

THE SILVERBACK'S GUIDE TO

# INTERMITTENT FASTING

AND WHY IT WILL CHANGE YOUR

YOUR MIND

AND

YOUR BODY



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# INTRODUCTION

We all have a diet. It's like saying that you don't have a religion. What I mean here is this; I would argue that if you believe there is no God, or deity, or whatever you wish to call it, that's still your belief or religion.

The same applies to the foods you eat. It doesn't matter if you don't think you have a diet. At the end of the day, whichever style you choose when you're shovelling food into your mouth, THAT is your diet. BUT, how do you feel about your so-called diet? Ask yourself how it makes you look and feel.

There's a cliché that is banded about in the Wellness arena, but it's one which rings true all-too-often;

“You are what you eat.”

Ok, so you're not a carrot and you're not a potato chip, but your health and wellness is a reflection of how you take care of your body, and what you put into your body.

There should be a phrase that rings true too....

“You are WHEN you eat.”

## TO QUALIFY A DIET, LET'S ASK HOW IT MAKES YOU LOOK AND FEEL.

- ❖ Are you happy with the way you look when you're standing in front of a mirror?
- ❖ What are your energy levels like?
- ❖ Has father time started to gnaw at you a little too soon?
- ❖ Do you consider yourself to be at your own ideal weight?

Some of us have strayed off-course. A lifetime of gradual accommodations have led us to a place that we are no longer happy with. (“Yeah, I'll just have this one packet of crisps and I'll start my program tomorrow”).

Armed with the knowledge that tomorrow will finally be that day that we're going to do the right thing, we lean into yet another binge and so the cycle continues. It's not a virtuous cycle, it's a cycle which, much like the frog in the boiling water, will gradually creep up on our health and would probably lead to an early demise in our health.

I am sharing this with you because I was that guy on the couch. I would start a diet and then I would burn out because it was too restrictive. The weight I would have lost would creep back, and then some.

I have to admit that the diet see-saw made me fed-up and I became desperate to find, not a diet, but a lifestyle system that I could actually stick to. The emergent ThroFit Lifestyle System is the result of me scratching my own itch. - But I know that I was not alone, that I was one of many aging men and women who had become frustrated with myself and where my health (and waist) were heading.

After a few years of working on this system, I can safely say that I now feel amazing. I have the hormonal profile of someone who is 20 years younger than me and life has never been better.

How did I get there? - I began to understand that health and fitness were not something you could repair with just a diet or a workout regime. To really become wealthy in your health, you need to align your system from within. Your hormones need to be functioning optimally because these affect how you feel and the energy you have to move and groove through life.



Today's programs are confusing because there is so much advice out there, that it often contradicts itself. What we need is a synergistic approach, where the one incremental change supports and builds on the next. In the end, we want 1 plus 1 to equal 3. (the whole should be greater than the sum of its parts) This synergy can only be achieved with a complete system that takes cognizance of the many facets of health and wellness.

For this purpose, we have broken **THE LIFESTYLE SYSTEM** down into 4 areas that we can control.



If by now, your eyes are beginning to glaze over and you're telling me that I should just choose the best one and give you the Cliff notes, I would and without hesitation tell you that the first F will make the biggest difference in your life.

## FASTING

Fasting is the cornerstone of the ThorFit Lifestyle System. It's the glue that keeps all the other F's working (This said, I want you to adopt all 4 F's, but you get my point here).

Conventional wisdom posits that there are good foods and there are bad foods. The so-called bad foods are the ones we men actually love...

Think Pizza and hamburgers. From a body composition standpoint, ie proteins, carbs, and fats, it really does not matter how you consume these. You could be eating 7 neatly packaged meals of broccoli, rice, and steamed chicken, or you could be eating that burger and smash an egg on top of it. It all ends up getting apportioned into the body in the same way.

**“CALORIC DEPRIVATION LEADS TO WEIGHT-LOSS STAGNATION”**

Now, here's the kicker... All that really matters when it comes to dieting, is **TIMING** and **CALORIES**... By understanding what happens to your hormones when you eat and controlling the timing, you can basically eat what you want AND STILL develop the body of an Adonis.

**FORGET  
“GOOD VS BAD”  
FOODS**

IT'S MORE ABOUT TIMING WHAT YOU EAT!

