work through our feelings of hunger and cravings for foods. Meditating each morning can help prepare our minds for the day ahead.

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How “To-Do” Mindfulness Meditation?

There are three basic aspects involved in mindfulness meditation: body, breath and thoughts.

**Your Body**

First we want to connect with our bodies. Find a quiet location where you will not be disturbed for the next 20 minutes. Sit down either on the ground, on a cushion or in a chair. Cross your legs if you are sitting on the ground or on a cushion. If you are sitting on a chair, make sure your feet are placed comfortably on the ground, or on a pillow if your feet do not touch the ground below. It is important you feel comfortable and relaxed in the position you chose.

Rest your hands on your thighs, palms facing down. Gaze down at the floor about 6 feet ahead of you and focus on the tip of your nose, and then gently close your eyes. Allow your chest to be open and your back to become strong.

Begin your meditation sitting in this posture for a couple of minutes and focus on how your body and the environment feel. If your thoughts wander away from your body, gently return it back to your body and the environment. Do this throughout your meditation every time your mind wonders away.

**Your Breath**

Once you have begun to relax start to focus in gently on your breath. Breathe in through your nose to the count of 6 and exhale through your mouth slowing to the count of 6. Pay attention to how your breath feels entering and exiting your body. Note how the air feels moving through you and where each inhale feels the strongest.

**Your Thoughts**

As you sit there you may become bombarded with your thoughts. Pay attention to these thoughts. When they cause you to experience any negative emotions try to think back to a time where you experienced similar challenges and remember how it felt to overcome those challenges. Work though these thoughts until your body begins to feel lighter.

If you notice that you have become so caught up in your thoughts that you have forgotten where you are, gently bring your thoughts back to your breath.
Top 5 Natural Appetite Suppressants

Here is a list of the top 5 natural appetite suppressants. You can take these on both your fasting days and eating days.

1. **Water** – Start each day with a full glass of cold water. Staying hydrated is important to prevent hunger. Drinking a glass of water prior to a meal may also reduce hunger. The addition of a tablespoon of vinegar to a glass of water may also help stabilize your blood sugar levels. Sparkling mineral water may help for noisy stomachs and cramping.

2. **Green Tea** – Full of antioxidants and polyphenols, it is a great aid for weight loss. One antioxidant epigallocatechin gallate (EGCG) may help stimulate metabolism and weight loss. Green teas are also rich in catechins that may help fat burning, lower insulin levels, and stabilize blood sugar levels.

3. **Coffee** – May reduce risk of diabetes, Alzheimer’s and Parkinson’s diseases. One study estimates that each additional cup of coffee per day reduces risk of diabetes by 7%! It may also raise your metabolism and boost fat burning.

4. **Cinnamon** – May help lower blood sugar levels and cholesterol levels, which make it effective for weight loss. Also, it may slow stomach emptying, thus, reducing hunger pains and food consumption. It may be added to all teas and coffees or a delicious change, or in hot water by itself.

5. **Chia Seeds** – These seeds are high in soluble fibre and omega 3 fatty acids. They absorb water and form a gel like substance when soaked in liquid for 30 minutes. Drinking this gel mixture may aid in appetite suppression. They can also be eaten dry or made into a pudding.