INTERMITTENT FASTING FOR WOMEN OVER 50

— A Complete Guide For Fast And Easy Weight Loss, Mastery Of Health As An Aging Woman, Promote Longevity, Increase Energy, Support Your Hormones And Detox Your Body With The Process Of Autophagy.

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# INTRODUCTION

This book has been written carefully to serve as the only guide you will need to explore the world of Intermittent Fasting.

It is a work of high-quality research, and the author went to painstaking lengths to ensure the book meets and surpasses every expectation you have of it.

The book covers every single aspect of intermittent fasting and leans so expertly to one side to satisfy its primary audience — women over the age of 50.

The chapters have been systematically designed to contain information overlap, such that essential pieces of information are repeated continuously for the sake of easier comprehension, and emphasis.

Also included are bonus chapters containing recipes, tips and tricks designed you push on your weight/belly fat loss, body detoxification and body fitness journey.

You will definitely learn a lot, as well as derive great satisfaction in reading this book.

Enjoy!

# BENEFITS OF BEING A MATURE WOMAN

Growing older isn't something people always want to look at positively. It takes entirely a super healthy mindset to look on the brighter side of things. But once you can focus on enjoying that bright side, there is so much to enjoy. The more you enjoy growing old, the less of a bother it actually becomes. It isn't really like surrendering oneself to fate or resigning to the possibility of death coming to perch on your doorstep anytime soon. Instead, it is like putting on a garment of renewed determination to enjoy the best of what life has to offer, without letting oneself be bothered about the limitations of age or growing old. If you ask me though, I'd say why even think about these things? Just live!

It is in this renewed sense of determination to enjoy the best nature has to offer that the knowledge of your body and how it works will be quite important. Of course, life is there to be enjoyed. But life is ruled by certain laws, and it is in your best interests to pay attention to these laws. Whatever fun you want to have, has to be done within the confines of these laws. Because, when you ignore them, there will, of course, be consequences.

## *Growing Older Teaches You to Obey the Rules Better*

Take for example; a girl has a dream of growing up and living free, buying vacation tickets and travelling the world. But in her desperation to live this life, she takes some bad advice and joins some bad groups that make their living from continually running afoul of the law. Soon, the law catches up with her, and she is sentenced to life in jail for an unusually heavy crime? What then happens to her dream of living free and travelling the world in yachts? What are the odds that she would one day find herself free enough to live the life she had always wanted?

This is precisely the same way it is with enjoying a life free of health problems. We all want to be healthy and strong, living the life we want. But there are good ways to go about it and not so good ways to about it. If the girl in our example above had explored safer, more legitimate ways to go about achieving her dreams, then she would have ended up in a better place. It is vital to understand that, the more severe the health rules you break, the graver the consequences you would have to live with.

Among the benefits of being a mature woman is that the ability to make these life-saving choices comes more easily than to younger individuals. A 50-year-old is generally expected to be able to waive tempting gratuities of the moment in favour of more enduring rewards. This is true, as shown by the number of women above 50 constantly searching the internet for newer and more exciting ways to stay healthy and in peak physical condition regardless of their age. It also confirms that, as discussed earlier, coming to terms with the fact that your body is changing doesn't have to be a depressing prospect. In fact, after ignoring it for the earlier part of your life, it is at this stage that you get to develop a very close relationship with certain parts of your body. And this could be a beautiful thing.

## *Growing Older Draws You Closer To Your Body*

One of the perks of growing older is how you bond better with your body. Suddenly, you are more aware of how vital water is to your body system. You are watching your calorie intake, ever watching over your shoulder at how much salt is going into your supper. You are super aware of how fast or slow your heart is beating, of how many more steps you need to walk to meet up with your targets for the day.

While it may seem somewhat hypocritical to suddenly discover how much some parts mean to you and learn how they work, the truth remains that when we're young, it is easier to overlook some things. The vigour of youth fills you with an adventurous spirit. You want to try things and damn the consequence. You want to live the thrills and slide down the hill without a care in the world. With growing old, it is a different reality. Your body checks you till you have no choice but to pay attention. You are calmer; you can think things through. You evaluate risks better. You have seen something, and therefore now a mature individual.

All these will definitely result in a healthier body for you. A healthier body will, of course, result in a more enjoyable life. A more enjoyable life is what we all want, isn't it?

## *Growing Older Makes You Happier*

As younger individuals, it is quite reasonable that we more often than not find ourselves drawn into issues and situations that can mess up our joy and hurt our peace. This is because of the amount of potential conflicting situations we can find ourselves in as children, teens or young adults.

Typically, you're trying to achieve some set targets. But in your front are obstacles in different forms. The default reaction is to go blazing hot, being overtly emotional to everything. Growing older rids one of such knee-jerk reactions, to a reasonable extent. You can maintain a more relaxed head in high-pressure situations. You have seen a lot at this point in your journey; it is increasingly challenging to shock you or make you feel troubled.

Some of these things are massively underrated. As young individuals, we often overlook how important they can be to our health, sometimes to our detriment. But as mature, older individuals; it comes to us with ease.

And when you add a positive lifestyle such as intermittent fasting to these more intuitive factors, your health is the better for it.

## ALL YOU NEED TO KNOW ABOUT INTERMITTENT FASTING AND HOW IT WORKS

There is a wave sweeping around town these days. It is not uncommon to hear people who are interested in improving their health status talk about this new sensation, known as Intermittent Fasting.

Intermittent Fasting, sometimes referred to as IF or even Intermittent Energy Restriction; is best described as an umbrella term. This is because the term is quite broad, housing several meal timing schedules that revolve around voluntary fasting (or reduced calorie intake) and non-fasting over a given period.

In more simple terms, Intermittent Fasting is an eating pattern that does not specify which foods you should take, but rather concerns itself with *when* you eat them. This disqualifies it from being considered strictly as a diet, hence the description ***eating pattern.*** Intermittent Fasting can, however, be combined with specific diets such as keto and the likes. We'll get to that later as we progress.

## *The Truth About Fasting*

Usually, when the word fasting is mentioned, most people think of religion. Truly, different religions around the world have left their mark on the world in recent times, but the origin of word transcends that.

Fasting as a practice has been around for a long, long time; surviving the different stages of human evolution. In their times, the ancient hunters/gatherers didn’t have supermarkets to sell excess food, neither did they own refrigerators to store them. Sometimes, there wasn’t even food to eat. As for adaptive beings, the human body had to evolve to be able to survive considerably, for certain periods, without food.

Then religion arrived on the scene. Islam, Christianity, Judaism, Buddhism and other religions across the world adopted denying oneself of food as a way of showing soberness, severity or urgency of the request, and sometimes, to show penitence.

## *Intermittent Fasting Methods*

As mentioned earlier, several various methods can be adapted to practice Intermittent Fasting. One thing which is common to all these methods is that they all involve splitting the day or week into eating and fasting periods. During these periods, you eat either very little or nothing at all.

Here are some of the most popular methods:

* **Method 1: The 16/18 Method**

Some prefer to call it the *Leangains Protocol.* This intermittent fasting method involves going breakfast and restricting your daily eating hours to 8 hours, such as 1-9 p.m. The remaining 16 hours in-between will, therefore, pass without any intake of food, and sometimes water. This method is believed to support the body's circadian rhythm, or in common terms, the body's internal clock. Most adherents of the 16/18 method tend to consume their food during the middle of the day, avoiding food intake at night and part of morning and evening. As with most intermittent fasting varieties, there is no calorie restriction in place; so the individual is free to consume as much food as desired during that 8-hour window. The flexibility of the plan makes it relatively easy to follow. For those combining the method with any form of calorie reduction diet though, the type and quantity of food consumed will be dependent on the type of diet being combined. The easiest way to practice this method is to set your 16-hour fasting period to include the bulk of the time you would typically spend sleeping or resting. That would mean considering any of the following 8-hour eating windows:

* 9 a.m. to 5 p.m.
* 10 a.m. to 6 p.m.
* Noon to 8 p.m.

Choosing any of the above eating windows also allows you to eat your meals and snacks at pretty convenient times, at least three hours before sleep, as all fitness advocates would want.

There are many benefits attached to following the 16/18 method, just as there are challenges, risks and potential side effects which must be taken into consideration before any decision is made regarding which intermittent fasting plan to choose. However, the method is very healthy, and there is enough evidence showing how helpful it could be for women over 50.

* **Method 2: The** **Eat-Stop-Eat Method**

The eat-stop-eat approach to intermittent fasting is unique. It is characterized by the inclusion of up to fasting days per days. The fasting days chosen are, however, non-consecutive. The method was developed and introduced by Brad Pilon, who is the author of the aptly named book, **“Eat, Sleep, Eat”**.

Eat Stop Eat works in a straightforward way. You fast once or twice a week (but not more than twice), aiming for a complete break from food for the full 24 hours at a time. For example, you might eat normally until 7 p.m. on a Friday, then fast until 7 p.m. on Saturday, when you'll resume regular eating. If you can't complete the full 24 hours, Brad Plion says 20 will do.

There are also benefits, challenges, risks and side effects attached to this method, and they will be addressed in detail as you go further in the book.

* **Method 3: The 5:2 Method**

This method is arguably the most popular intermittent fasting method in practice today. It is also referred to as the Fast Diet and was popularized by British journalist Michael Mosley. The technique, like other intermittent fasting types, does not specify which foods to eat but when to eat them.

*The fast diet is easy to explain:*

For five days in a week, you don't have to think about restricting calories or whatnots. But, on the other two days, you are required to limit your calorie intake to 500 per day for women and 600 per day for men. You are allowed to choose whichever two days you want, as long they aren't consecutive days. Perhaps it is this flexibility that makes the plan accessible in the fitness and wellness community.