### THORFIT'S 4 F'S

THE 4 PILLARS WITHIN YOUR CONTROL



**FAST**

Scheduling your meals into a small window



**FEAST**

When you do begin to eat, there are foods to avoid



**FIGHT**

When it's time to move... Motion creates emotion



**FLOVING LIFE!**

What does this mean to you? Better sleep, sex, being in the present?!

Conventional dieting has you dropping calories consumed, which is fine for a while, but then your leptin levels drop. Leptin regulates your thyroid and when this slows down, you lose less weight. To prevent fat-loss stagnation, you need to spike your leptin levels once in a while so that it doesn't drop too low. We call this overfeed a cheat day, which we'll introduce later in the program. It's better to over-feed once in a week than to cheat little bits daily.

A lazy trip to the fridge, aimed at extracting a delicious little morsel from yesterdays' feast, quickly lends reprieve from boredom. When you're not getting locked down according to a time, the fridge is further away and this habit is not as likely to take hold.



## THE MOST ACCURATE DEFINITION IS THE SIMPLEST ONE....

FASTING entails alternating the intervals of when you're eating, with times that you do not consume foods. When applied in a structured, time-based manner, we call this FASTING.

The most accurate definition is the simplest one. - **it is merely alternating intervals of not eating with times when you're allowed to eat.**

### YOU'RE ALREADY DOING IT....

Let's take a look and you will realize that this concept is not so "otherworldly" in the first place. You see, everyone practices fasting to a degree already. When you sleep, you fast and when you're awake, you eat. That's intermittent fasting. - not so bad, right?!

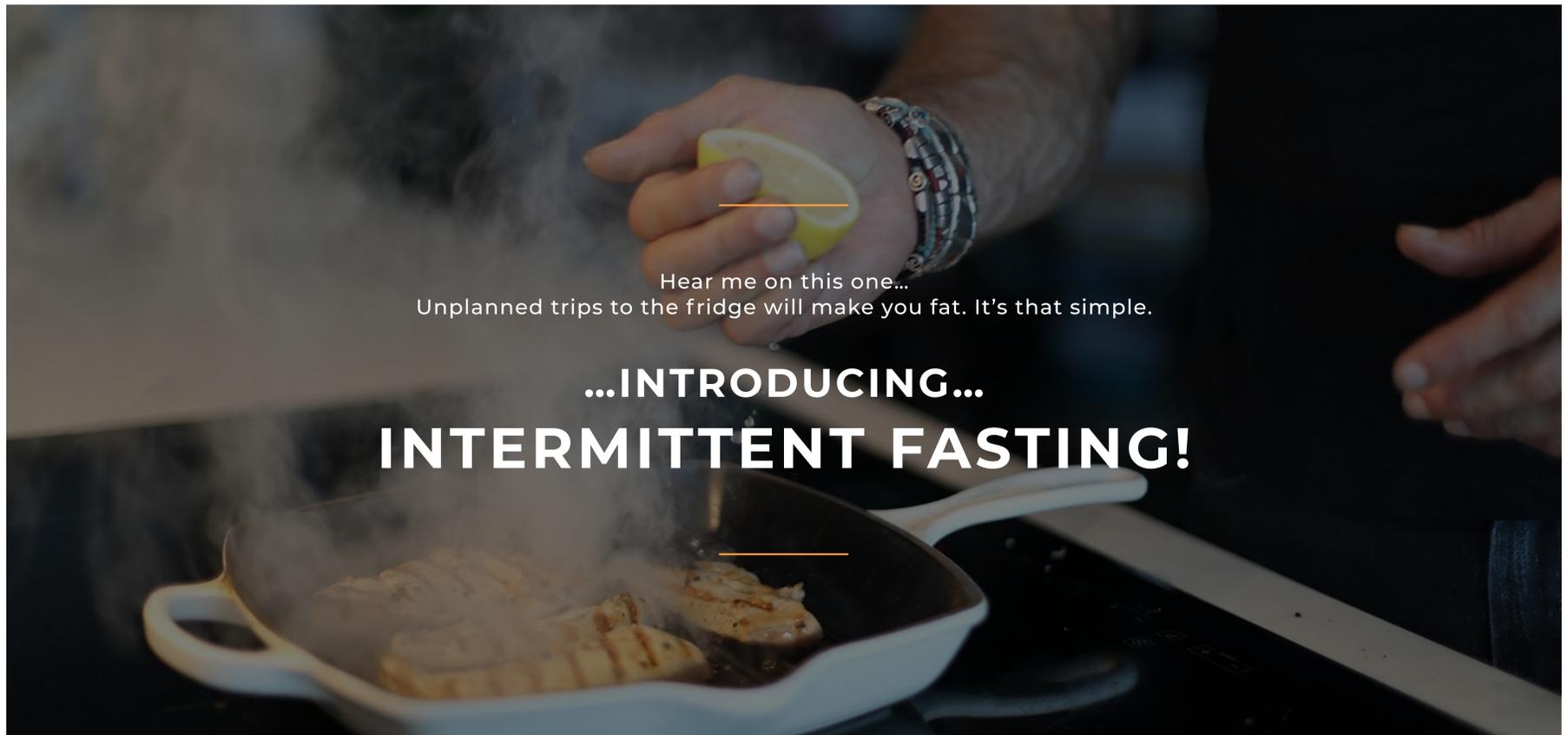
You may be swept up in a day and have not had time to eat. That's fasting too, but it's **haphazard** fasting, not **intermittent** fasting.

