

See Your Abs With the Perfect Intermittent Fasting Ratio for the Most Fat Burning

To get abs and see them, you must lose that layer of fat covering your belly. To get into fat burning mode you must control your insulin levels. Intermittent fasting is an optimal way to lower blood sugar, and lower insulin levels, so your body can burn fat, especially belly fat, so you can finally see your abs.

Perfect Intermittent Fasting Ratio for Maximum Fat Burning

Hey guys .I'm back with another video on the perfect intermittent fasting ratio for maximum fat burning. I do get this question a lot: At what ratio should I do the eating vs. fasting cycle to just produce the most weight loss?

Okay. Well there's some research that was done that shows that you're gonna mobilize the most fat and lower the most insulin right around 18 hours to 24 hours (of fasting), okay, in a cycle. So let's look at this more closely.

Optimal Intermittent Fasting Ratio

Here we have 18 hours of fasting. Okay. Let's say you eat at 12 o'clock noon, and then at 6. It gives you a six-hour window of eating, right. And then you're gonna fast for 18 hours. So you're gonna lose some weight. It's gonna be very successful.

So let's say you ate just one meal at 12 o'clock. Okay, that gives you like a 23 hour fasting cycle.

So somewhere in between here (18 to 23 hours of fasting) would be the optimum.

So a lot of you out there are doing fasting and you're just doing one meal a day. In fact, nearly a hundred percent of all the Skype interviews that I have done are doing one meal a day. So they're doing very very well.

Just Starting Out with Intermittent Fasting?

But if you're new at this, what you could do is go to three meals. Then push the breakfast further and further and further until eventually there's no breakfast. Because you don't want to eat in the morning when you're not hungry. And then you have two meals, right.

So then what you want to do is you want to keep pushing this twelve o'clock to 1 and the 6 to 5 to shorten this down to a 4 hour window. That would be a real nice sweet spot to hit. Between 4 hours and, if you want to take one step further, and start graduating to this (23 hours of fasting) over here, you can do it. I would do this if you need to lose a lot of weight.

Also, the more you have insulin resistance, the more damage within your system, the more that you have diabetes, the more you want to graduate into this right here (one meal a day). But let's say, for example, you're losing weight. You hit your goal, and you're comfortable. And you don't have a history of high blood sugars. Then stick with something like this (18 hour fasting). Okay.

But the other benefit of doing this longer, okay, maybe you might not want to do this.

Autophagy Cleans Up Your System

But maybe a four-hour window. This is something called autophagy, which most of you seen the video I've done on this. But autophagy is like you being a self-cleaning oven, okay, where it's cleaning up all this crap out of the cells. It's recycling all the junk. It's getting the junk out of the

trunk.

So intermittent fasting can increase autophagy by five times. Okay. So it's a very powerful stimulus of autophagy which will make you very healthy as compared to a diabetic who has very dirty cells. There's no self-cleaning oven.

There's waste products. There is all sorts of damage to the eyes, to the retina, to the kidneys, to the heart. So autophagy is what you want to do, especially if you're diabetic or pre-diabetic.

Especially For Diabetics

One small point about diabetics: if a diabetic were to consume more B vitamins from nutritional yeast, they would have less damage to the mitochondria, unless wastes build-up.

Add High Intensity Interval Training (HIIT)

All right, just a side note. So for the people that want to take it all the way and do one meal a day. You can also take an even further by adding high intensity interval training exercise in your fasting window. Whether it's before or after, and you add that to one meal a day, now you're talking about taking it to the next level because you're gonna spike growth hormone. You're gonna lose a lot more weight doing that.

Get Enough Sleep for Recovery

And also adding a little more sleep will help you as well. Make sure you don't over train. Make sure you're recovering. You know, some people are working out six days a week. I recommend twice a week. Okay, if you're doing this correctly and you're hitting it hard, the personal training, twice a week is fine, unless you're 20 years old you know. But if you're thirty, forty, fifty, twice a week is the perfect optimum frequency of workouts. But then on the off days do the walking. That would be hot.

Stay Low Carbs

Also keep your carbs lower than 20 grams, and the vegetables in as well. But keep those carbs at less than 20 grams, not counting vegetables and I think this right here you're gonna have some serious weight loss. And you're going to be happy with that pattern.

Thanks for watching.

Hey, thank you so much for watching. Keep spreading the word and share this video.

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