As useful as all these intermittent fasting types could be, they are not for everyone. Before you choose one, check with the appropriate authorities to see if it is the right one for you. This is especially true for people with health conditions. In one of the next chapters, I'll give a complete breakdown of which method is perfect for each category of women above 50.

# GREAT WEIGHT LOSS TIPS FOR WOMEN OVER 50

As you must know by now, women over the age of 50 are more prone to gaining weight than they are to losing it. Details of why this is so can be found in previous chapters but to refresh your memory, I'll give a summary here.

Women over the age of 50 struggle to maintain a healthy body fat composition for several reasons. These changes include sedentary lifestyles, poor dietary choices, unhealthy habits, and metabolic changes.

Of all these factors, metabolic changes are perhaps the most innate of these, but even that can be controlled if you put your mind to it.

In this chapter, we will together go through a list of tips that could help women above 50 experience healthy weight loss, regardless of age or medical status.

*Let's jump right in!*

* **Be Determined** – It’s one thing to read all the books and articles available in regards to losing weight, but, it is another thing to be determined to go through the process. Of course, beautiful results take time to manifest, so, yes, there’s always a process. With great determination lies the real ability to lose weight.
* **Take Action** – While this might sound like something you’ve heard all your life, its importance to the rest of your life cannot be overemphasized. It’s nice that you’ve made up your mind to lose the extra pounds you’ve gained but more importantly is the action itself.
* **Be Accountable** – I know you’re expecting a list of exercises and foods to help you lose weight, but as a woman over 50, I’m sure by now you already know the importance of accountability. As a result, you might want to inform someone, or two of the people around you – whose words carry water- that you are on a weight loss journey then let them be your watchdogs/accountability partners.
* **See your Healthcare Provider** – Oftentimes, we have been told of the dangers of self-medication, but without proper diagnosis and recommendations from authorized healthcare providers, you just might be doing your weight loss program wrongly. So, before you get started, ensure you see your healthcare provider.
* **Drink Healthy Liquid** – One of the good sides of intermittent fasting is the fact that it permits you to consume a lot of liquid so that your body can stay dehydrated. If you are looking to lose weight, it’s about time you do away with all forms of unhealthy liquid drinks such as soda, juices, sweetened coffee etc.as they can increase your chances of being obese rather than help you achieve your goal of weight loss.
* **Cut Down On Added Sugar** – Asides the obvious foods well known to contain a high amount of added sugar like, cookies, yoghurt, cakes, candy, sweets etc. there are a host of other unexpected foods that also contain added sugar that you have to watch out for, some of them include bread, tomato sauce, salad dressing etc. This is important to note because while observing your intermittent fasting, your eating window allows you take in just as many calories as your body need and you don't want to caught dead taking excess sugar due to ignorance. Quick tip – next time you're not sure of the amount of added sugar in your food item, read the ingredients label.
* **Up Your Intake Of Protein —** Asides its importance to the process of losing weight, making sure you consume high-quality protein is also beneficial to the reversal of age-induced muscle loss.
* **See A Dietitian —** I'd say adopt a diet, but you might end up picking the wrong one. So, the best way to go about it to find out as much as you can about the available diets for people in your age category, see a dietitian and let them choose the one which best meets your health needs.
* **Cook More At Home —** Cooking more at home gives you perfect control over what you consume. Try all your best to avoid eating out.
* **Eat More Of Produce —** Eating more of the product definitely gives you a natural edge. A review of 10 research studies found that daily serving increase of veggies was associated with a 0.14-inch reduction of waist size in women.
* **Sit Less, Move More —** Perhaps the surest formula for losing weight is to burn more calories than you take in. If you work in a place where you need to sit at a spot for hours, try and work out a plan that would allow you to take short walks periodically, without interfering with your work.
* **Improve Your Sleep Quality —** Many studies have shown that lack of sufficient sleep at night can increase the risk of obesity and hinder any weight loss effort. Ensure you sleep early and consistently.

Many other great loss tips are scattered across this book; you will find them as you read on.

# EXPLORING THE COUNTLESS BENEFITS OF INTERMITTENT FASTING

Intermittent fasting isn't just one of those internet buzzwords that come, garner everyone's attention and disappear without leaving a trace or having any impact. Several studies have shown that intermittent fasting can offer powerful benefits to your body and your brain. These benefits are, especially for women above the age of 50, just what the body needs to maintain full fitness and function how you want it to. Whichever of the intermittent fasting types you decide, after seeking professional help, to follow, there are numerous benefits attached to it. Here are some of these proof-based health benefits of intermittent fasting.

1. **Intermittent Fasting Changes The Role Of Cells, Genes and Hormones:** When you don't eat for a while, a lot of things happen in and to your body. One of those things is this- the body kickstarts the essential processes of cellular repair and changes the hormone levels, so that stored body fat becomes more available. Here are a few of the changes that happen during fasting in your body:

* *Insulin Levels*: The insulin levels in the blood drop significantly, which makes fat burning easier.
* *Human growth hormone*: Blood levels in the growth hormone can rise as much as five times as much. This will, in turn, promote fat burning and muscle gain, as well as many other benefits
* *Cell Repair*: The body begins the critical processes of cellular repairs, such as the removal of cell waste material.
* *Gene expression*: many genes and molecules essential to the process of defending the body against diseases are allowed to express themselves better during fasting. This hormonal change is fundamental to longevity, and perhaps the most significant change made to the body during fasting.

1. **Intermittent Fasting Helps With Reduction Of Weight And Body Fat:** A 2014 review showed that intermittent fasting could effect a weight loss of over 3-8% over a period of 3-24 weeks. It is, therefore, not surprising that a few of those who practice the intermittent fasting eating pattern do so because they want to experience weight loss. It's a no brainer really. Women above 50 are more likely to put on weight without putting any effort into it than they are to lose it.

The way intermittent fasting does it is by enhancing certain hormonal changes (cited above) which would then see a reduction in insulin levels, growth in hormonal levels, as well as increased production of noradrenaline. All these would ensure a higher breakdown of body fat, facilitating its use for energy. Additionally, short term fasting increases your metabolic by 3.6-14%, which helps you burn more calories.

When intermittent fasting is practised by women above 50 the way, it should be, without trying to make up for it by eating extra portions of food during the allotted meal window, the weight/belly fat reduction potential is excellent.

1. **Intermittent Fasting Helps To Significantly Reduce The Risk Of Getting Type 2 Diabetes:** In recent years, Type 2 Diabetes has become quite a common disease, with women above 50 standing a much higher risk of contracting it.

The main feature of the disease is increased blood sugar levels, vis-a-vis insulin resistance. Thus, any insulin resistance factor should help considerably in lowering blood sugar levels, hence protecting the body against this deadly disease. This stands intermittent fasting in good stead, for those interested in arming themselves against the risk of having Type 2 Diabetes. Which is pretty much everyone, right?

To put all of these into numbers, human studies on intermittent fasting shows that fasting blood sugar can be reduced by 3-6% while fasting insulin can be reduced by 20-31%. This makes intermittent fasting an excellent option for people at risk of getting Type 2 Diabetes.

1. **Intermittent Fasting Is Beneficial To The Heart:** Currently, the world's biggest killer is heart disease. Central to this data are the various health markers or risk factors associated with either increase or decrease in the risk of heart disease.

Some of these risk factors include blood pressure, total and LDL cholesterol, blood triglycerides, inflammatory markers, and blood sugar levels.

The good news is that intermittent fasting has been proven to improve some of these risk factors.

However, individual body systems have certain peculiarities. This necessitates seeking expert advice before making any decisions on intermittent fasting.

1. **Intermittent Fasting Can Help Prevent Cancer:** The rising scourge of this terrible disease, characterized by the uncontrolled growth of cells, had been a significant pain point all over the world.

It thus comes the as good news that studies have shown that intermittent fasting, via its effect on metabolism, may lead to a reduced risk of cancer.

However, the promising evidence gathered has been from animal research. Until human studies are concluded on the issue, the results remain inconclusive.

1. **Intermittent Fasting Can estbalish a Reduction in Oxidative Stress And Body Inflammation:** Oxidative stress is one of the factors that can heighten ageing and many chronic diseases.

It is the process during which unstable molecules, also known as free radicals, which reacts with molecules like protein and DNA, damaging them as a result.

Studies have, however, shown that intermittent fasting may improve the body's resistance to oxidative stress. In addition to that, it has been proven that intermittent fasting can help fight inflammation, itself another primary driver of other petty diseases.

1. **Intermittent Fasting Is Great For Your Brain:** Anything that is good for the body is often also good for the brain.

Intermittent fasting can improve several metabolic features known to be essential to brain health.

Among these features are, reduced oxidative stress, reduced inflammation, increased resistance to insulin and reduced blood sugar levels.

As suggested by this chapter's title, what has been listed here isn't enough to exhaust the benefits of intermittent fasting. These are merely some of the most important benefits of the eating pattern.

As a woman above 50, intermittent fasting holds a lot of promise for the body's functionality and maintenance that cannot be ignored.

As we learn further, we will learn a lot more about these benefits.

# THE PROS AND CONS OF INTERMITTENT FASTING

The imperative about intermittent fasting is that these variations allow people undergoing it to find the best decision that's right for them. There are several pros and cons to intermittent fasting.