I'm going to show you how to expand your fasting window so you can reap the benefits burning more fat, building more muscle, slowed aging, boosting your sex drive, fighting off disease, and strengthening your overall health.

And you're in control.

It's actually an approach to eating which simplifies things greatly. Yes, there are detailed approaches to it, but the easy-to-follow principle is that you eat by the clock. You set the hours that you eat. This will give you enhanced food freedom as you've never had before. Read on, the details will be revealed shortly...

I am going to show you how to make this new form of eating seem effortless.



### **Is there an eating approach which puts me in control, that actually works?\***

If you look at all the research and compare high-fat diets to low-fat diets, the high carb programs to low carb keto programs to the high protein diets you will discover that many of these do work to elicit an initial period of weight loss. There is no "killer food" that ruins your eating plans. What causes diets to fail, are psychological and social limitations that we don't deal with, like booze, late-night eating and snacking.

You need something with rules that work for your lifestyle, something that gives you the flexibility to still have a life you can enjoy, whilst still having a body that you can enjoy looking at.

### On the most basic level, only 2 things matter:

**The calories you eat and taking in a balance of macro's - proteins, carbs, and fats.**

The manipulation of these 2 factors will see you progress through the phases of this program.

### **So, why do people struggle with their diets?**

It's because the system is broken. People are taught that eating can only be done one way and this creates a system that is always hungry and anticipating the next snack. They burn less fat because they spend too much time eating. They miss the foods they are not meant to be eating and binge on those in moments of weakness because it's hard to resist the foods you love.

This is why intermittent fasting is so successful. It eliminates all the problems that cause us to fail.



# THE BREAKFAST MYTH

Most people who fast intermittently will eliminate breakfast. Their first meal will be in the afternoon. This is exactly the opposite advice you're given by dieticians and doctors alike. For years, we've been told that breakfast is the most important meal of the day. In fact, people are scolded when they skip breakfast, especially those embarking on a weight loss plan.

If we follow the calories in vs calories out regime, then the pro-breakfast crowd are suggesting that you will be fuller and will thus eat less during the day. However, the only real argument here revolves around **insulin sensitivity**. The more sensitive your body is to insulin, the more you will burn fat and lose muscle.

Increasing this sensitivity leads to more efficient dieting. The pro-breakfast crowd declares that insulin sensitivity is higher in the mornings and as such, eating a carb-rich meal early in the day is an opportunity for taking in energy without weight gain.

And they're right. Well, they're right about insulin sensitivity being higher in the morning. But it's the REASONS WHY this is the case that is of interest to us. It's not that insulin sensitivity is higher in the mornings just because it's the morning. It's that

**Insulin sensitivity is highest after a minimum of 8 hours of fasting**

More specifically, your insulin sensitivity is highest when your glycogen levels are low, which is at the end of your 8 hour fast.\*

**INTERMITTENT FASTING TAKES THINGS A STEP FURTHER AND TURNS YOUR BODY INTO A FAT-BURNING MUSCLE-BUILDING MACHINE.**

You see, when you skip breakfast and instead break-fast after an extended period, \*you're increasing insulin sensitivity even more\*. There's another plus, your insulin sensitivity is increased even more when you exercise in a fasted state. Your body is set to maximize its fat-burning ability even more.

