

How to minimize food cravings/hunger feelings during TRE fasting/Feeding program (The trick is to consume 40-50 gm healthy fat daily)

Hunger and food cravings are a problem only in the first 2-3 weeks of starting TRE fasting/feeding program. To prevent these, initiate the program at a slow pace. Start with a 12-hour fasting cycle and progress by increasing fasting hours one hour at a time, every 1 to 2-week intervals, until 16-18 hour fasting goal is achieved. Within 2-3 weeks, the hunger feeling will stop being a problem because of low insulin levels associated with fasting. The initial food cravings can be handled by:

- * Increasing the fasting period gradually, as indicated above.
- * Including healthy fat in the diet with 25-30% calories coming from healthy fats. That will amount to 6-8 tsp of plant-based fat and 3-4 tsp of ghee.
- * Staying busy so there is no time to think of food. TRE fasting/feeding programs work well because most of the fasting cycle gets covered in the night hours and the morning hours. The body's needs for the food are minimal during this stretch of the time.
- * Keep well hydrated with calorie-free drinks – see the recipes at the end of this book.

Exercise and TRE fasting program

The common misconception is that one cannot exercise without eating. However, an ideal time to exercise is in the morning, on an empty stomach. Morning exercise on an empty stomach ensures that glycogen and fat reserves in the body get used up effectively. Exercising in the evening takes away from this advantage. Keeping active and mobile the entire day is more critical than intermittent aerobic exercise a few times a week. In TRE fasting programs there is no calorie restriction; the emphasis is on food quality and not the quantity. By minimizing the number of eating opportunities, overeating gets avoided. Since the caloric intake in a day is normal, there is no limitation of the capacity to exercise. Regular exercise and the holistic meal is critical with TRE program to preserve the muscle mass.

TRE fasting program and constipation

Constipation can be a problem with low-calorie diet plans. It is not a problem with TRE fasting/feeding programs because there is no restriction on the overall amount of food consumed in a day. However, it is essential to eat holistic fiber-rich plant-based diet and keep well hydrated to prevent constipation.

Type2 diabetes and TRE fasting/feeding program

Fasting lowers the blood sugar and the insulin levels. Type2 diabetic patients on medications and insulin injections have to be monitored closely on TRE fasting programs. Recently, intense fasting programs have been used to reverse Type2 diabetes or minimize medication and insulin doses. That has been done successfully even in those patients, who have

had Type2diabetes for several years. Reducing medication and insulin dose as well as body weight helps in preventing severe complications of diabetes such as eye damage, kidney failure, heart attacks, nerve damage and blood vessel blockage with limb damage. Diabetic patients who wish to follow the TRE fasting/feeding program to lower body weight and improve diabetes severity, have to be closely monitored by frequent blood glucose levels. It is safe to start with TRE 12:12 cycle for few weeks and if well tolerated slowly increase the fasting period one hour at a time every 2-week duration. The program would require close medical supervision by a physician.

Finally, critical to Type2 diabetes management in TRE fasting program is holistic plant-based food, low in starchy carbohydrates (grain and potatoes), and rich in healthy fats (up to 40-50 grams), to minimize hunger and food cravings.

Blood pressure and other medications during the TRE fasting/feeding program

Fasting reduces the need for blood pressure medications, frequent monitoring of blood pressure and adjustment of medication dose will be required. Medicines to be taken with food require adjustment of timing.

Healthy rules of Eating a Meal

The process of eating food is an essential ritual for keeping good health. Half of the digestion of the food occurs in the mouth. Eating the food in a hurry bypasses digestive process. The essential rules of eating are:

1. Do not eat in a hurry-This prevents enjoyment and satiation. Fast eating causes indigestion because saliva in the mouth digests most of the starchy carbohydrates in the food. The carbohydrates are an important source of glucose energy in the body. Almost 1500 milliliters (1.5 liters) of saliva is produced daily. Eating fast bypasses the use of crucial salivary enzyme –amylase, which digests the starchy carbohydrates in the food. Fast eating also causes air swallowing which causes bloating and belching.

2. Eat with all your senses: Smell, vision and taste-These senses get the digestive juices flowing, even before the food gets into the mouth. Before starting with eating, get engaged mentally by saying a little prayer of gratitude. Look at the food, savor it with your eyes and smell first, before putting it in your mouth.

3. Nourishing the body with holistic food is a priority-The food, therefore, should be eaten as an important health-promoting ritual. Food should be served appropriately and eaten sitting down with no distractions – television, phones, aggressive conversations and computer gazing.

4. Eat with the teeth and the mouth - Fast eaten food is not assimilated correctly in the mouth, reaches stomach unbroken. That causes fermentation of food in the stomach with gas, bloating and belching. If you have any of these symptoms, pay attention to your eating habits.

5. Take at least 20-30 minutes to eat the meal- It takes the brain 20-30 minutes to get a signal of fullness from the stomach. Fast eating bypasses this signal and causes overeating. In other words: "Fast eating always leads to overeating."