Some of the advantages of Intermittent fasting promotes improved body composition, lowers disease risk, can improve brain function, and much more. We can further bolster the benefits of intermittent fasting as follow:

* Intermittent fasting revives and enhances body composition such that when an individual on intermittent fasting is not consuming calories, it makes sense for the body to assume that with eating less than that individual normally would, such an individual is going to lose weight. When fasting, an individual is allowed to use all the stored-up sugar in the body system and then tap into fat stores. When we start burning fat stores, automatically, we also commence to lose body fat.
* Abiding by the cycle of Intermittent fasting will help to improve body composition through the process of demanding a caloric deficit, promoting weight loss and decreased body fat, and causing positive changes to our metabolism via its effects on hormones.
* It also helps in disease prevention and lowers disease risk. In weight loss, intermittent fasting helps in the control of diabetes, lowers cholesterol, and lowers blood pressure, all of which are essential factors that allow for disease prevention.
* Through intermittent fasting, an individual's cognitive apparatus can be boosted and improved in high-quality function because the hormonal secretion to the brain will be adjusted to a minimal level. What this means is that brain activities will be tuned to function in accordance to the minimum and well-balanced nutrition is given to the body system, and this will allow it to disperse enough information to the other nervous system that requires a balanced diet to function.
* Too much of food stress the function of the brain, whereby halting and putting the purpose of the mind into a state of worry and stresses various activities to be carried out within the body system.
* It helps to create a stabilized and energized healthy individual who has improved cell sense response, increased lean muscle mass and an all-around body balance.
* It also helps in secreting and improving hormones such as insulin, which assists in the active function of the cognitive system.

The advantages to being derived from intermittent fasting are very much. Women who choose from any of the various types of intermittent fasting would notice the difference in their eating habits and can be assured that they made the right choices.

***The Problems Of Intermittent Fasting***

There are a few cons or problems associated with intermittent fasting. Some of them include:

* It affects an individual's long-term eating schedule as at when due. Intermittent fasting is also quite hard to stick with long-term owing to the degree of self-control required to do so.

Both sides of intermittent fasting can be steep; not eating when you're supposed to be fasting and trying to eat when it's time to is tasking on both sides.

* Intermittent fasting also affects an individual's social living with family and friends in times of outings. When fasting, you have to either have the willpower not to indulge or must figure out alternatives to still have a social life without breaking your fast.

While difficult, it is possible too. Though fasting can be exhausting, during the times you're fasting, you'll have lower energy levels than usual, and may not want to be out and about, or may feel like you need to rest to conserve the energy you have. The social life of an individual is being tampered with such that the individual finds it difficult to eat like others when on an outing or finds it challenging to share it with friends who might make jest of their style of living.

* The attitude of the public towards people indulging in intermittent fasting may make them feel inferior to others, making jest of them concerning their limits in eating some specific diet that they think is insufficient for their health quota. These thoughts towards them make them feel depressed and may lead them from keeping their intermittent fasting active.
* An individual who also fasts intermittently may even face health issues that entangle their health status and puts it in danger.

Also, they risk being infected by some diseases that feast on human body system when they lack some essential nutrients. An individual who exercises in the morning with intermittent fasting in progress may get fatigued quickly and feel weak in the day when working.

* It may also lead to low blood sugar in the body system leading to a symptom of diabetes, making such individual prone to having diabetes or hypoglycemia. On the part of the female body system, when indulging in intermittent fasting, it leads to starvation, which endangers their reproductive system and could lead it to the shutting down of the reproduction system activities.

Among women, varieties of problems are being faced in terms of fertility production: their periods become irregular; they experience that their ovaries also shrink when not taking nutrition that boosts the production of progesterone hormones.

* It also leads to anxiety and depression. Lack of food causes depression. The body has several fluids which include the black bile, yellow bile, phlegm, and blood. All these body fluids have essential nutrients that boost and replenish each body fluids. If by chance, there is a lack of sufficient nutrients to replace any of the body fluids, this will lead to mental instability, thereby leading to anxiety, depression or even psychosis.

The phenomenon, Intermittent Fasting, is not widely broadcasted and known among people because the term looks like a particular act of fasting among a specific group of religions, whereas it is a fast that helps in boosting the body system. There haven't been enough research works about intermittent fasting. It benefits individuals who know so much about it and have adopted the right method for themselves. Due to the lack of knowledge about what intermittent fast in entails will make people have negative feelings about it and will find it difficult to be among people who do such. Some may find it to be an ailment method of healing, whereas some may perceive it to be an ordinary phenomenon that occurs within the society.

However, as research works on intermittent fasting continues to intensify, these disadvantages will greatly reduce. 

# THE HEALTHY FOODS TO EAT WHEN ON THE INTERMITTENT FASTING LIFESTYLE

The foods to be eaten by an individual who lives with the lifestyle of intermittent fasting is on a sufficient and balanced food diet that allows the individual to sustain their health and weight loss. Their food intake goes with specific and particular healthy foods that support their intermittent fasting for maintaining functional health status.

An individual who indulges in intermittent fasting should eat more of high-fibre foods, such as nuts, beans, fruits and vegetables, and high content of foods with protein, including meat, fish, beans, or nuts, during the intermittent fasting. An individual that also chews gums high in fibres also helps in the process of sustaining good health. Drinking lots of water during the periods of intermittent fasting helps a lot. Some individuals tend to think they are always hungry, whereas they are just thirsty.

An individual who goes for black coffee or tea, or cinnamon or liquorice herbal tea, these beverages, according to researches, tend to have appetite-suppressing effects.

A registered dietitian creates the ultimate intermittent fasting guide, so you know what to eat. They comprise the components of a balanced diet.

Water is an essential element required for the sustainable growth and healthy living of an individual. Coffee is also an element of intake individual who undergoes intermittent fast can take for a healthy living. The question among new intermittent fasters is that does coffee works, or can they take coffee when they indulge in the intermittent fasting? Naturally, coffee is a calorie-free beverage, which can even be consumed outside a designated feeding window. But the minute syrups, creamers, or candied flavourings are added, it can no longer be ss during the time of the fast, so that's something to keep in mind if one is usually monitoring up their drinking.

Minimally processed grains, which are carbohydrates in nature, are also essential. Carbohydrates form an integral part of life, and when it comes to weight loss, they are not your enemy. Since the majority of your day is spent fasting during this diet, it is crucial to note the strategic ways of having enough calories.

Lentils are essential diets that are essential for fitness and check of weight. Lentils contain a very high concentration of fibre and provide you with the right amount of grain needed. Additionally, lentils also provide you with the right amount of iron (about 15 per cent of your daily needs), which is an essential nutrient for the body, especially for women undergoing intermittent fasting.

Potatoes are also foods that sustain an individual intermittent fasting and functional health status. Similar to bread, white potatoes digest with minimal effort from the body, and if paired with a protein source, they are a perfect post-workout snack to refuel hungry muscles. Another benefit making potatoes an essential staple for the intermittent fasting diet is that once cooled, potatoes form a resistant starch primed to fuel good bacteria in your gut.

Salmon fish is highly rich in protein and is nutritious for the human body system for healthy status. It is one of the commonly consumed food across some well-known zones in the world, salmon, which is high in brain-boosting omega-3 fatty acids EPA and DHA.

Soybeans help to induced cell damage and promote anti-ageing among human development and growth stage.

Multivitamins are also elements that assist in boosting an individual's health who is into intermittent fasting. One of the proposed mechanisms behind why intermittent fasting leads to weight loss is because the individual has little time to eat very little food. Although a multivitamin is never in comparison with a balanced diet of plenty of fruits and vegetables, life can get hectic, and having a supplement can help fill the gaps.

Another element that allows for good health in intermittent fasting is Vitamin D fortified milk. Adults are required to take 1,000 milligrams of calcium, or about 3 cups of milk per day. Since the allocated time for feeding is low, keeping up with this may prove not very easy, and this is why it is essential to get more calcium than ever. Taking milk helps o provide the body with enough calcium and keep the bones active. To make sure your calcium level remains high, you can add milk to your smoothies or cereal, or even drink it with meals. If you're the type who doesn't like milk, non-dairy sources high in calcium include tofu and soy products, as well as leafy greens like kale.

A glass of red wine and a night of beauty sleep may keep heads turning, as the polyphenol found in grapes has distinct anti-ageing effects. As humans, we are identified to have one of the enzyme classes called SIRT-1, which acts upon resveratrol in the presence of a caloric deficit to enhance both insulin sensitivity and longevity.

Blueberry is small in size, but don't let their miniature size fool you. Studies have shown that youthfulness and longevity results from anti-oxidative processes. In addition, another excellent source of antioxidants is Blueberries, and wild blueberries are also one of the largest sources of antioxidants. Antioxidants help in preventing the body from free radicals and ultimately prevent widespread cellular damage.

Papaya, which is a fruit, is also imperative in boosting the health status of an individual who undergoes intermittent fasting. During the final hours of an individual intermittent fast, one will likely start to feel the effects of hunger, especially as an individual begins intermittent fasting. This "hunger" may, in turn, cause an individual to overeat in large quantities, leaving you feeling bloated and sluggish minutes later. Papaya has a unique enzyme typically called papain. Papain acts upon proteins to break them down. This also include chunks of this tropical fruit in a protein-dense meal. This can help a great deal in easing digestion, making any bloat more manageable.

Many more healthy foods improve health status during intermittent fasting apart from the ones listed and explained above. Nuts of all varieties are known to rid body fat and lengthen your life.

So, making the right choice of food during your fasting period is entirely up to you.

# PAIRING INTERMITTENT FASTING WITH KETO DIET

In the second chapter of this book, we introduced intermittent fasting to you as an eating pattern, and not a diet. Essentially, what this means is that intermittent fasting is concerned with when you eat, rather than what or how much food you eat.

This has been one of the reservations thrown up in some quarters when intermittent fasting is mentioned. Some have criticized it, saying that it is counterproductive to take a break from food for a day or a few hours, and then throw it all away by binge eating during the meal window.

However, if adequate measures are taken, there is no injunction against combing intermittent fasting with any diet of your choice, as long as both do not have conflicting interests.

In this chapter, we'll look at how you can effectively combine intermittent fasting with Keto Diet in particular.

## *What Is Keto Diet?*

According to Wikipedia, Keto Diet (*also referred to as Ketogenic Diet*) is a high fat, adequate-protein, low carbohydrate diet that is used primarily in medicine to refractory (or difficult to control) epilepsy in children. It's a bit similar to the Atkins Diet.