When you do finally have food, **you turn what you do put into your system into super fuel**. Insulin will make sure that all the macros are placed where they belong. ie protein is going straight to the areas that you worked out.

## You choose how often you eat

There is so much confusion about what you can and what can't eat when it comes to other diets. Calorie-restrictive diets like Weightwatchers create confusion when it comes to the frequency of meals you can eat. We've all read somewhere that in order to lose weight, you need to keep the metabolism primed and running by eating 6 small low-fat meals a day. This form of eating has been used by bodybuilders and dieticians for so long, it's been taken as fact, BUT IT'S NOT GREAT... - here's why:

**BOOST YOUR GH (GROWTH HORMONE) LEVELS BY AS MUCH AS 2000%**

While it's true that your bodily functions require some food for energy, don't forget that the leftovers are transported to your adipose tissue and gives you love handles. Protein is the most metabolically expensive food. Up to 30% of the calories you eat from protein are burned up during digestion. Carbs are less metabolically active, burning between 6 to 8% of your intake. Fats require about 4%.



# INTERMITTENT FASTING AND INSULIN RESISTANCE

Insulin helps keep the glucose in your blood within a normal range. It does this by taking glucose out of your bloodstream and moving it into cells throughout your body. The cells then use the glucose for energy and store the excess in your liver, muscles, and fat tissue.

Insulin helps your body turn blood sugar (glucose) into energy. It also helps your body store it in your muscles, fat cells, and liver to use later when your body needs it. After you eat, your blood sugar (glucose) rises. This rise in glucose triggers your pancreas to release insulin into the bloodstream.

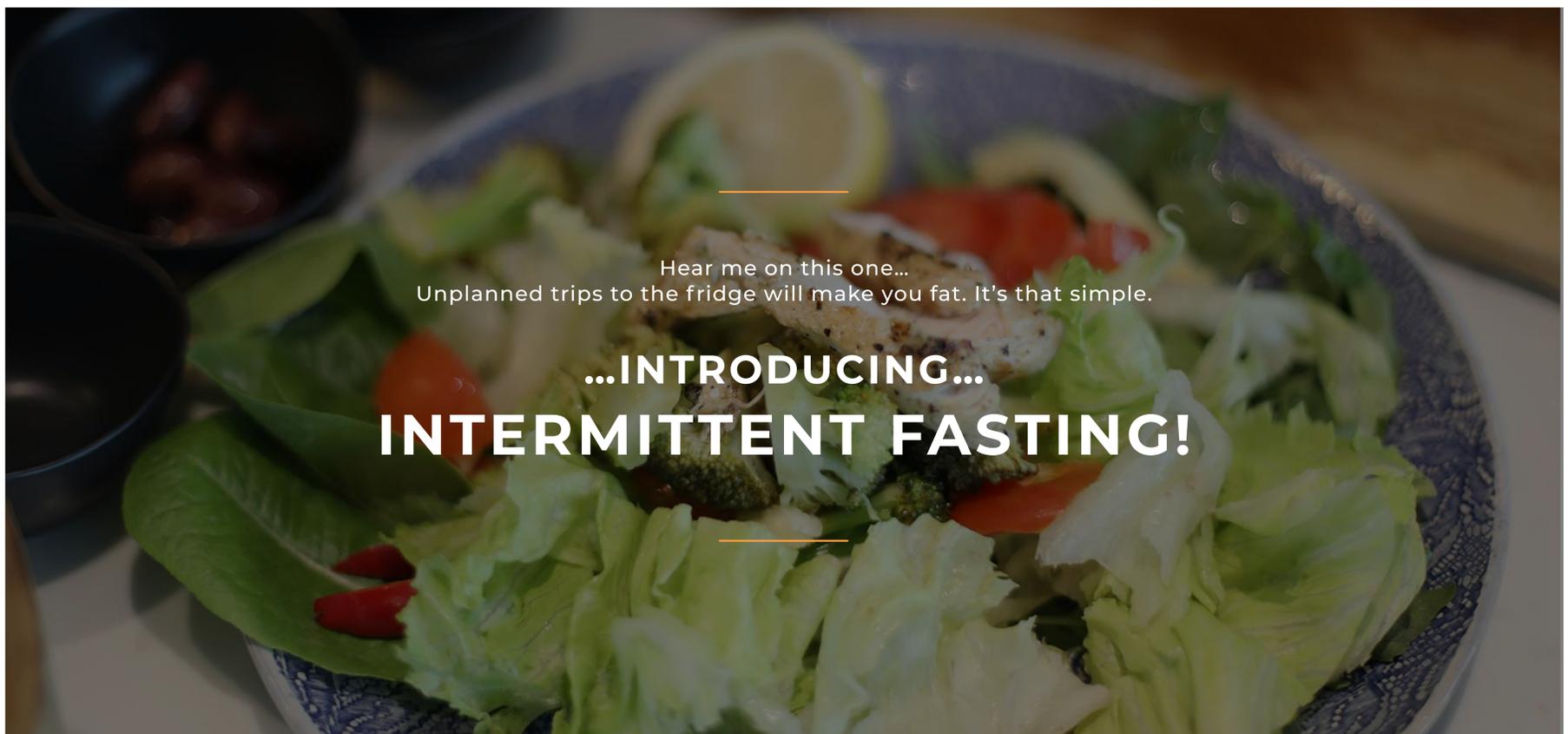
Insulin is required for carbohydrates, fat, and protein to be metabolized. If you want to build muscle and keep fat at bay, you'd better have a great relationship with your insulin levels.

