



Time Restricted Eating

Written by:

Marilyn Williams

Certified Nutritional Counsellor &
Dietary Consultant



©Copyright 2018 Marilyn Williams All Rights Reserved

This work is © Copyright and not to be copied or shared in any fashion.

Disclaimer:

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.

Time Restricted Eating

Have you heard about **Time Restricted Eating**? Maybe you're already putting it into practice. If the concept is new to you, let me quickly share the principle involved.

Basically, it's reducing the number of hours in the day when you will consume food.

The reason for this is that it reduces the number of calories you consume during the day and gives your digestive system a bigger break.

What if I could share with you a way to do this that won't leave you hungry?

Some people simply skip breakfast, then eat lunch and dinner and fast again (while they sleep – hey, we are all doing it anyway!) until lunch the next day.

Although we have all been encouraged to eat our breakfast, many people following this routine find they feel great, lose weight, and decrease body fat while increasing their muscle mass.



Please Note: There are benefits for adults apart from losing weight in following this regime.



Time Restricted Eating

As it cuts out a meal, it lowers the total amount of calories consumed over the day. It is well known by the scientists as a way of lengthening your life. (3) And... in 2006 they found that eating less one day and more than needed on alternate days... prolongs life! (4)

This sounds like a wonderful opportunity to use Time Restricted Eating one day and on the following day eat your normal 3 meals per day.

There are many other benefits such as apparently reducing the risk of cancer and cardiovascular disease, normalizing the hunger hormone, and promoting the human growth hormone production that slows down the aging process, to name a few.



Time Restricted Eating

I've been following this routine for some time as it generally makes me feel better. I don't find it hard to do.

Of-course, I don't eat junk foods and do live according to the way I'm teaching you in these lessons. 😊

On Fasting Days

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Midnight							
4 am							
8 am							
11/12 Noon							
4 pm							
7 pm							
Midnight							

Eating Period

Sleep and fast up until about 11.30am.

Eat from 11.30am to between 6-7pm by consuming 2 main meals and maybe a small healthy snack in-between if you find the need.

It still works quite well if you only follow the Time Restricted Eating 3 days a week... such as Mon, Wed & Fri.

KNOW THE
RULES

simple



But it's not for teenagers or growing children!
They should concentrate upon the quality of what is eaten rather than 'when' they eat.

Break into it Slowly!

Start by not eating anything after your dinner (at least 3 hours before going to bed) and when you wake up in the morning go for as long as you can before eating breakfast.

As you gradually extend the length of time in the morning, skip breakfast altogether and eat an early lunch.

In time you may find yourself easily waiting for lunch time around 12 to 1pm. It's not a biggy... do what's right for you.

If you prefer, skip your dinner rather than your breakfast. We are all individually made and for some they couldn't imagine going without their breakfast... if that's you, go for it.