The Keto Diet works by compelling the body to burn fats, instead of carbohydrates. Usually, the carbohydrates contained in your food are converted to glucose and then circulated the body; effectively serving as an important part of the brain fueling function. However, if there remains in the diet a small number of carbohydrates, the liver will convert fats into fatty acids and what are called ketone bodies. These ketone bodies will then find their way into the brain to replace glucose as the energy source.

This increased level of ketone bodies in the blood, a state is known in medicine as ketosis, will then lead to a drop in the rate of epileptic seizures suffered by the patient.

*Some variations of the diet include:*

1. Standard Ketogenic Diet
2. Cyclical Ketogenic Diet
3. Targeted Ketogenic Diet
4. High Protein Ketogenic Diet

## *Benefits Of Keto Diet*

Even though Keto Diet was first introduced primarily to fight epilepsy in children, the diet has since grown into one of the world's most popular diets, after it was discovered to bear several other benefits. Some of those benefits will be listed below:

* Keto Diet has shown that it can cause a massive reduction in the body's blood sugar/insulin levels. This can help the body fight Type 2 Diabetes and other health conditions.
* Keto Diet can help with weight loss. As a matter of fact, research has proven the Keto Diet to be more effective in weight reduction than the often-recommended low-fat diet. With the diet, you get to lose weight without tracking your food intake or count calories.
* Keto Diet can also be effective in tackling heart diseases by addressing potential risk factors like insulin resistance and cholesterol levels.
* Keto Diet also helps to fight different types of cancer and slow tumour growth.
* Studies haven't been exhausted on it yet, but Keto Diet has shown promises of reducing and slowing down Alzheimer's growth in the body.
* A study found that Keto Diet can help improve symptoms of Parkinson's disease.
* Keto Diet can be used to safeguard against brain injuries, as well as aid recovery in the aftermath of a brain injury.

Like intermittent fasting, most of these benefits are particularly helpful for women above 50.

## *How Can Intermittent Fasting And Keto Diet Work Together?*

If you're thinking about combining both methods, we've drawn up a plan here for you below.

*PS. You don't necessarily need to follow the plan, but it can be a template to make you understand how you should go about it.*

* **Sunday**

**6:00 am**: Black coffee and/water. (Relax, coffee won't break your fast)

**9:00 am:** More black coffee or water.

**12:00pm:** TRF ends. Time for a keto-friendly meal- probable salad alongside grilled chicken, topped with olive oil and feta cheese, avocado and some hard-boiled eggs or bacon bits.

**3:00 pm:** Have snacks on some nuts. Or nut butter with coffee and MCT oil or even coconut oil.

**6:00 pm:** 8-12oz of a fatty cut of meat along with some veggies; perhaps Brussel sprouts cooked in water.

**8:00 pm:** You might have a small snack of nuts, blueberries, and a piece of strong, dark chocolate for "dessert". This would, of course, be your last meal for the day.

* **Monday:** *Same eating window as the previous day. 12-8 pm.*
* **Tuesday:** *As a fasting day, no calories will be consumed today*.
* **Wednesday:** *Eating window is 12-8 pm. Because you fasted yesterday, you might be hungrier today. This is especially true if you had a morning workout today*.
* **Thursday:** *Fasting day.*
* **Friday:** *12-8 pm eating window. Morning workout, but if you prefer a fueled workout and your schedule permits it, you can work out in between lunch and dinner*.
* **Saturday:** *Fast day.*

Remember, this is just an example of a template of how Keto Diet and intermittent fasting can be combined, not a definite meal plan. You can spice things up to satisfy your lifestyle, medical recommendations, schedule. You can even design your regime, as long as it is in line with the conditions of each fitness lifestyle.

## *Benefits Of Combining Keto Diet And Intermittent Fasting*

Many who are conscious about their health currently use both methods to effect weight loss and control certain health conditions. For health and fitness gurus, the discovery and availability of both is a thing of bliss. This is because of the numerous benefits that come with it.

As a matter of fact, from available evidence, combining both intermittent fasting and keto diet will help you reach ketosis faster than using just one of the two. Beat that!

***A Note Of Warning***

Again, don't forget to put your body system, medical records and daily routine into consideration before deciding to practice this combo. Pregnant or nursing women should stay out of this, but people with eating disorders should speak with the appropriate caregiver for permission and advice.

# REASONS YOU SHOULD START INTERMITTENT FASTING TODAY IF YOU'RE A WOMAN OVER 50

Being a woman is one thing. Being a woman above the age of 50 is another. With age slowly creeping in on you, your body begins to experience some changes. If you are self-aware and very alert, you will notice these changes early enough. If you aren't, however, it will likely take a while.

At age 50 and above, it naturally becomes more challenging to shed weight. This is because metabolism will decrease, joints might be more prone to ache, muscle mass will decrease, and you might even experience sleep issues. In addition to this, you'll become more at risk of developing certain age-related diseases and health conditions.

Some of the changes your body will experience might be subtle, but they are nonetheless veiled threats to a fully functional body system. Definitely, to the longevity we all seek.

Which is why it is imperative to begin to seek out measures, lifestyle and diets that could help you lose fat, especially dangerous belly fat. Losing fat will reduce drastically, the risks of developing health issues such as diabetes, heart attack and cancer.

*Below are a few reasons you need to consider intermittent fasting seriously:*

1. **Weight Loss**

A very high percentage of people who are currently into intermittent fasting, did so because they either wanted to guard against piling up excess body fat or because they want to lose weight. That makes weight loss a primary reason woman over the age of 50 should consider giving intermittent fasting a try.

Intermittent fasting generally helps to boost metabolism in the body, by promoting thermogenesis, or production of heat. This would then lead to excess body fat being burned and used to fuel the body's activities.

Another way intermittent fasting can help solve weight is by reducing hunger; thus, the stomach will always have the illusion of being filled.

Weight loss becomes even more natural when keto diet is combined with intermittent fasting. They both complement each other.

1. **Muscle And Joint Health**

Research efforts also proved that intermittent fasting could help women above 50 improve their muscle and joint health. Some of the researchers discovered that the fasting period affects the way the body produces hormones that affect bone minerals like calcium and phosphate. This would help strengthen the bone and forestall against things like arthritic symptoms and lower back pain.

1. **Intermittent Fasting Can Help To Prevent Cancer**

Women above 50 are at risks of developing some kinds of cancer. Intermittent Fasting, as shown in the report of research conducted, can cut off some of the pathways leading to cancer. Intermittent Fasting can also help slow tumour.

1. **Intermittent Fasting And Mental Health**

Because of the changes in the body, the hormonal imbalance and the uncertainty surrounding the state of thing, it could be a mentally disturbing period for women above 50.

The results of a 2018 study showed that women who practised intermittent fasting reported improvement in moods and self-esteem while anxiety and depression levels dropped.

If you are prone to depression and anxiety disorders, intermittent fasting might just be the easiest way out. But you have to speak with your medical professional first.

1. **Intermittent Fasting Helps With Sleep And Clarity**

Hormonal changes in the body can cause one's sleeping pattern to be destabilized, especially around the post-menstrual age.

It is soothing to discover that many older women have testified about how intermittent fasting lifestyle has improved their sleeping pattern.

If you're currently experiencing sleep issues, intermittent fasting is definitely an option for you.

1. **Intermittent Fasting And Longevity**

Perhaps the greatest bane of growing older is that old age opens up the body to more risk of developing diseases.

In a previous chapter, we already discussed in details how intermittent fasting helps the body fight off certain diseases and health conditions so that we won't go all over that here.

Ultimately, intermittent fasting became so popular among women aged 50 and above because of how it evidently helps them live for longer and in good health.

Some even say it was tailor-made for older women.

1. **Intermittent Fasting Boosts Productivity**

Growing old can be quite a boring stage of life for people struggling with one health or the day. It could rob them of the joy of living, of experiencing life, and of getting things done.

Older people are happier when they can stay fit and healthy. While it might be retirement age, there are a lot of things you might want to be doing with your life at that point. Activities that could bring you fulfilment if you're healthy enough to partake in them.

Intermittent fasting helps you experience a boost in productivity by helping to keep you fit and in good health.

In summary, intermittent fasting is the answer to many of the adverse effects of growing older. It helps you stay on top of things. It keeps you in charge of your body and teaches you how to get the best out of your body system, effectively maximizing your potential to remain in good health for as long as possible.

All you have to do is to ensure that you pick the right fasting method. You might perhaps need to pair it with a diet, keto probably. You would also need to have certain discussions with your doctor/dietitian/psychologist to ascertain what is truly right for you and what is not. Women above 50 cannot afford to take certain health risks. So you have to be sure you can trust your health and wellness regime.

# THE INTERMITTENT FASTING TYPES AND HOW TO SELECT THE ONE BEST SUITABLE FOR YOUR BODY TYPE.

There are various ways you could engage in intermittent fasting; these types have been proven to give the same effects that have made people start the fasting, and some of these potentials benefits include the loss of weight, loss of fat, some have also discovered that it helps in reducing the risk of getting some disease.

*These are some of the types that are popular and that have been proven to show effectiveness:*

* + - 1. **The 16/8 Method**

This involves fasting for a total period of sixteen hours in the 24 hours that makes a day.

This method requires a daily fast of 14 hours for women and 16 hours for men; you'll have to limit the times you eat to a total of 8-10 hour eating window. With this method, you can incorporate 2 to 3 or more meals in a day

Martin Berkhan, the famous fitness expert, made this method popular like himself. It is also known as the Leangains protocol. It is the most popular because it is almost natural, the hours you skip meals falls under the time you are either sleeping or working. Most people who skip their breakfast and finish dinner before eight are actually doing the 16-hour protocol, but they don't know that.