Insulin Spikes can occur in your body when you are haphazardly consuming carbs. A delicious carb meal, be it a pizza, pasta, or bagel can knock you down and make you tired. We've all been there... That drained feeling when you've indulged. Done once in a while is fine, but when you haphazardly munch high carb meals, this causes spikes and will cause your body to become resistant to insulin. You want to be sensitive to insulin. When your body is forced to pump out more insulin in an attempt to transport the glucose, your body becomes primed for fat storage.

The average American diet consists of around 300grams of carbs per day. You have a bagel for breakfast, a sandwich at lunchtime, perhaps some pasta for dinner and let's not forget something sweet for dessert. This is not only inconvenient, but downright dangerous.

"If you become very insulin resistant, then your insulin levels are up all the time, your body is always trying to shove the energy into the fat cells, and then you feel tired and lousy. That's the real problem. Resistance really depends on two things. It's not simply the high levels, but it's the persistence of those levels. What people have realized is that the insulin resistance, because it depends on those two things, a period of time where you can get your insulin levels very low is going to break that resistance because it breaks that persistence. Not simply the levels, but the persistence of those levels."

**Here's how it works.** Once you burn through your available glucose, you move onto glycogen, which is stored glucose. After you expend those stores, your body shifts to ketosis, a state where you make ketones for energy. Bulletproof Coffee, also known as butter coffee, lets you fill up without breaking your fast, and the specific fat profile helps you make ketones faster so you keep your energy up and you don't feel hungry.





# INTERMITTENT FASTING AND GHRELIN

We're all about getting your hormones into balance. This little gremlin of hormones is produced in the hypothalamus and translates into one thing... **"Snacking"** Whenever you excrete Ghrelin, you will feel hungry. When you feel hungry, you produce Ghrelin. We call this a trainable hormone because it appears to be in sync with your eating schedule. The more often you eat, the more often you'll produce the hunger hormone.

This is one of the reasons why I don't always agree with the bodybuilders who advocate eating 7 smaller meals in a day. It's ok if you're looking to put on weight, but not ideal when you're looking to shed the fat. A bodybuilder will literally go to war with his own will since his body is always primed to be consuming food. You can take the foot off the Ghrelin pedal by getting adequate sleep and by reducing the number of meals you consume. When you fast, you're already cutting out the standard breakfast. On calories in vs calories out program, you've lost nothing in nutrients or calories, but you're toning down those hunger pangs... Sorry for Ghrelin.

THE MORE OFTEN YOU EAT, THE MORE OFTEN YOU'LL PRODUCE THE HUNGER HORMONE.

