

Speaker 1: Hi everyone. I'm Megan Ramos and I'm here to answer your questions.

Today's question is about OMAD. OMAD is short for one meal a day, and a lot of people bombard myself, Dr. Jason Fung and all the other IDM team educators about OMAD. And it's sort of mind boggling to me that people even ask about OMAD in the first place since it's not fasting. It's not fasting at all. Actually, you're eating every day. That's OMAD. You're having one meal a day. So I don't understand where the fasting falls in there.

Yes, you might eat lunch and not eat again until lunch the next day, but doing that day in and day out is not intermittent fasting. Doing that day in and day out really isn't fasting every day. And here's why. It becomes calorie restriction, because every day taking the same amount of calories and your body is going to slow down to adapt to that calorie amount. So you're not going to be creating a deficit because your body processes are going to be slowing down.

So say, I own my own company and maybe for whatever reason, I get injured and I can't work at my company that year, and my company loses a lot of income as a result. So say my income, my salary gets reduced by about 30 percent. That's a lot of money. It's a substantial amount of money, but I would be able to survive off of that. Maybe instead of buying whatever groceries I want at the supermarket, I'll start buying groceries that are on sale. Maybe instead of my husband and I each having a car, we'll go down to one car, or we'll sell both of our cars and start to take public transport. Maybe we'll move out of our downtown residence and move into a more affordable area.

There's all different ways that I can cut my expenses by about 30 percent to adapt to a new budget. So if my budget did get slashed by about 30 percent, it probably would take me a few months to figure out where I needed to cut costs.

So for the first few months, I might end up with a little bit of debt because I would have overspent. So I would have created this deficit in my bank account because of overspending. But within a few months, I would be able to figure out how to live off of less money. I would sell cars, I would move, I would buy cheaper groceries. I would change my cable plan, so I'm not getting premium channels. I would be able to make those costs, but it might take a few months for me to figure out where I needed to make costs. It might take a few months for me to unload my vehicle and to start being able to save several hundred dollars a month from that.

So there's a learning curve and this is what happens when you go to OMAD. You go to eating one meal a day, and at first your metabolic rate is high, but you go to eating one meal a day. So say you taking in 1200, 1300 calories at that meal and your body's used to running on about 2300 calories a day. Eventually, you're going to get down to your metabolic rate being about 1200, 1300 calories a day. But at the start, your body has to learn that, okay, this is the amount of metabolic money, metabolic energy that I'm being given on a regular basis.

So it takes a while to figure out that this is the new norm. So you have a few weeks where your body's adjusting until it clicks with your body, and your body says, okay, this is a new norm. So I've got to start cutting expenses. So you've got to start cutting reproductive expenses. You've got to start cutting digestive expenses. You've got to start cutting cognitive expenses. So your body starts making budgetary adjustments for the decline in calorie intake that you're consuming on a regular basis.

So you might start out with a metabolic rate of 2300 calories a day and you start consuming 1300 calories a day, and slowly over time your body figures out where it needs to cut expenses to be able to function on 1300 calories a day. That's calorie restriction, it's classic calorie restriction. And most people who do OMAD for a significant period of time, experience this. They bottom out, and they slow down their metabolic rate in the process.

Now having a lower metabolic rate is actually advantageous in the long run for longevity. But it's not advantageous when you're trying to lose weight. You want to keep your metabolic rate a little bit high. You do need to create a calorie deficit in order to lose that weight. So one meal a day is just calorie restriction. It's classic calorie restriction. It's not intermittent fasting, it's not prolonged fasting. Fasting is either intermittent or is prolonged. And that is not fasting.

OMAD does work for a very small patient group. So OMAD typically works for the patient who has less than about 20, 25 pounds to lose, because it usually works for about three months before your metabolic rate starts to level off, and everything starts to plateau. So people who only have like 20 or 25 pounds to lose, they can lose that fairly quickly. But when you have 60, 70, 80, a hundred pounds plus that you want to lose, you're going to plateau out within about three months, sometimes even less than that.

So OMAD really helps people get to their goal, if their goal is very small to start with. You can see dramatic improvements with blood sugar levels for the mild diabetic and some medication adjustments for the mild diabetic. But really, unless you're only looking to lose a little bit of weight, it's not going to help you a whole lot.

Also, even if you're only looking to lose a little bit of weight, but you have a long history of calorie restriction diets and you already have a really sluggish metabolic rate at the start. It's not going to get you anywhere. So forget losing weight and plateauing within three months. From the get go, you're not going to be able to lose weight.