Women are advised to fast for 14-15 hours because most do better with this short-range, and an important thing to note is that during the fast you have to eat healthy foods during the eating window, the results you want to achieve won't be forthcoming if there's a lot of junks in your food.

You can take water and coffee during the fasting hours as well as other drinks that are noncaloric

To fast with this method, your last meal should be by 8 pm while your first meal should be by 12 pm

* + - 1. **The 5:2 Diet**

British journalist Michael Mosley popularized this method, it has also been called the fast diet.

This method requires that you limit the number of calories you consume to only 500 for female and 600 for male in just two days of the week. That means you usually eat for five days and reduce the calories in your diet for two days.

For example, you might usually eat every day of the week except Tuesday and Thursday where you reduce the food you consume. You limit the calories in the breakfast to 250 for women and 300 for men while dinner takes the same number of calories as well.

* + - 1. **Eat-Stop-Eat**

Fitness expert popularized most of the intermittent fasting methods, this method was popularized by Brad Pilon.

This method requires you to Do a 24-hour fast, either once or twice in a week, whichever one is comfortable for you.

This method requires a full day of fast, from dinner to dinner, lunch to lunch or breakfast to breakfast, whichever way it is done, the results would be achieved.

An Example is not eating from 7 pm to 7 pm the next day. That is if you start on with dinner on Monday, you don't eat from 7 pm Monday to 7 pm Tuesday. You can don't once or twice in a week if it is once, it is advisable for it to be done mid-week like Wednesday and if it is twice it is very good if the days are wide apart. E.g. Monday and Thursday.

You can take water, coffee and other noncaloric drinks in between fasting periods but solid foods are not allowed. It is, however, not advisable to start with this method as it requires a lot of energy for the long hours without food. Start with 16 hours fasting before plunging into the 24 hours fast.

* + - 1. **Alternate-day Fasting**

This requires you to Fast every other day.

Most of the health benefits that were revealed are as a result of this method.

There are two variations to this method;

1. 24-hour full day fasting every other day; this requires you to eat normally for a day and then fast for the next 24 hours.
2. Eating only a few hundred calories; the alternate-day fasting can be very challenging, and this made the experts devise another plan where you only eat a reduced number of calories every other day.

An example is that when you fast on Monday, you eat normally on Tuesday, fast on Wednesday and the continue for the rest of the week.

* + - 1. **The Warrior Diet**

This method of fasting was made famous by Ori Hofmekler, another fitness expert.

This diet requires you to fast or eat a small or little chunk of food during the day while consuming a huge meal at night, a typical case of fast and feast later. You eat small amounts of fruits and vegetables during the day and then falling back to a huge meal.

The meal is best taken by 4 pm in the evening no food must be taken until the next morning where you continue with fruits and vegetables.

Feast for dinner and fast for the day.

* + - 1. **Spontaneous Meal Skipping**

This is a more natural method than the 16/8 because here there's no routine, you just skip meals when convenient.

This can be done on some instances such as when you are not really hungry, or are in a journey and can't find suitable food to eat; you can skip these meals.

There's no routine to this method; you can decide to skip your meal anytime, from lunch to dinner to breakfast, once you don't follow a routine you are using this method.

These methods, however, is not suitable for every individual, and you don't need to try everything out before you know which is ideal for you.

This guide is for women above 50 years, and these kinds of people often lose energy more and rapidly than typical younger youths so, methods such as the alternate-day fasting and the eat-stop-eat method are not suitable for women above fifty because these types and processes require a lot of energy which women above fifty lack.

The 16/8 is not suitable for every one of those women above fifty, but its a good start if you want to take the fast to another level. There's no magic to it, and no one can tell you what's best for you, you have to discover that yourself.

The Spontaneous meal skipping is a great place to start, but the results won't be as fast as the other methods because of the lack of routine.

The best methods, however, are the eat-stop-eat and the 5:2. These two have routines you can follow, but you don't need to stay away from food, but only consuming small calories. This way, you fast with a routine, and the results would be achieved.

Whichever you decide to make use of, make sure you consult your doctor to see if intermittent fasting is suitable for you.

# TOXIC FOODS TO AVOID DURING INTERMITTENT FASTING.

Thetoxicfoodsthat should not be eaten in intermittent fasting cause damages to the health status of an individual who practices it. There are many ways to optimize a woman's intermittent fasting for weight loss and obesity. Most people make the grave mistake of eating as much of whatever they want, including processed junk food, during their eating period. Eating a surplus calorie, especially of empty calories and food that have been processed, will help to undo all the benefits of intermittent fasting.

There are varieties of toxic food taken mistakenly by individuals who don't have sufficient knowledge and ideas about the food to be considered when fasting intermittently. There are some foods to be avoided when an individual is intermittently fasting, such as fast foods, processed foods, sweets, simple carbs, sugary sodas, sweetened fruit juice.

1. **FAST FOOD.**

Fast food refers to food that can be prepared and served quickly. Many people know that fast foods are often made with cheaper ingredients such as high-fat meat, refined grains, and added sugar and fats, instead of nutritious ingredients such as lean proteins, whole grains, fresh fruits, and vegetables. Fast food is also high in salt rate, which is used as a preservative and makes food more flavorful and satisfying. Because fast food is high in sodium, saturated fat, trans fat, and cholesterol, it isn't something you should eat often. Overeating over a long time can lead to issues such as high blood pressure, heart disease, and unwanted weight gain.

People who eat tons of ultra-processed foods are more likely to develop heart disease and to die sooner than those who stick with foods in their original form, two extensive studies conclude. Heavily processed foods are often high in sugar, fat, and empty calories. Consuming lots of these foods has long been linked to an increased risk of a wide variety of health problems that can lead to heart disease or an early grave, such as obesity, high blood pressure, elevated cholesterol, cancer, and depression.

1. **PROCESSED FOOD**

Processed foods are evil and are as bad as we all know. They are a significant contributor to obesity and illness around the world today.

An individual on intermittent fast should avoid processed foods at all costs; this is because of their consequences and side effects on the body.

Since intermittent fasting helps in losing weight, caution should be taken on the foods to be absorbed by an individual who undergoes it.

1. **SWEETS AND DESSERTS.**

Sweets are a typical junk food among humans, and they are sometimes highly consumed by individuals that want to undergo intermittent fast with less understanding that the side effect of sweets on the human body system is high.

The result is equivalent to weight gain and makes one prone to physical diseases. Regular consumption of sweets negatively impacts on the health who undergoes intermittent fasting.

Desserts are digestible nature, and this allows an individual's body to rapidly absorb sugar after eating, leading to a rise in blood sugar levels, followed by a subsequent rapid decrease, or blood sugar crash.

One of the best means of preventing an increase in blood sugar rate is to avoid sweets and instead consume fibre-rich foods that digest slowly, leading to even, and sustained sugar release into your bloodstream. A diet rich in sweets has both short- and long-term effects on an individual's well-being and can lead to disease.

Sweets, candies, and any other product of such nature are examples of toxic food individuals who undergo fasting should try to avoid as much as they can.

1. **CARBS**

Carbs are simple carbohydrates, the first in place to complex carbohydrates. They are easily and quickly used for energy by the body because of their simple chemical structure; they lead to a fast rise in blood sugar and insulin secretion from the pancreas, which has adverse health effects. This type of carbohydrate has both sugars and some forms of starch, such as white rice. The human body breaks them down faster than the complex carbohydrate. What this implies is that they are a reliable source of quick energy for the human body.

Intermittent fasting should never be substituted by taking simple carbohydrates during the cycle of food shifts and fast. The side effects will reflect after some amounts have been absorbed, even in little quantities.

Excessive consumption of sugary soda has negative influences on human growth and health balance.

1. **SODA**

The effects of a sweet drink are by far the worst on human health. Anyone undergoing intermittent fasting should be in check of the amounts of soda she takes because it leads to a high risk of health diseases and also leads to weight gain.

A large quantity of sugar forms fat in the human liver. This type of effect will endanger an individual who is trying to balance their health through intermittent fasting when still absorbing a few things with sugary contents in them.

1. **EXCESSIVE FRUIT INTAKE**

All fruits contain natural sugar. Some sweet fruits such as watermelons, mangoes, oranges, and even pineapples have relatively high level of sugar. Nonetheless, fruits tend to contain less sugar when compared to sweetened foods. Fruits contain both glucose and fructose type of sugar. An excessive amount of fructose leads to weight gain and type 2 diabetes. Individuals that fast intermittently should be of caution of not consuming an excessive amount of it when fasting because of its implications on health status.

# COMMON HEALTH AND INTERMITTENT FASTING MISCONCEPTIONS YOU NEED TO RID YOURSELF OF

As with any trending topic, on the internet and even in the real world, you'll find everyone trying to say something. The real danger here is that a lot of people who have no business forming opinions on issues would also be in this crowd, struggling to make themselves heard.

It is quite sad that such people, even though they do what they do for clout and nothing else, still get a sizable audience to dote on them. That audience will then spread the misinformation/myth/rumour to other people, quite ignorantly.

So, you can imagine that so many people who could have been benefiting from the intermittent fasting lifestyle, have decided to stay away from it, based on what they heard from these kinds of people.

Additionally, some of these myths and misconceptions are sometimes meant to be positive, but they are, in fact, detrimental and can be potentially harmful when put into practice.

In this chapter, we'll take a detailed look at some of these common misconceptions and myths of intermittent fasting and why you shouldn't believe them.

* **Myth #1: Intermittent Fasting Is A Fad**

Intermittent Fasting is NOT a fad. All over the world, researchers, medical professionals and top industry experts have testified and shown promising proof of its many benefits to the human body. There is no way such a thing can be described as a fad.

* **Myth #2: Intermittent Fasting Is A Diet Plan**

Intermittent Fasting is no diet plan, rather it an eating pattern. Unless when it is combined with a complementary diet plan, intermittent fasting has no business with what you eat. It only concerns itself with when you eat what you eat.