**BOOST YOUR GROWTH HORMONE LEVELS  
BY AS MUCH AS 2000%**

**BEFORE YOU FRET ABOUT LOSING WEIGHT AND  
BUILDING MUSCLE BY ADOPTING THE LATEST  
GREATEST WEIGHT REGIME,**

## JUST DO THIS...

- ❖ Eat your largest meal before you go to sleep.
- ❖ Get AT LEAST 6 hours of sleep.
- ❖ When you wake, DON'T EAT!
- ❖ Your GH peaks during the night, but will shut down as soon as you eat something. - so only have coffee, water or tea.
- ❖ Just like that, you've created an optimal environment for building muscle and melting fat off your abs.

# INTERMITTENT FASTING AND AUTOPHAGY

If you've tried a cleanse diet, then you've probably come out the other end feeling a little healthier because you've eaten fruits and vegetables or you've abstained from eating certain foods that aren't good for you. Mostly, these are marketing schemes. The only real cleansing occurs on a cellular level. When your body is able to clean itself and regenerate, we call this autophagy. Your body is constantly healing those areas that are broken down due to wear and tear. A smoothly functioning body can heal virtually any form of breakdown. When your body isn't functioning optimally, and the mitochondria aren't repaired properly, then you go into a decline. Maintenance is no longer at the fore-front of your health, and you begin to age faster. You suffer from chronic disease, you lose hair, you get fat... So the question to ask is what you should be doing to maintain the process of active and healthy autophagy in the body, and the answer is strategic eating. You see, autophagy does not occur in the face of eating. When you eat, you eat, but this does not allow autophagy, - This means that it comes down to food timing, instead of caloric consumption. By turning on autophagy at the right time, you'll be stripping off fats and packing on muscle.. Your brain will work more effectively and your concentration will improve.

- The effects of Alheimers and Parkinsons disease are fought off as a result of allowing autophagy to do its thing.

We will cover sleep and how to get the most out of it another time, but know that autophagy occurs when you're sleeping too. Think of it as turning on the dishwasher while you're asleep. The dishwasher turns off, the moment you start to eat again. Now you can extend the time that your dishwasher is running, by pushing out the hours that you're NOT eating. If you're constantly stuffing your face, the dirty plates/dead cells will begin to pile up and the roaches/ disease will arrive. Autophagy is a by-product of intermittent fasting, which protects your cells from oxidative stress that is typically the cause of cancer, diabetes and heart disease.

Keep your temple tidy.

THIS HOUSEKEEPING HAPPENS WHEN YOU FAST.



# INTERMITTENT FASTING AND YOUR ABILITY TO CONCENTRATE BETTER

Imagine you're an ancient hunter and gatherer. You're in pursuit of that mammoth. You're hungry AF, because you've not eaten in days. Your path through the jungle is wrought with danger. In the distance, you can hear the roar of a sabre tooth tiger, matched only by the roar in your belly. Are you on point right now? You bet your ass. Survival is at stake and you're "on like a scone".

Now turn the situation around. You killed the mammoth and proceeded to eat that thing, almost by yourself... You're lying by the fire unable to move, and there in front of you stands your mortal enemy, the sabre tooth tiger. He hasn't eaten in days and is on like a scone. - Sorry for you.

Yeah, I know that this is quite tongue in cheek, but the point that I'm trying to make is that when you're in a fasted state, your body and mind are in survival mode. The world is crisper and your senses and concentration are heightened. This isn't only useful in the jungle. It's useful in the boardroom, in the traffic and when facing your sabre toothed boss.

There's an additional hack that I can show you, ie the inclusion of oil and butter in your black morning coffee. This coats the myelin sheaths around the nerve endings in your brain and allows your nerve synapses to fire more efficiently... essentially heightening your ability to concentrate.

## WHICH FAST TO CHOOSE

There are many many ways to fast. Some are motivated by religious ideals and can be traced back to caloric restrictions. Some fasts occur in groups and are designed to make you think about life and things we take for granted. We're not here to convert your ideologies. I want you to become aligned from within. I want you to be healthy, to love yourself and have hot abs. (because then your sex life will get better and you'll thank me later - lol)

So here's the thing. If you wish to delve into some of the more extended fasts, please be my guest. For now, and for the benefit of this course, I want you to follow the following protocol...