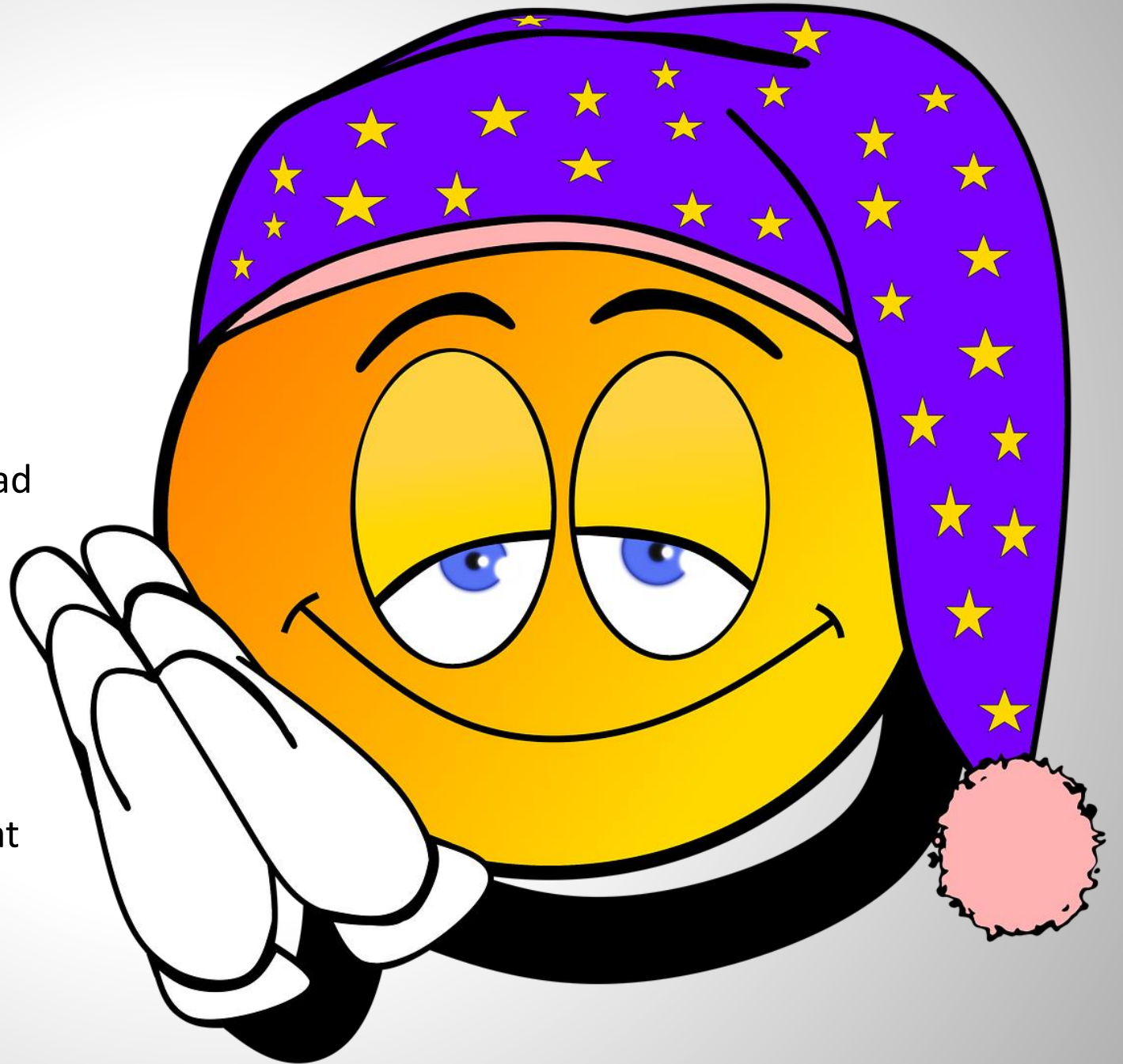
My personal experience is that most times I feel just as hungry at lunch time whether I've skipped my breakfast or not. In fact, sometimes I feel I can just keep on going, lengthening the time before I actually eat my lunch. Hey, but another time I can begin to feel quite ravenous! It's OK, it's simply your body talking to you so go with the flow, whether you eat at 11am, 12 noon, even 1pm... it's totally up to you.

Remember, what's right for me is not necessarily right for you. You will soon learn what works best for you.



- Try not to eat between meals... only liquids, and more water!
- I make sure that everything I eat is building my 'Diet' Pillar strong and sturdy. It's not very often I will eat outside of what I share with you... but sometimes when I'm out with friends, I don't believe in being rude and refusing to eat what they give me. At times like that I believe very much in 'when in Rome, do as the Roman's do'! I eat whatever is provided for me, with thanks.

- I do not eat bedtime snacks on any night of the week, but I don't ever feel the need of any.
- I leave off eating at least 3 hours before going to bed. This means I stop eating somewhere between 6 and 7 in the evening. I normally head off to bed around 10pm.
- I eat two meals per day without feeling hungry in-between – most times.
- Eat breakfast or dinner, but don't eat both. It's totally up to you which suits you the best.





Without getting too technical, you can avoid chronic degenerative diseases if you leave off consuming any food for a minimum of 3 hours before going to bed.

Reducing your food intake before bed can also help to lengthen your life.

There are many other health benefits apart from helping you to lose those dangerous visceral fat levels in your body.