

INTERMITTENT FASTING CASE STUDY



CONFIDENTIAL

Here's How I got These Amazing Results! [Eat-Stop-Eat](#)

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You should consult with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet.

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Sweet! You've got a copy of my case study on intermittent fasting (I.F.).

Really cool.

This case study is going to really open your eyes to how easy and effective I.F. can be.

I want you to please let me know if you have any questions or even if you just need some moral support. (Or even a little kick in the ass!)

I will go over my experience with I.F. as I was in the beginning of 2010 as a total newbie. I broke it down and highlighted important milestones and key moments along the way.

I have set this up kind of in a diary format. Believe it or not, but I actually document my life like this for real. What I have down here is actually what I wrote at that time.

[I have always wrote stuff down about my goals, dreams, etc. It is kind of funny to look back and read what I was doing and thinking ten years ago!]

I also have narratives below my diary entries that go in to why I did what I did and what I was thinking.

The Beginning

I think the first time I heard about intermittent fasting was around November of 2009. I learned about it from a guy that has now become a good friend, Rusty Moore.

He runs the massive fitness blog, Fitnessblackbook.com.

I didn't pay a whole lot of attention to it at first because I kind of had the impression that fasting was more of a religious ritual or was used to cleanse the body of toxins.

I never thought of it as a weight loss tool. (Big mistake)

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In January of 2010, like so many, I decided to make a New Year's resolution to lose weight. I am very good at keeping promises that I make, especially to myself. Once I set my mind to achieve a goal, I never quit until I get it.

I think that this has been key in finally learning the truth about intermittent fasting. I think my subconscious figured that if I was going to actually lose the weight that I wanted to, I.F. would be the easiest and fastest route to get there.

It seemed like I was starting to hear about I.F. everywhere I went online. Kind of like when you decide that you want to buy a certain kind of car, and then you suddenly see that same car everywhere.

I'm sure that this has happened to you, right?

Well, this is how it went with intermittent fasting for me.

After hearing so much about it, I decided that I was going to learn as much as I could and then give it a try.

Here is how it happened.

New Years Day 2010:

Like millions of other people I am committing to losing weight once and for all. No excuses. I am going to lose 25 lbs. and get down to 176 lbs. I won't quit no matter what happens. I am going to learn about this technique called intermittent fasting and see if this is something that I might do.

Weight: 201 lbs.

[I do not have any pictures of what I look like at this weight. This is the heaviest that I have ever been and never planned on documenting this and actually letting anyone see it.

Here is a picture of me in the summer of 2009. I weighed around 190 lbs. So just figure around 11 lbs. more fat on me when I started this in January of 2010.]

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As you can see, I have a decent amount of fat around my waist. I wish I took a picture of me in January because as embarrassing as it would be, it would show me 11 lbs. heavier than this picture.

January 4, 2010:

I am eating better. No cookies, candy, or chips so far. I am training about the same as usual. Doing a little cardio, not much though. I hate cardio!

Weight: 198.6 lbs.

Lost a couple lbs. so far. Mainly water weight from not eating as much salt.

I am thinking about this program called Eat-Stop-Eat. It seems to be the best program that there is on intermittent fasting. It's only around \$40. I figure that I wasted more than that on crap that didn't work before. I will at least learn what I.F. really is and get an education out of it.

January 7, 2010:

I bought Eat-Stop-Eat. Holy hell, it has a lot of information in it. It has over 90 pages and it seems to get real deep in to what I.F. is and how to do it correctly.

I hope this works and that I have the balls to try it.

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[The first Eat Stop Eat program that I got was an older version. I got the newer version once Brad released it around September of 2010. It has 144 pages and has a bunch more information than the original. He gave it to everyone that bought his course for free as well as the audio version of the course.]

January 11, 2010:

Weight: 197.4

Ok. I am going to give this intermittent fasting a try. I am pretty pumped about this. If it works half as good as it seems like it will, I will definitely lose more fat than ever.