* **Myth #3: Intermittent Fasting Means You Can Eat As Much As You Want**

Even though the alternate plan does not specify what or how much food you should eat during your desired meal window, it would be foolish and counterproductive to engage in binge eating just because you can.

When you fast, it is expected that you won't start piling up calories to make up for what you've lost. Unless you're on a diet plan to boot, you should only eat as you would normally do, when practising intermittent fasting.

* **Myth #4: You Can't Work Out While Fasting**

On the contrary, you can. Top fitness experts have discovered that working out while fasting is actually a positive thing that should be considered by people looking to stay healthy and fit. This is because the best time to work out is on an empty stomach. That helps you burn the fat already stored in your body, in lieu of the one you've just consumed. You can then eat after the work out to replace the fat with carbohydrates.

* **Myth #5: As The First Meal Of The Day, A Big Breakfast Is A Necessity**

That's what cereal companies would have you believe- the big complete breakfast. In reality, that's just a fad. What your body needs is what you need to consume. Intermittent fasting experts think it is better to have a 12-8 pm eating window. Which means you can only have lunch, dinner and snacks in between if you want.

* **Myth #6: All Intermittent Fasting Is The Same**

That's not true. All intermittent fasting is not the same. The reason we have a variety of plans to choose from is that these plans are designed to deal with unique pain points. Thus, you have to pick the one that best suits your specifics.

* **Myth #7: Everyone Gets The Same Result**

Intermittent Fasting will not automatically generate the same results in everyone who partakes in it. The human body is unique. One man's food may very well be another's poison. It is why potential participants are encouraged to seek professional advice before venturing into an Intermittent Fasting plan.

* **Myth #8: Intermittent Fasting Is Unnatural And Unhealthy For The Body**

Some people believe that laying off food for some time is harmful to the body. That belief is definitely an erroneous one, based only on the traditional notion that the body needs three square meals per day to survive and operate at full capacity. The funny thing is, three can't be a square!

Fasting itself isn't an alien notion to humans; we already looked at the origins of fasting in an earlier chapter. The practice has been around for as long as humans have been around, and now it comes loaded with even more benefits.

* **Myth #9: Intermittent Fasting Leaves The Body Nutrient Deficient**

Again, not true. Only nutrient-deficient diets can leave the body nutrient deficient. Intermittent Fasting does not interfere with your nutritional composition. As a matter of fact, your body develops a higher level of nutrient deficiency, when you fast. You are obviously allowed to eat balanced meals during your food window.

* **Myth #10: Intermittent Fasting Causes Eating Disorders**

Whilst it is true that intermittent fasting might not be particularly ideal for people living with eating disorders, there is absolutely no truth whatsoever to the belief that it can make people develop eating disorders.

To put things into perspective, obsessive food craving can be linked to the body's blood sugar imbalances. Combining Keto Diet with your Intermittent Fasting plan can actually help in bursting these sugar cravings.

* **Myth #11: Intermittent Fasting Is Unsafe For People With Diabetes**

A section of the diabetic community believes that intermittent fasting can be potentially harmful to people living with the condition.

The misconception fuels this myth that regular food intake is needed to maintain a level of blood sugar.

On the contrary, according to recent studies, Intermittent Fasting can help with weight loss, fasting blood sugar, and help to stabilize blood sugar after dinner. As a matter of fact, fasting for a prolonged period could aid the restoration of insulin sensitivity in people living with Type 2 Diabetes.

In conclusion, it is important to know the truths and lies of intermittent fasting. In fact, one of the reasons why I always advise people to seek to professional help before going into intermittent fasting is to ensure they have the complete info and not just running on half-baked theories and misinformed opinions. The luxury of that doesn't exist, especially for women above 50.

# DEADLY MISTAKES THAT WILL MAR YOUR RESULTS AND SET YOU BACK AS WELL AS HOW TO AVOID THEM

In your quest to achieve incredible results with your preferred intermittent fasting regime, you must know that there are certain obstacles out there that can deter you from reaching those lofty heights.

These obstacles must be identified and avoided as much as possible; else all your efforts at maintaining a positive intermittent fasting lifestyle will prove abortive.

In this chapter, we'll look into as many of these deadly mistakes intermittent fasting followers must avoid as well as practical tips on how they can be avoided.

Don't stop reading!

1. **Trying To Do Too Much Too Quickly**

Jumping on the Intermittent fasting lifestyle often means changing from one way of doing things, or more appropriately, one way of eating your meals, to a whole new pattern.

Ultimately, your body will need some time to adapt to these changes. So it is better if you introduce the pattern slowly, giving your body the time it needs to get used to it.

Trying to do too much in such a short span of time might end up being counterproductive to your cause.

So, instead of jumping into the two days per week fast, you might want to try out the 12-8 hour meal window instead. If you're thinking of combining the Intermittent Fasting plan with Keto Diet, you would be better off adopting one of the first, give your body the chance to understand and adapt to the system, then slowly introduce the second.

Remember, body systems are different, and there is no one way to do everything. Find that which works for you.

1. **Ignoring Your Liquid Intake**

While it is true that certain liquids won't break your fast, most people who think that means they can drink anything they want, in as much quantity as they want; are profoundly ignorant of what intermittent fasting entails.

Actually, most liquids will break your fast. Even diet sodas, which are calorie and fat-free, should not find their way into your body during your meal window. The same goes for sweeteners; even the ones with zero calories can have adverse effects on your insulin levels.

Coffee won't break your fast either, but you should keep any intake at a moderate quantity. Black coffee is preferable and without sugar. The slightest reduction of sugar in your coffee during your fast, or lemon in your water, isn't good for an ideal intermittent fasting lifestyle. You will do well to avoid such aberrations, or it would affect your fasting goals. Water is the only liquid you are allowed to take in any quantity.

1. **Not Drinking Enough Water**

During your fast, be sure to avoid most liquids. Not water, though. Research has shown that over 20% of the water composition of our body comes from the foods we consume.

Thus, in a situation where you are not eating these foods for several hours, you should be drinking a lot more water- approximately 20% more than usual, to make up for the dryness your body might experience.

Failure to do this might cause dehydration.

1. **Eating Unhealthy Foods**

For some people, intermittent fasting is an opportunity to eat everything they wouldn't even normally eat. They erroneously think eating unhealthily during their meal windows will help them restore what the body lost during the fasting period.

Unfortunately, that is a counterproductive measure. The essence of fasting is to deny the body of foods; there is absolutely no reason to eat unhealthily to make up for it. This could lead to weight and belly fat gain, which could be potentially dangerous to the health and longevity of women over 50.

1. **Trying Hard To Stick With The Wrong Plan**

In this book, we've covered extensively on how different intermittent fasting plans can work for different people. Thus, we aren't going to delve into that here. Yet, for the purpose of emphasis, we'll say again that not all intermittent fasting plans can have the exact same effect on everyone.

Once you get started on the wrong plan, and you discover that it is the wrong plan, it is best to discontinue it.

Sticking to the wrong plan despite it being obviously ineffective, does not do anyone any good. It could be dangerous to your health.

1. **Working Out Too Much Or Too Little**

Some people are guilty of not working out as they should be doing because they are on an intermittent fasting plan. Some others are guilty of overdoing it.

Both are actually dangerous to the health. You must find a fine balance and stay there. To help you achieve this, you can speak with your fitness experts to get their professional input.

1. **Putting Too Much Pressure On Yourself**

It is good to be disciplined and stuff, but be realistic with yourself. Being overly hard on yourself when you fail to meet your fasting goals or break your fasting rules won't help you.

We do not take a break from life when we begin to fast, so quit with guilt-tripping yourself and just get on with it.

If you feel the need of a break from the pattern, just take it.

1. **Not Eating Enough Food**

Don't overeat during your food window, yeah. But also, don't eat too little either. Not eating enough can actually cause weight gain, but most people (including you) have probably never heard of it.

*Well, this is how it works:*

When you don't eat enough food (during your meal window), it cannibalizes your muscle mass, slowing down your metabolism in the process. Without that metabolic muscle mass, you might lose the ability to maintain fat, or even lose it in the future.

In conclusion, apart from hindering you from reaching your fitness and health goals, these mistakes can potentially cause a lot more harm. For example, if you overeat food, or do not eat enough food, and can't control your weight gain; you might become more at risk of developing health conditions that might become fatal as time goes on.

It is best to completely guard against these mistakes, something you will be able to do now that you know them.

# THE SUREFIRE TIPS AND TRICKS TO HELP YOU STAY FIT AND IN OPTIMUM HEALTH IN YOUR 50S

There are a lot of principles and guidelines to ensure a healthy living in one's fifties. As humans are known to age and mature periodically, the process is a long one involving biological, physiological, psychological, and social growth and development.

In psychology, the sub-discipline, Gerontology, covers a widely influential effect on old aged people and how they can improve their health status and improve in their way of living both in socializing and living a happy life with families.

There are ways an aged person can live a healthy growth during their fifty without constraint and difficulty, in an instance, an aged person can live much healthy at fifty when such an individual is close to retirement or is preparing for retirement such individuals should try to go for vacations, tours with families and friends, enjoy the company of friends with the view of this such an older person will forget about the stress at work, stress faced at home or with family members, stressed faced with friends will also be reduced because most activities will be done in fun. There would be fewer worries or thoughts that may disturb their thinking processes.

More ways of improving health quota at the age of fifty or above involve various strategies to be taken or to follow. They may follow procedures or fall into categories like a physical sphere, health and nutrition sphere, emotional and psychologically.