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**“HUNGER IS THE FIRST ELEMENT OF DISCIPLINE. IF YOU CAN CONTROL WHAT YOU EAT AND DRINK YOU CAN CONTROL EVERYTHING ELSE.”**

~ DR. UMAR FARUQ ABD-ALLAH

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# THORFIT'S SIMPLE GUIDE TO IF

## ❖ 1. FAST

Go without eating for an amount of time... most days, this will be 16 hours.

## ❖ 1. EAT

Select an 8-hour window and use that as your eating time.

## ❖ 1. BE FLEXIBLE

If you have a late dinner planned with friends, just start your meals for the day a bit later, as long as they fall into the eating window.

**BAM!!** 🙌🙌🙌

I know you're asking yourself whether there isn't more to this? My answer is NO!! - That's the beauty of this - THERE IS NOTHING MORE TO DO.

\*\*actually, there is a tiny little sides note... - When you really commit to sorting your health and waistline out, ie following the 3 months inner body alignment course, we re-set your insulin levels for 2 weeks. After the first month, we introduce a cheat day. The Monday after the total no-holds barred cheat day, is spent in total abstinence of food. You end up leaner and full of energy. - more of that to come

## FREQUENTLY ASKED QUESTIONS

**The biggest thing I'm struggling with when it comes to intermittent fasting is getting enough food in during the hours available. I'm working, coaching CrossFit, and trying to train, so time is precious. What has your experience been with this?**

I totally get it. It's tough to get down enough food when you're only eating two meals instead of three. I would also suggest thinking about your entire eating window as an open feeding zone. Don't box yourself into "2 meals" which can make it hard to get enough food down. During your 8-hour feeding window, you can eat whenever you want.

**...but won't I run out of energy if my glucose levels are low?**

Initially, you may feel a little tired. This is because your body is transitioning from burning sugar for fuel, to accessing fat reserves for energy. A gram of fat has 9 calories and provides longer, more sustained energy, whilst being more metabolically expensive to access. This means that you burn more energy to use the fat. This is good news if you're looking to lose weight



# FREQUENTLY ASKED QUESTIONS

## Can I have coffee in the morning whilst fasting?

You should be just fine. As a general rule of thumb, if you drink something with less than 50 calories, then your body will remain in the fasted state. So, your coffee with a splash of milk or cream is just fine. Tea should be no problem either.

## I'm scared that I run out of energy, - is there something I can consume whilst fasting that will prevent this?

Ever heard of Bulletproof coffee?

- see below

## My one concern is that I will lose muscle mass (that I've worked really hard to gain) along with fat. Any quick recommendations for not losing too much muscle as I look to cut 15 pounds of fat? Or are my fears un-warranted?

To put it simply: gaining weight (hopefully muscle) requires a calories surplus and losing weight (hopefully fat) requires a calorie deficit. It should be obvious that you can't have both of those at the same time.

As a result, if you're going to lose weight, then it's likely that you'll lose a little muscle along with the fat. Intermittent fasting comes in to save the day because it allows you to lose more fat and keep more muscle than you usually would.

In my experience, the key to maintaining muscle mass while dropping fat is to make sure that you eat enough high quality protein (and enough food in general). The basic rule of thumb is 1 gram of protein per pound of bodyweight. So, if you weight 150 pounds, make sure you get 150 grams of protein each day. If you want to boost that a little bit, up to 1.5 grams per pound, then that's fine.

## Bulletproof Coffee - with a Twist

### COFFEE WITH BUTTER, MCT AND COLLAGEN

Here's what makes this drink so great:

Pre-biotics nourish your good gut bacteria.

Collagen Protein supports healthy skin, bones and joints.

Quality fats from grass-fed butter and Brain Octane MCT oil keep you full and focused

Oh, and you still get to enjoy that delicious coffee flavor. Pre-biotic and Collagen Proteins are flavorless and mix easily in pretty much anything.

Check out the recipe below.

#### EASY PREBIOTIC KETO COFFEE WITH COLLAGEN PROTEIN RECIPE



#### Start to Finish:

5 minutes

#### INGREDIENTS:

8-12 oz. brewed coffee

1 tsp. — 2 Tbsp. MCT Oil

1-2 Tbsp. grass-fed, unsalted butter

1-2 scoops Collagen Protein

#### INSTRUCTIONS:

Add all the ingredients to a blender.

Blend until frothy.

Pour into a mug and enjoy the whole-body goodness.

Serves: 1