It doesn't seem like it will be as bad as I thought it would. Brad really gives a bunch of tips and guidelines in [Eat-Stop-Eat](#).

January 12, 2010:

My first time fasting. I ate dinner last night and then didn't eat until dinner today. 6:30 last night till around 5:15 today without eating. It really wasn't that bad. I drank a few diet cokes just to get a little taste other than water.

I was getting some hunger pangs around lunch time, but I just visualized fat melting off of my body. Every time I felt hungry, I just thought of it as a good thing. I used it as an incentive that I am getting closer to my goal.

I really hope that I am lighter tomorrow so this will be worth it!

January 13, 2010:

Weight: 194.9

I lost about 2.5 lbs in two days! So far, so good. Let's just see what happens the next time I fast.

I lost around 6 lbs. from when I decided to lose weight on Jan. 1st.

It felt really good to eat today! I think I will fast again in a few days and see how it goes.

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January 16, 2010:

I fasted again today. It was kind of hard to do this from Friday night to Saturday. Too much going on for the weekend. Too many opportunities to want to eat. I think I will try and fast during the week only.

Weight: 194.2

Two fasts done and I am still alive! I guess this is a good sign. It is actually not that bad and the hunger pangs aren't bad. I am surprised that I feel fine during the day of my fasts. I haven't felt weak or light headed. So far I am happy with this.

January 17, 2010:

Weight: 193.2

It seems like I am lighter the second day after a fast more than the first day. I will keep track of this and see if this holds true.

January 19, 2010:

Weight: 193.8 lbs.

Fasted again today. This has been my third fast since starting last week. I still feel really good. I feel like I am doing something productive towards my goal.

The thing that I am loving about fasting is that I haven't changed my diet all that much so far. I pretty much eat normal and the days that I fast takes care of reducing my calories for the whole week. It is a lot more freedom than when I would diet and have to constantly worry about what I ate and how much.

That last sentence is an important point to focus on. I pretty much ate whatever I wanted and used the fasting to reduce my calories. It may seem extreme on those two days that I fasted, but the other five days of the week, I was able to eat normally.

One thing to note is that, I wasn't eating all that great then. As you will see later in this case study, once I started getting leaner, I also started to eat better. This helped and let me get even leaner. That being said, if I would of not changed anything other than adding fasting, I still would of lost a significant amount of weight.

January 20, 2010:

Weight: 191.7 lbs.

Like before I am lighter the second day after fasting. So far, this is working as good if not better than I was hoping! I think fasting on Mondays after a weekend of eating whatever I want is the best way to do it. I think I will fast on Mondays and Fridays and see how this goes.

Being lighter the second day after a fast doesn't always happen as you will see further along. I am not sure why it was like this in the beginning.

I know a lot of it has to do with how much water I was drinking as well as when I would go to the bathroom.

Fasting on Mondays and Fridays was actually Thursday after dinner until Friday at dinner and Sunday after dinner until Monday at dinner. This worked best for me and I still do this every once in a while as needed to regulate my weight.

I am not going to go over every week and my weight each time because I think that you will get a little bored with it.

I am going to highlight a few dates that I have important things to note and I will just list my weight periodically through the year.

Unless noted, you should assume that I was fasting twice a week, usually on Mondays and Fridays.

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February 1, 2011:

Weight: 188 lbs.

I lost 13 lbs. so far in one full month, although really it has been less than three weeks of fasting. I would have to say that there is something to this intermittent fasting thing!

February 14, 2010:

Weight: 184.8 lbs.

February 15, 2010:

Weight: 186.5 lbs.

You can see that I ate like a maniac for our Valentine's day dinner! The best thing about this is that in no time at all, I am back to losing weight.

When we get to the Summer and different picnics, you will see the same thing, as well as the Holidays.

The great thing is that I never worry anymore about what I eat or have to deprive myself. Regardless of what I eat, I know that intermittent fasting will save the day!