In order to preserve your metabolic rate, you need to do fasting, eating, fasting, eating on alternate days. So some people legitimately cannot fast beyond 24 hours and that's perfectly okay, but you need to fast, eat, fast, eat, fast, eat. So you need to have a day with just one small meal and then you need to have a day with two full meals, and a day with one full meal, and a day with two full meals. Because you need to keep your calorie intake on alternate days much higher. Twice of that than what it is on your fasting day, if not a little bit more. When you do alternate daily fasting, you see a much less significant decrease in your resting metabolic rate. It's actually negligible. But when you do calorie restriction diets, all our research shows that the reduction in metabolic rate is quite

substantial and is clinically significant. But when you do one meal, two meals, one meal, two meals, going back and forth like that, and you keep your energy half, full, half, full, half, full. Then you see a very little decline in your metabolic rate.

So on those days that you're fasting and you're only taking in one meal that might be 900, 1000, 1100 calories. Your metabolic rate's still staying high, so you're burning a lot on those days. And then the days that you eat, where you eat those two meals and you might consume somewhere between 1500 and 2000 plus calories, 1500 to over 2000 calories worth of food, you're preserving your metabolic rate high. So that back and forth is really important at actually getting results with a 24 hour fast.

When you do a 24 hour fast, you should only eat one meal's worth of food. So if your carb allotment for the day is say 30 total grams of carbs, you don't consume all 30 total grams of carbs in that one meal. Thirty grams of carbs, total grams of carbs is for a day of eating. You're only eating one meal. You need to be eating no more than 60 percent of that at your dinner time. So for me, if I was counting my macros, say I do 30, 60 and 120, so 30 carbs, 60 protein, 120 fat. Then if I was just having one meal, I would do about 15 carbs. I would do 30 grams of protein. I would do about 60 grams of fat. Maybe a little bit more than that, maybe like 20, 40, you know 70 or 80, but definitely a lot less than the full amount. So when you have that one meal, you shouldn't be making up for the missing meals on that day. You need to keep a variation to make it successful.

So OMAD, I've worked with over 8,000 people worldwide and again, it only works really well for people who have no history of dieting and who only have a little bit of weight to lose. But definitely if you're looking to lose over 30 pounds, 40, 50 pounds, and you have a history of dieting, it can actually be pretty detrimental.

OMAD is great for maintenance and I typically eat one meal a day. I always fast on Tuesdays because I don't have time to eat on Tuesdays. So I always get in a longer fast on Tuesday. Otherwise, we eat lunch Monday through Friday, Monday, Wednesday, Thursday, Friday. Sometimes I don't have time to eat on Wednesday either. So when those weeks roll around, I do a longer fast. And on Saturdays and Sundays, we eat brunch and we eat dinner and we try to eat an earlier dinner if we don't have social obligations on those days of the week.

So one meal a day is great for maintenance and once you're at maintenance mode, once you're happy with your body composition, then it's ideal to slow down your metabolic rate a little bit. And if you continue to eat low carb or ketogenicly, you don't have to worry about regaining that weight.

So that's my spiel on OMAD. It's not actually fasting. You might think you're going through periods of time where you're fasting, but your caloric intake is the same every day. And to be doing true fasting, you need to have dramatic changes in your caloric intake. Like if you have seven days and you do a three day fast, you're going zero, zero, zero, and then you know, 2000, 2000, 2000, 2000 like, and then you're going zero, zero, zero, again. Like there's big shifts when you're doing these extended [burser 00:11:33] fasts. Even when you're doing Monday through Friday, you're eating Friday night,

Saturday, Sunday. You're getting big punches of food and then you're getting, followed by a few days of nothing.

So you need to have variation in your intake of energy in order to actually induce a fasted state. So that's really, really, really important if you're trying to lose weight. It's also important in terms of diabetes, but if your diabetes is pretty severe, you also have to dive deep into a fasted state because you want to burn body fat.

If you're eating too frequently when you're a diabetic, you're just going to be burning on the energy that you feast off of, and it takes a while to actually utilize that energy from that meal that we have. So if you have dinner one night, it could be several hours, if not longer, till you've actually finished digesting that food. And the more damaged our guts are, the longer it takes to actually process this food. So you might actually in that 24 hour period, be fasting for less than 12 hours. So that's not really going to burn a lot of your stored sugar.

Sometimes people are restricted to doing 24 hours of fasting. That's perfectly okay. You just need to make sure that you're doing it intermittently to preserve your metabolic rate.

Thank you for your questions guys. Keep them coming. You can email them into questions@IDMprogram.com. Happy fasting everyone.