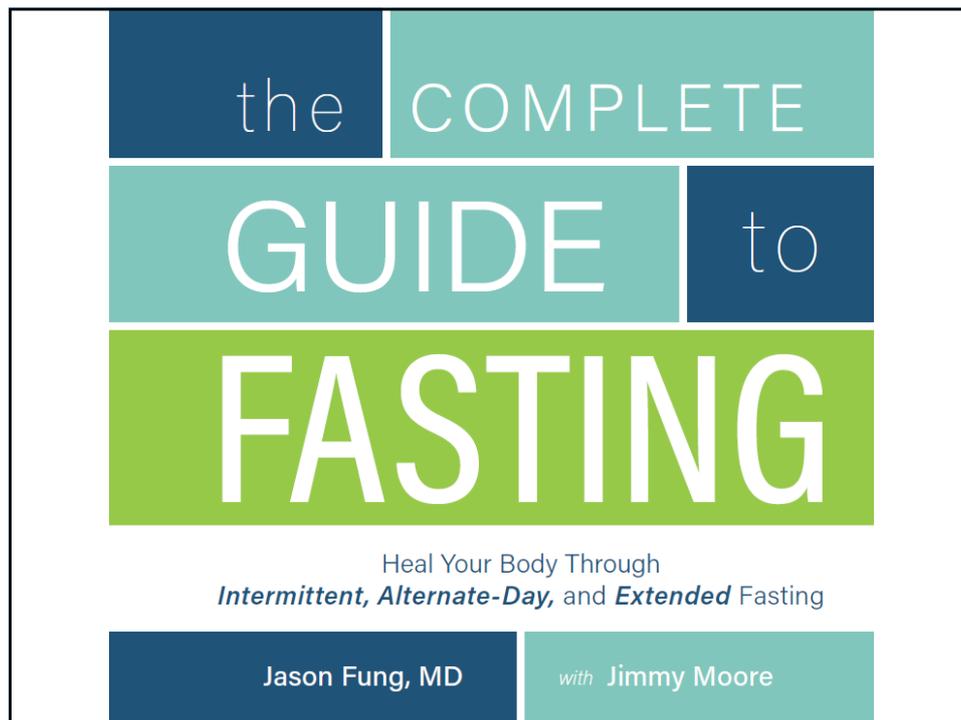


THROWING OFF THE FAT - FAST

Matthew 6:16–18 (NLT) ¹⁶ “And **when you fast**, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is **the only reward they will ever get.**”



DIABETES CURED?

“Most doctors, dietitians and diabetes specialists claim that type 2 diabetes is a chronic, progressive disease. The American Diabetes Association almost proudly proclaims this on its website. Once you get the diagnosis, it’s a life sentence. But it’s actually a great big lie:

DIABETES CURED?

Type 2 diabetes is almost always reversible and this is almost ridiculously easy to prove. This is great news for the more than 50% of American adults who are diagnosed pre-diabetes or diabetes. Recognizing this truth is the crucial first step in reversing your diabetes or pre-diabetes. “ Jason Fung, MD

TYPE 1 DIABETES – NO INSULIN



1922 before and after insulin treatment

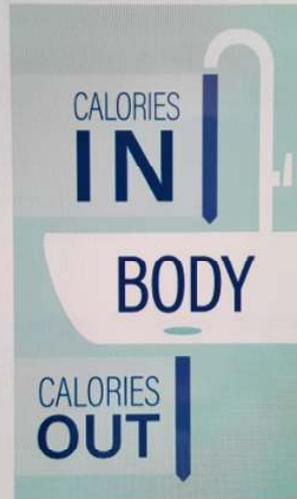
BODY HAS A SET WEIGHT?

“The body always wants to stay at a certain weight, and any deviation above or below that weight triggers adaptive mechanisms to get us to return to that weight...