I think that you have to understand that losing weight and being healthy can be two different things. Of course, the better you eat in between fasts, the healthier it will be for you.

I am not advocating eating two dozen donuts a day as your staple diet and then fasting to make up for it. It is nice to know though that if you want to let loose at times, fasting will get you right back on track.

March 1, 2010:

Weight: 180.7 lbs.

I lost around 7 lbs. for the month of February and a total of around 20 lbs. since I started in January. I am only around 5 lbs. from my goal of 176 lbs!

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This is really awesome! I couldn't be happier with intermittent fasting. I have some days that I really don't feel like fasting, but all in all it's been pretty easy. If I don't want to fast, all I have to do is think of the great results that I am getting, and it makes it easier.

March 5, 2010:

Weight: 178 lbs.

I am going to Las Vegas with Cory for three days. I am going to eat and drink whatever and have a great time. Intermittent fasting, I will meet up with you again when I get back!

Cory is my oldest son. This was his last spring break from college at Penn State. We had a blast, although it was a little colder than I would of liked.

March 10, 2010:

Weight: 182.4 lbs.

Okay. I am back from Vegas weighing about 4-1/2 pounds heavier and a little lighter in the wallet! :-)

Not too bad considering what I ate and drank! Had a really great time!

March 12, 2010:

Weight 182.5 lbs.

Fasted today and felt really good. It actually felt great to fast and get back on track after the Vegas trip.

March 14, 2010:

Weight 180.5 lbs.

Okay, just like clockwork. I fast and lose a few pounds. I am getting back to

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where I was at before Vegas.

March 26, 2010:

Weight: 178.7

Fasting today. This is the first time I fasted since March 12, 2010.

I had a bunch of stuff going on in the real world. Taxes, parties, etc. I fluctuated between 181 and 178 these past two weeks.

I just didn't feel like fasting and I really didn't train all that much either. The best thing about fasting is that it is always there, ready to go, whenever you need it.

March 31, 2010:

Weight: 177.8 lbs.

I only fasted a few times this month. I lost around 3 lbs, even while going to Vegas! I think that I will always use fasting as a way to keep my weight in check. I am really glad that I stumbled upon this!

At this point I was only around 2 lbs. from my target weight of 176 lbs. I eventually decided to change my goal though, because I still didn't have the best looking abs.

I decided to just let the mirror be my guide and not worry anymore about a certain number of pounds.

So after around three months, I lost around 23 lbs. and found a way to easily keep it off. I would have to say that intermittent fasting has been even better than I had hoped!

April 31, 2010:

Weight: 175.8 lbs.

I only fasted twice this whole month. I was able to maintain my weight pretty easily though.

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I was getting a little bit of resistance from my mother, my wife, as well as some friends about losing any more weight.

They felt like I was getting too thin and that my face looked too skinny. They said that I really didn't look healthy any more.

I agreed that my face looked too thin, but I still didn't have the best looking abs. This is just the way that my body is though. I lose it in my face and the fat on my waist clings on for dear life!

After sticking with this weight for a while, my face started to look more normal.

I only fasted around three or four times each month in May and June.

I stayed between 174 and 177 lbs. for both of those months.

I went on several mini trips or vacations and had quite a few cookouts during those months. I live in Pittsburgh and when it is warm outside, we take advantage of it as much as we can!

I am a big fan of margaritas as well and believe me I had my share of those too. Through all of this, I was able to stay between 174 and 177 lbs.

I think that this is great and can now pretty much eat what I want and lose weight at will!

July 15, 2010:

Weight: 173.0 lbs.

This is the first time I have been 173 lbs. or less for close to 15 years! It has been a solid six months since I decided to get control of my weight.

I am loving intermittent fasting!

I just looked at some pictures that Tammy took while we were away on a trip. I am ready to step it up a notch. I feel pretty good for being over 40 years old, but

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I still want my abs to get tighter. I think that I am going to start to eat a little better in between fasting and go back to fasting two days a week.



This is sometime around the fourth of July 2010. You can see that I am leaner than the first picture.

