

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 1

Glow15 is all about cycling and turning autophagy on and turning autophagy off. One of the best ways to turn autophagy on is through intermittent fasting and protein cycling. I call it IFPC and will refer to it for the rest of this program in the same way.

On IFPC, you've got to think about two very simple processes. You've got to think about intermittent fasting and then protein cycling. Let's start with intermittent fasting.

Intermittent fasting is all about the times of the day when you eat and the times of the day when you don't eat. I also refer to it as scheduled eating. During the intermittent fasting program, you will fast, which means you won't eat for 16 hours, and you will eat for 8 hours. It's kind of easy. It's not a big deal, you just make sure that most of the time when you're actually fasting, you're sleeping, so it doesn't take that attention or that focus out of your working day or a day that you have off.

Let me just tell you exactly how I personally do it. I stop eating at 8:00 p.m. at night. I'll stop eating, and then go to bed within about three hours of that time. I wake up in the morning, skip breakfast, and then I go into my day. Around noon when I would have my first meal, that's when I start to eat, and I eat from noon until 8:00. So, that's what intermittent fasting is for us on this program.

The next piece is the protein cycling. Protein cycling is very simple. Again, the goal of protein cycling in intermittent fasting is to get you to go on and off of activating the autophagy, which activates the youth deep within your cells.

When you protein cycle with any cycle, there's different amounts. On a day when you're having low protein, you'll have about 25 grams of protein, which is on average about half of what you would normally eat. You'll take 25 grams of protein on a day when you're having a low protein day, and that 25 grams could look like a 3 1/2 ounce to 4 ounce piece of chicken. You can get your 25 grams very easily in different ways, but that's just a quick example.

When you're having an average day of protein, you're going to have about 45 to 50 grams of protein. The way that you figure out how much protein you're going to need on an average day is you look at your body weight. Let's say for example, your body weight is 130 pounds. You take 130 pounds and you divide it by .36. That will give you the amount of grams of protein that you need for your day. A

130 pound person is going to need about 48-49 grams of protein in their day, and that could look like some ground beef, about 4 ounces is 33-34 grams. An egg is 5 or 6 grams of protein. We know that 4 ounces of chicken is about 26-27 grams of protein. That makes it very easy to get your 48 to 50 grams of protein on an average day of protein consumption.

The other piece that I want you to know, on day one on your first card is all about high days and low days. A high day is when you'll have all of your meals. You will be eating the larger amounts of protein. You will be exercising, and you will have a variety of 140 different types of foods, and different ingredients that you can choose from in order to make up a high day.

A low day on the other hand, is when you incorporate the intermittent fasting and protein cycling. On a low day you won't start to eat until about noon, and you'll have a low amount of protein. That's when you'll have about 25 grams of protein or 5% of your caloric intake for that day. On a low day, you also do not exercise.

I think you'll find that intermittent fasting and protein cycling is really the rhythm of your nutrition, and you'll get into these high and low days, and before you know it your body will be helping you to adjust. Oh, today's a high day, tomorrow's a low day. For the 15 days that you're on Glow15 you will go through high and low days each day. I suggest beginning your first day as a high day and your second day becoming a low day. Your first day you'll have the average amount of food, you'll be doing everything like you normally did. You will be eating the foods that activate autophagy. You'll be already starting to focus on your sleep habits, and you'll be exercising to activate autophagy. On second day you'll go into your low day, and that's where you incorporate the intermittent fasting and protein cycling.

One more quick tip. Whenever you start your day, if it's a high day or a low day, I want you to start it with 16 ounces of ice cold water to replenish the liter of water that you lost the night before as you were sleeping.

To your health, and let's get glowing.