



THE FASTING PODCAST **WOW**: EPISODE 100 – Mediterranean Diet & Fasting

# EPISODE 100: MEDITERRANEAN DIET & FASTING

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



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## THE FASTING PODCAST **WOW**: EPISODE 100 – Mediterranean Diet & Fasting

### Mediterranean Diet

- The Mediterranean diet is a diet inspired by the eating habits of Greece, Italy, and Spain in the 1960s.
- The principal aspects of this diet include proportionally high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of clean dairy products, moderate wine consumption, and low consumption of non-fish meat products.
- Olive oil has been studied as a potential health factor for reducing all-cause mortality and the risk of chronic diseases.
- The Mediterranean diet is low in saturated fat with high amounts of **monounsaturated fat** and dietary fiber.
- Studies show decreased risk when using Mediterranean diet for type 2 diabetes, cancer death, Azheimers & cognitive decline, depression...





### What is Eaten?



- High intakes of olive oil (as the principal source of fat), vegetables (including leafy green vegetables, onions, garlic, tomatoes, and peppers), fresh fruits (consumed as desserts or snacks), cereals (mostly whole grains), nuts, and legumes.
- Moderate intakes of fish and other seafood, poultry, eggs, dairy products (principally cheese and yogurt), and red wine. If dairy (can be allergen/mucous), high quality aged cheese & ghee
- Carbs (e.g. chickpeas, lentils, cassava, butternut squash, zucchini) – natural complex carbs low glycemic
- Avoid intakes of red meat, processed meat, refined carbohydrates, and sweets.
- Recommend all natural & organic whenever possible GMO-free
- There are different versions from different areas – do your homework



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### Weight Topics

- In a study in Diabetic Care journal, 2 groups eating same # calories but key difference is 1 group ate high amounts monounsaturated fats w/oleic acid
- That group lost more and didn't store as much belly fat, trunk fat and visceral fat – neither group lost weight, the body redistributed so key was oleic acid
- Oleic acid (e.g. olive oil, avocado oil, olives, macadamia nuts, sprouted almonds) contains oleoylethanolamide which activates uncoupling protein
- Brown fat uses our food to create body heat and oleic acid causes more of that since uncoupled proteins stand in the way of creating body heat – we get thermogenesis without having to work out to burn the fat
- Adiponectins – when it goes up we know fat loss is occurring and Mediterranean diet increases adiponectins & in study less leptin resistance
- Choose protein high in omega 3 and low in omega 6 (many pure fishes) - mostly fish and poultry but small amount of red meat has conjugated linoleic acid (CLA) associated with minimal amount of weight loss





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### Fasting Topics

- Intermittent fasting (e.g. 16:8 or 18:6), like Mediterranean diet, has been shown to increase adiponectins for fat burning and causing more thermogenesis of causing more body heat to burn fat without exercise
- During the eating window, Mediterranean diet can be an ideal complement with both aspects contributing to the same goals
- Check out episode 70 Alarming Insights on Keto Diets and episode 16 The Keto Kraze – all-natural clean Mediterranean diet eliminates these risks
- Mediterranean offers tremendous variety so a person may feel less deprived or restricted and fasting advocates may be less likely to be under-nutritioned
- One can easily lower the typical Mediterranean carb intake for more fat loss
- Mediterranean may be more “real food” and less of keto-processed cookies and bars that some people end up consuming when doing extreme keto – may take more time in shopping and food prep but worth the new lifestyle



**Mediterranean Diet with Intermittent Fasting**



### Possible Next Steps

- ✓ For questions or suggestions contact [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)



# Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