You can also see that my abs aren't where I want them to be. Sitting in a chair like this isn't the best way to show off your abs though!

They actually looked better when I was standing up. Anyways, that's my story and I'm sticking to it!

August 1, 2010:

Weight: 168.7 lbs

I fasted twice this each week since July 15th. I have still been eating a lot of food in between fasts. Also drinking some beers and margaritas. I am leaner than ever and have been eating and drinking like I have been on vacation this whole summer.

I wonder how much I would weigh if I never started fasting. I know that if I was eating like I have been this summer, without fasting, I would probably weigh around 210 lbs!

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I can see how so many people gain a few pounds a year and end up looking like a train wreck once they are in their forties.

I stayed right around 168-170 lbs. right in to November. I fasted every once in a while in those months. I never fasted more than once a week and averaged around three fasts each month.

December 1, 2010:

Weight: 164.4 lbs.

I fasted a little more this past month (November) because of Halloween, Thanksgiving, and with Christmas coming up, I didn't want to start gaining weight.

I fasted six times in November. I lost around 4 pounds although my weight has been bouncing between 164 and 167 for most of the month. If I stick around here for December with all the food from the holidays, I will be happy.

December 31, 2010:

Weight: 167.7 lbs.

I am pumped! It has been a complete year since I originally decided to take control of my weight and my life. I lost a total of 34 pounds since January 1st of this year.

34 lbs!!!!

I feel great, look better than ever, and I know that after doing this for a year, that I can do it indefinitely. I am never going to worry about what kind of diet to do or what I can and can't eat. I love intermittent fasting!

I just went through a great summer and all of the holidays and gaining weight was a total non-issue. I couldn't even imagine having to struggle with weight ever again.

I still need to lose that last bit of fat on my abs though! Being 42 isn't an excuse. I am going to get my abs looking better this year, no matter what. I know that I can clean up my diet more if I really wanted to.

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I guess I know what my New Year's resolution for this year will be!

Conclusion:

It is now March 2011, as of this writing and I am maintaining my weight at around 165 lbs. I can't say enough about intermittent fasting and the freedom that it has given me.

I never worry about how many calories I eat or what I eat, and I know that my weight doesn't control me.

I control my weight.

Please get in touch with me if you have any questions.

I will also keep in touch with you through the coming weeks and months. When I find something that I think will help you, I will let you know about it.

I actually have a lot that I would like to tell you about my training over this past year. I made a lot of changes in my training style and found out a ton of stuff that will help you. It all goes hand in hand with your fasting.

I will get in to that a little later though. Just concentrate on your fasting for now.

If you are already training. Great. Keep at it.

If you aren't, you should start doing some sort of resistance training. I will go over what I do and why I do it some other time.

Remember, I would love to hear from you guys. If you would like to document your progress like I did, I would love to make a case study out of it.

I can only work with a people because of times constraints. If you are interested, please let me know, and please take some before pictures now. I really wish that I would of last year!

Here are a few recent pictures on the last few pages of this case study. This is what I look like now. (As of this writing in March of 2011)

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I didn't try and get pumped up or get tan for these pictures. They are just raw pictures of what I look like on a typical day.

Do I look perfect? Not even close!

But I think losing around 35 lbs. and being 42 years old, I am pretty happy with where I am at.

I am know going to work on becoming more flexible, eating even healthier, getting bigger arms, wider shoulders, etc.

I will always have something that I want to improve. I am happy with where I am at, but not satisfied. I will never be perfect and I will never be done with improving myself.

I will continue to use myself as the guinea pig and I will let you know what results I am getting.

If you want to get more information and learn about intermittent fasting from the true source, you can get a copy of Eat Stop Eat at the link below,

[Eat-Stop-Eat](#)

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December 2010

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January 2011



Sorry that the quality isn't the best. It's kind of hard, not to mention a little creepy, taking pictures of yourself in the bathroom with your shirt off!

March 2011

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March 2011

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