The physical sphere of maintaining functional health status among aged people within the age of fifty, as explained earlier in enjoying the company of family and friends, requires what is known as a high rate in a social relationship with both family and friends, to remain in firm contact with friends and families will sustain and help in maintaining functional health fitness both physically and mentally. It is believed that aged people who indulge in a social relationship with people and have functional social interactions with people tend to live a healthy life and sustain their social health balance with others, and their body system will be boosted with longevity as a result of happiness and being stress-free which can tamper with their health status. In such instances in other to keep the company of friends one should participate in group social activities, there are homes for aged people where aged people can link up and have a company of friends to move out with at any point in time. In some phases, not all fifty years of age individuals are too old to keep working; in such cases, they can get hooked up in recreational centres like in training exercise centres.

An exercise is also a form under the physical sphere that boosts an aged person's health. This will enable them to stay physically fit and active over their years of maturing and developing. It will help in the maintaining of weight gain and losses, which will assist them in lowering their blood pressure and level of sugar in the blood system. It also helps them to decrease the risk of having a heart attack or any form of heart disease. Among the exercise activity that can help increase their heart rate is jogging, taking a morning walk (best done with friends or colleagues), and even running base on your ability and capability of doing it. The type of exercise to be taken should not be strenuous ones that would lead to physical injuries and causes the ageing body system to depreciate in recovery. In addition to exercise and social means of relating, one should try once in a month or twice in a month go swimming.

Nutrition and Health sphere involves the type of nutrients that should be taken in by aged individuals above fifty. There should be no room for processed foods, sugary drinks, desserts, and snack intake into the body system, which may tamper with the weight gaining of the body system and leads to obesity and may increase the risk of diabetes in the individual. They should reduce the intake of cholesterol products, which can lead to a high risk of heart diseases. Their food intakes should be based more on Vitamins and proteins much more can they eat more of fish because it contains omega three, which helps in maintaining the right healthy balance.

Emotional and Psychological sphere involves the balance of aged people emotions and psychological living through the involvement in psychosocial activities such as involvement in the counselling program, and social workshop will enlighten them with the knowledge of how to avoid traumatic experiences and other psychological problems being faced such as depression and anxiety.

It will enable older people to construct their thinking faculty not to be thinking negatively about situations. However, instead, they should understand the basics of restructuring their thinking but not allowing stress and depression to make them destabilize their health status.

It is believed that prayer and fasting can also help to boost health status among aged people, which will result in them making realistic decisions by devoting their time and life to rendering selfless services to a spiritual cause may make them have a blissful living and happiness.

It is also believed that through the coming together of religious brothers and sisters can also develop a social relationship which can foster excellent social skills among the old ones who often see themselves and discuss matters that bother their mind and dilate to solve issues pertaining to both families and at the working place.

# MOUTHWATERING RECIPES FROM BREAKFAST TO DINNER THAT WILL HELP YOU STAY ON TRACK WITH YOUR HEALTH GOALS

As we grow older, our lifestyle choices should change to reflect our resolve to pay attention to our bodies.

These changes should not be restricted to things like a change in fashion and music taste, but also the food we consume.

From breakfast to lunch, and ultimately to dinner, there are mouthwatering recipes you can begin to incorporate into your eating plan to help keep you fit and healthy, as well as boost longevity.

In this chapter, we'll bring you some of these fantastic recipes. They are not only healthy but also really good to eat.

## *Breakfast Recipes*

According to most nutritional experts, breakfast is the most important meal of the day. Some also say that breakfast is indeed no more important than any other meal in the day. Whatever the case may be, there are delicious recipes for women who have decided to prioritize breakfast.

* **Discover what breakfast works best for you**

Diet is a very personal thing. No one diet is right for everyone. We all want to make better dietary and lifestyle choices to gain and maintain health and to improve our chances of longevity without the common health issues that come with getting older.

You might also want to know that while most of us look for variety in our meals, breakfast is actually one of those times when we tend to eat precisely the same thing every single day. But what if this something is harmful to our health, and we've been eating it every day? So, what do you eat?

Thus, it is important to take a moment to see how our bodies react to breakfast we often eat. Next time you eat your breakfast, check-in with your body and discern how you feel after eating it… immediately, half an hour later, one hour later and two hours later. If at any of those times you don't feel great, then it might just be time to make some amendments.

1. **Raw 'Grain-free' muesli**

*Serves 1*

* + 1 tbsp
  + flax seeds
  + 1 tbsp chia seeds
  + 1 tbsp pumpkin seeds
  + 1 tbsp sunflower seeds
  + 2 tsp goji berries
  + 2 tsp dried mulberries

1 tbsp almonds or walnuts

* + *cover with water and soak overnight*
  + *In the morning add: organic yoghurt or almond milk and fresh berries or chopped apple*

1. **Fruit salad with buckwheat**

*Serves 1*

* 1

pear

* 1 apple
* ½ pomegranate
* ¼ cup of raw shelled buckwheat

Juice of half a lemon

* *Soak the buckwheat in about ½ cup of water while simultaenously preparing the fruit.*
* *Cut the apple and divide it into small/smaller parts. De-seed the pomegranate and add to the bowl. Also add the lemon juice. Rinse and drain the buckwheat and also include it in the bowl. Stir properly with the fruit. Add a little maple syrup or raw honey to sweeten, and you may also add organic youghurt as top up if you desire.*

1. **Chia Cacao Pudding**

*Serves 1*

* ¼ cup
* of dried fruit (raisins, mulberries, dates, or goji berries)
* ¼ cup chia seeds
* ¾ cup of water
* 1 tsp of maca powder
* 1 tbsp of raw cacao powder

¼ cup of organic blueberries

* 1 tbsp coconut oil (optional)
* ½ cup of unsweetened almond or coconut milk (DIY or buy from any health food shop)
* *Immerse the chia seeds and dried fruit in the water overnight. Mix peoperly thereafter. This is becuase the chia seed has a inclination to cluster. The next morning include the maca powder and cacao and stir well. Gently heat in a saucepan to no more than 46ºC/115ºF and serve immediately. For additional luxury top with a tablespoon of cashew nut yoghurt or organic yoghurt.*

1. **Cinnamon Banana ‘Porridge’**

Serves 1

* ¼ cup of raw gluten-free rolled oats
* 1 tbsp of
* linseeds
* ¾ cup of water
* ½ tsp ground cinnamon
* 1 tbsp coconut oil (optional)
* ½ cup of almond or coconut milk
* 1 tbsp of chia seeds
* 1 banana
* *Chia seeds, Soak oats, and linseed in the water overnight. Mix properly so the oats and the seeds can perfectly combine. In the morning, include the coconut oil, almond milk, and cinnamon, and heat gently in a small saucepan such that it doesn't exceed 46ºC/115ºF. Meanwhile, cut the banana. Serve the porridge immediately and you may top it with the sliced banana.*

1. **Cashew Nut Yoghurt**

* 2 cups cashew nuts, soaked for 20 mins, rinsed and drained
* ¼ tsp lactose/dairy free probiotic powder

1 ½ cups water

* *Blend all ingredients until completely smooth. Fill into a clean glass jar with shew top. Leave at room temperature for 12-16 hours (the longer you ferment, the stronger the flavour). After that this yoghurt stores in the fridge for 1 week.*

1. **Almond Milk**

* 1 cup of almonds
* 3 cups of water for blending
* 2 cups of water for soaking
* *Soak almonds overnight in 2 cups of water. The next morning rinses thoroughly and drain. Blend with 3 cups of water until the almonds are completely broken down. This may take 2 or 3 minutes depending on how strong your blender is. Strain the milk through a nut milk bag or jelly bag. The milk will last in the fridge for up to 3 days. You can use the leftover pulp as a defoliating face mask or use them to make raw crackers and biscuits.*
* *Just remember, the key is variety… try not to consume the same thing every day.*

## *Lunch Recipes*

Lunch isn't always fawned over the way we do breakfast, but it remains a very important part of our meal plans. Especially if you have a workout regime and you like to work out while fasting, lunch takes on even more importance by being the meal to replenish what you must have burnt during your session.

Lunch does not need to be boring. If you never used to pay attention to lunch, then maybe these mouthwatering recipes will help stimulate your attention.

1. **Tuna salad sandwich**

* 2 slices 100% whole wheat bread
* 2 ounces of canned tuna
* 2 teaspoons mayonnaise
* 2 tablespoons chopped celery
* 1 medium leaf lettuce
* 4 baby carrots
* 1/4 cup raisins
* 1 cup low-fat milk

1. **Slow Cooker Red Beans And Rice**

* 1-pound dried small red beans
* rinsed and sorted
* 1 sweet onion
* diced
* 4 ribs celery
* chopped
* 7 oz. smoked boneless pork chops
* diced into ½-inch cubes
* 12 ounces andouille sausage
* 1 tsp. kosher salt
* 1/2 tsp. cayenne pepper

2 bay leaves

* 1/2 tsp. dried thyme
* 6 cloves garlic
* minced or crushed
* 4 c. cooked rice
* *Place all ingredients apart from cooked rice in a slow cooker. Combine about 7 cups of water, enough to cover contents with about an inch of water. Stir, cover, and cook on high 8 hours or low 10 hours. About an hour before serving, use a potato masher to mash at least half of the beans, stir, and cook on high an hour longer. (This step is what gives the creamy texture.) Before serving, taste beans and add additional salt and cayenne to taste. Remove bay leaves, and ladle beans into bowls over cooked rice.*

1. **Cottage Fries**

*Slice parboiled red potatoes. Heat extra virgin olive oil in a skillet and cook the potatoes at a medium heat. Top with leftover vegetables and grated sharp cheddar cheese. Cover, let steam and serve.*

1. **Southwest Omelet**

*Beat 2 eggs. Put 1 Tbs. Olive oil in a skillet. Pour in the egg mixture; add pepper jack cheese chunks and natural salsa or chilli sauce. When eggs are firm, fold and serve with sliced avocado. Tip: Chili and spices help boost diminished taste buds.*

## *Dinner Recipes*

If there are debates about how important breakfasts are, and a bit of indifference to lunch, the same cannot be said for dinner. There is absolutely no argument as to how important dinner is. It is that particular time when everyone gathers to talk about their day when we invite our friends and loved ones to share our evenings with us.

