# Ignite Your Metabolism and Burn Fat Faster Transcript

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## Why Diets Fail and Metabolism Basics

The reason you failed at diets is not you, it's because diets fail. It's not your fault, its the diets fault. Because when we look at dieting, all we've done is try to manipulate the sugar burner system.

So when come to fasting, we're now going into the fat burner systems. And we are going to learn how to switch in and out of these two systems so you can finally get your metabolism as high as you possibly can.

You can start to burn fat. But you got to work with both systems. This is Dr. Talks. So many people have a misunderstanding about what your flipping metabolism is.

And so let's start here. What is your metabolism? When people, people would come into my office all the time and be like, I think my metabolism was slow.

What does that mean? What is that metabolism? So here we're going to make it really simple. When we talk about metabolism, I want your brain to translate that into how is my body making energy right now?

And there are only two ways that your body will make energy. One is from sugar and one is fat. So the first thing we've got to realize is that if we're going to speed up our metabolism, we have to use both of these energy systems to our advantage.

## Sugar Burner vs Fat Burner Systems

When we are eating, were sugar burners. when we were fasting, where fat burner. So, the 1st thing you want to do if you wanted to have a faster metabolism is know how to go in and out of this 2 systems.

Now, here's what I want you to know right now, is that if all you've ever done is diet, you tried to restrict your calories, You've tried take foods out of your life, I wanna give you the power back and tell you that the reason you failed at diets is not you, it's because diets fail.

And it's not your fault, it is the diet's fault. Because when we look at dieting, all we've done is try to manipulate the sugar burner system. So when come to fasting, we're now going into the fat burner systems.

And we are going to learn how to switch in and out of these two systems over the next six videos so you can finally get your metabolism as high as you possibly can.

You can start to burn fat. but you gotta work with both systems, okay? So that's the step number one. So step number two is how do we use fasting to get this metabolism to speed up?

We want a high metabolism. So how did we get it to feed up. The first thing you're going to do is you are going learn to compress your eating window.

## How Fasting Speeds Up Metabolism

If this is new to you, then what I'm going tell you is that there is a art to how you approach fasting and it starts by taking all the food you eat and compressing it into a short time period.

So when we put our food in one small little eating period, we leave an elongated period in our 24 hours for fasting. And it's this longer fasting period where our metabolism speeds up.

Now, once we've got this art of this condensed, condensed eating window, then now we got to learn how to switch

in and out of food and fasting. So let's dive into the science.

I love the Science. Cell metabolism says that the best eating, window the, best time period is eight to 10 hours in a day. And you become metabolically immune from.

any diet, any poor diet. So high fat, high sugar, Western diet as long as you're eating that in an eight to 10 hour window, giving your body more time for rest, then your metabolism is going to be higher, higher than if you eat that same meal throughout a longer period of time, 12, 14 hours in a day.

So this is really exciting. So to answer the question of this video, can fasting speed up your metabolism? The answer is heck yeah, it can. But what we've got to do is we got a learn how to go in and out of food and in out a fasting.

We've gotta take our eating window and start to compress it. You are going to fast for 16 hours. we're gonna model what I call or what the world of fasting calls 16 eight.

You fast for 16 hours and your eating window is eight hours. So that windows, that's up to you. Maybe you are going to eat breakfast at 10 and you're going finish at six o'clock at night.

## The 16:8 Fasting Plan

There's your eight hour eating. And the rest of the time you going fast. We are actually mimicking at one of most famous fasting studies that was done in cell metabolism with this.

eight-hour eating window, we are not going to eat in the morning. We're going make sure we're not eating first thing in morning, and we'll make that we aren't eating two hours before you go to bed.

Nothing. No drink, no wine, beer, alcohol, dessert, nothing. So you're gonna finish putting anything in your mouth two-hours before bedtime. Next, When you are eating in that eight hour eating window, you're only eating three meals a day.

So a lot of you guys who are avid fasters may be looking at this going, well, that's not that big of a deal, but I'm take, it's like, I want to take you and put you in the cell metabolism study so that we can watch how this magic metabolic magic works in your body.

knock out a three-day water fast like nobody's business, then I still want you to try this because sometimes going in and out of these fasts really speeds up the metabolism and gets it much higher.

Okay, so then you're going to eat three meals a day in your eating window. Next thing, when you break your fast, you are going break it with protein. So you can break it with eggs, you could do a protein shake, You can do, a sausage, whatever.

You're going to break with protein. Now I know you're gonna ask me, well, is that protein only? Mostly protein, I want that meal to be 90% protein so you put a few little vegetables, maybe a little fat, but I wanna you to understand the power of protein Okay, the other rule to the food you eat during this time is no refined carbs, no refine sugars, No chemical ingredients and no bad oils.

Is you are not gonna eat two hours before you go to bed and you're not going to eat the first hour you get up.

## Protein, Meal Timing, and Fasting Rules

Now, I give you the 10 to 6 hour window, but it's really up to you. You can take that eight hours and move it around. Maybe you want to do eight in the morning and finish eating at four.

That's a really good weight loss window. maybe you wanna go 12 each, start your first meal at 12 and finished at

eight. you get to decide what you wanted to on that.

but it's an eight hour window, 16 hour fast, three meals within that, no snacks. You're gonna break that first meal, has to be protein, 90% of that meal is protein.

And we're not, we gonna mine those melatonin moments so that we can make you more insulin sensitive. As always, you are a metabolic miracle. Fasting is gonna show you how, so I'm excited for fast training week.

Can't wait to see the results you guys are gonna get. Hope that helps. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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