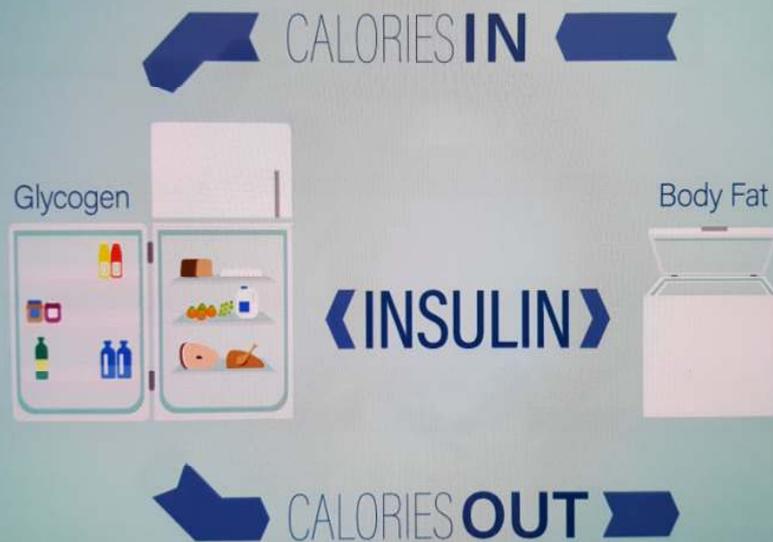
BODY HAS A SET WEIGHT?

..That’s why, after weight loss, we become hungrier and our metabolism relentlessly slows, so that we have to eat even less just to maintain our lower weight. That’s the body trying to get us to gain weight to get us back to our set weight.” Jason Fung, MD

TRADITIONAL MODEL – CALORIES IN / CALORIES OUT



TWO COMPARTMENT MODEL – BURN GLYCOGEN FIRST, THEN FAT



WHY FAST?

“When you’re eating regularly, even if you’re eating fewer calories, you’re **not getting the beneficial hormonal changes of fasting**. During fasting, unlike during caloric reduction, **metabolism** stabilizes or even goes up to maintain normal energy levels. **Adrenaline and growth hormone increase** to maintain energy and muscle mass.

WHY FAST?

Blood sugar and insulin levels go down as the body changes from burning sugar to burning fat. All this begins to address the long-term problem of insulin resistance.”
Jason Fung, MD

WHY FAST?

“The inability of most diets to reduce insulin resistance is exactly why they eventually result in weight gain. Fasting, on the other hand, introduces prolonged periods of low insulin levels, which breaks the cycle of high insulin and insulin resistance.” Jason Fung, MD

WHY FAST?

“Most diets ignore the biological principle of homeostasis. If you maintain a constant reduced-calorie diet, the body will quickly adapt to it. Energy expenditure (metabolism) declines to match the reduced intake. Weight plateaus, then is regained.

WHY FAST?

This is not because you have stopped your diet **but because your body has now adapted to it. “**

WE WERE MADE TO FAST

Longest fast ever?

BENEFITS OF FASTING

- Near total “reset” of immune function with fasts 3 – 5 days.
- Abnormal and or pre-cancerous cells discarded.
- Protects from Alzheimer’s disease
- Don’t lose muscle.
- More energy, sharper mentally and leads to heart health.

GOOD FOR US!

Every command of God is good for us and those around us.

When we do the will of God, then we step into breakthrough.

THROWING OFF THE FAT - GIVING

Matthew 6:1–4 (NLT) ¹ “Watch out! **Don’t do your good deeds publicly**, to be admired by others, for you will lose the reward from your Father in heaven. ² When **you give to someone in need**, don’t do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity!

THROWING OFF THE FAT - GIVING

I tell you the truth, they have received all the reward they will ever get. ³ But when you give to someone in need, don’t let your left hand know what your right hand is doing. ⁴ Give your gifts in private, and **your Father, who sees everything, will reward you.**

LET'S FLY! – STACKING PRAYER

Matthew 6:5–6 (NLT) ⁵ *“When you pray, **don’t be like the hypocrites** who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get.*

LET'S FLY! – STACKING PRAYER

⁶ ***But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.***

LET'S FLY! – FED FROM ABOVE

John 4:32–35 (NLT) ³² *But Jesus replied, “I have a kind of food you know nothing about.”* ³³ *“Did someone bring him food while we were gone?” the disciples asked each other.* ³⁴ *Then Jesus explained: “**My nourishment comes from doing the will of God, who sent me, and from finishing his work.**”*

LET'S FLY! – FED FROM ABOVE

³⁵ *You know the saying, ‘Four months between planting and harvest.’ But I say, **wake up and look around. The fields are already ripe for harvest.***