Even before going into the nutritional impact dinners can have on our health, they are already very special mealtime.

Here are some exciting yet healthy dinner recipes for you and your friends to enjoy.

1. **Rosemary Citrus One Pan Baked Salmon**

* 1/3 cup olive oil
* Pinch of ground pepper
* 2 Tbsp fresh orange juice
* 2 Tbsp fresh rosemary, plus 1-2 extra sprigs to garnish
* 1 Tbsp Lemon juice
* 1/2 tsp garlic minced
* 1/4 tsp of grated dried orange peel (divided)
* Kosher salt or fine sea salt to taste
* 1 bunch thin asparagus (trimmed) (Or another vegetable of choice)
* Olive oil or melted butter to drizzle
* 10–12 ounces sockeye salmon (whole fillet or around 3 fillets)
* Thinly sliced Orange (5-6)
* Optional 1/4 tsp lemon pepper
* Additional Salt/pepper to taste – after baking
* *Preheat oven to 400 degrees F.*
* *Whisk together orange juice, lemon, 2 Tbsp rosemary, 1/4 to 1/3 cup olive oil, a pinch of salt, pepper, 1/4 tsp orange peel and garlic. Set aside.*
* *Next, layer your dish.*
* *First, add your trimmed asparagus (or another vegetable of choice) and drizzle with olive oil or butter. Add a pinch (1/4 tsp or so) of lemon pepper seasoning.*
* *Place your salmon (skin side down) on between the asparagus spears.*
* *Drizzle the orange rosemary marinade on top of the salmon.*
* *Add thin orange slices on top of the salmon and top of the asparagus.*
* *Place 2 to 2 fresh sprigs of rosemary evenly on top of the salmon and around the pan.*
* *Sprinkle a bit more orange peel, pepper, and kosher salt on top of the salmon veggie bake.*
* *Bake at 400F for 12-15 minutes or until salmon is no longer opaque in the middle.*

1. **MUSHROOM AND BLACK BEAN SMOTHERED BURRITOS**

* 100 g (~ 1/3 cup) white rice
* 1 Tbsp oil
* 1 medium onion, sliced or diced
* 8 medium mushrooms, sliced or diced
* 2 cloves garlic, minced
* 2 tsp smoked paprika
* 1 tsp ground cumin
* 1 Tbsp tomato puree/paste
* 145 g (~ 2/3 cup) cooked black beans (~ 3/4 of a standard tin
* Salt
* Black pepper
* 4 large flour tortillas
* 150 g cheddar cheese, grated (~ 1 1/2 cups when grated)
* 1 Tbsp pickled jalapeños (I used green), finely chopped
* 1 Tbsp coriander (cilantro), finely chopped
* 3 Tbsp sour cream
* Toppings, to serve (optional): diced tomatoes, diced red onion, black olives, fresh coriander, jalapeños, diced avocado, etc.
* *Boil the rice in plenty of water until just cooked, then drain.*
* *Meanwhile, heat a dash of oil in a large frying pan, and add the onion and mushrooms. Cook for a few minutes over medium heat until slightly softened, then add the garlic, smoked paprika, cumin and tomato puree. Cook for a few more minutes, stirring regularly.*
* *Add the black beans and the cooked rice, and season generously. Mix well to combine.*
* *Take one of the large flour tortillas, and add about 1/4 of the rice mixture to the centre. Top with 1/4 of the grated cheese. Fold two sides of the tortilla inwards, then rotate through 90° and fold in the other two sides to fully wrap the burrito.*
* *Repeat with the remaining tortillas, rice, and cheese, and place the burritos seam-side down on a baking tray.*
* *In a small bowl, combine the finely chopped jalapeños, coriander, and sour cream. Season with a pinch of salt and pepper, and mix well.*
* *Divide the sour cream sauce over the 4 burritos, and spread it around a little. Bake at 375 degrees F for around 15-20 minutes, or until crisped up to your liking. Serve with your choice of toppings.*

1. **Arroz Con Pollo, Lightened Up**

* 8 skinless chicken thighs
* 1 Tbsp vinegar
* 2 tsp Sazon, homemade or Badia Sazon Tropical
* about 1/2 tsp adobo powder, Goya
* about 1/2 garlic powder
* 3 tsp olive oil
* 1/2 onion
* 1/4 cup cilantro
* 3 cloves garlic
* 5 scallions
* 2 Tbsp bell pepper
* 1 medium vine tomato, diced
* 2 1/2 cups enriched long-grain white rice
* 4 cups of water
* 1 chicken bouillon cube
* kosher salt to taste, about 2 tsp
* Season chicken with vinegar, 1/2 tsp sazon, adobo and garlic powder and let it sit 10 minutes.
* *Heat a large deep heavy skillet on medium, add 2 tsp oil when hot.*
* *Add chicken and brown 5 minutes on each side. Remove and set aside.*
* *Place onion, cilantro, garlic, scallions and pepper in a mini food processor. Add remaining teaspoon of olive oil to the skillet and sauté onion mixture on medium-low until soft, about 3 minutes.*
* *Add tomato, cook another minute. Add rice, mix well and cook another minute.*
* *Add water, bouillon (be sure it dissolves well) and remaining season, scraping up any browned bits from the bottom of the pot.*
* *Taste for salt should taste salty enough to suit your taste, add more as needed.*
* *Add chicken and nestle into rice, bring to a boil. Simmer on medium-low until most of the water evaporates, and you see the liquid bubbling at the top of the rice line, then reduce heat to low heat and cover. Make sure the lid has a good seal, no steam should escape (You could place a piece of tin foil or paper towel in between the lid and the pot if steam escapes).*
* *Cook 20 minutes without opening the lid. Shut heat off and let it sit with the lid on an additional 10 minutes (don't peek!) Fluff with a fork and eat!*

1. **Healthy Greek Chicken and Farro Salad**

* 1 1/4 cup quick-cooking farro
* 2 Tbsp olive oil
* 1/2 small red onion, thinly sliced
* 4 Tbsp lemon juice
* Kosher salt and pepper
* 12 oz boneless, skinless chicken breasts, sliced ½ inch thick
* 1/4 cup fresh dill, chopped
* 8 oz grape tomatoes, halved
* 1/2 seedless cucumber, cut into ½-inch pieces
* 3 oz baby arugula (about 3 cups)
* 3 oz feta, crumbled
* Cook farro per package directions, then drain, transfer to a large bowl, and toss with 1 Tbsp oil.
* Meanwhile, in a bowl, toss onion with 2 Tbsp lemon juice and a pinch of salt. Let sit, tossing twice.
* Heat remaining Tbsp oil in a large skillet on medium-high. Season chicken with ¼ tsp each salt and pepper and cook until golden brown, 8 to 10 minutes.
* Remove the skillet from heat and stir in remaining 2 Tbsp lemon juice.
* Add chicken and any juices to farro along with dill, tomatoes, cucumber, and onion (and their juices); toss to combine. Fold in arugula and feta.

1. **Instant Pot Beef and Barley Stew**

* 1 lb. beef chuck, well-trimmed, cut into 2-inch pieces
* 1 Tbsp all-purpose flour
* 1 Tbsp olive oil
* 1 large onion, chopped
* 4 cloves garlic, smashed
* 8 sprigs thyme, plus leaves for serving
* Kosher salt and pepper
* 1 12-oz bottle beer
* 1/2 medium butternut squash (1 pound), peeled and seeded, cut into 2-inch pieces
* 3 medium carrots (about 12 ounces), sliced
* 3 cup no-salt-added beef broth
* 1 cup pearled barley
* Set Instant Pot to sauté. In a medium bowl, toss beef with flour. Add olive oil to Instant Pot, then cook beef until browned on all sides, 5 to 6 minutes. Transfer beef to a plate.
* Add onion, garlic, thyme sprigs, and 1/2 teaspoon each salt and pepper and cook, occasionally stirring, until tender, 5 to 6 minutes. Stir in beer — press cancel.
* Return beef to pot along with squash, carrots, beef stock, and barley. Lock the lid and cook on high pressure 16 minutes. Use the quick-release method to release pressure. Serve sprinkled with additional thyme if desired.

**16. Coconut-Lime Marinated Shrimp + Voodles**

* 3 limes
* 3/4 cup light coconut milk
* 1 tsp low-sodium soy sauce
* 2 cloves garlic
* 1 1-inch piece fresh ginger
* 1 red chile
* 1 1/2 cup fresh cilantro
* 2 scallions, thinly sliced, white and green parts separated
* 1 large, thick carrot
* 2 medium zucchinis
* 1 red pepper, thinly sliced
* 1 lb cooked, peeled, deveined shrimp
* *Finely grate the zest of one lime into a large bowl, then squeeze in the juice of all limes (should yield about 1/4 cup). Whisk in coconut milk and soy sauce. Finely grate in garlic, ginger, and 1/2 red chile. Finely chop 1/2 cup cilantro and stir into the bowl along with scallion whites. Thinly slice rest of chile and set aside.*
* *Using a spiralizer fitted with the finest noodle blade, spiralize carrot, then use a larger blade to spiralize zucchini. Toss voodles in coconut milk mixture; let sit for 10 minutes.*
* *After 10 minutes, fold in red pepper, shrimp, and remaining cilantro. Sprinkle with remaining scallions and sliced chile.*

# CONCLUSION

By now you definitely understand the concept of Intermittent Fasting better than before you read this book. You have been taken into the world of this trending lifestyle, to see into its very depths and grasp the elements of its essence– the things that make it tick.

You should now be ready, after consulting with your medical professional, to take up intermittent fasting as your preferred weight loss and longevity lifestyle.

Congratulations!