



THE IMF PLAN

A QUICK GUIDE TO INTERMITTENT FASTING

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Intermittent fasting is a type of dietary plan that involves cycling between periods of eating and fasting. This approach to eating is focused on **WHEN** you eat, rather than **WHAT** you eat. The goal of this type of meal program is to allow your body to stay within a caloric deficit by only allowing yourself to eat within the allotted “eating window” you are designating to eat during. Intermittent fasting has been shown to have several health benefits, including fat loss, improved insulin sensitivity, reduced inflammation, and improved brain function.

NOTE: It is important to note that intermittent fasting may not be suitable for everyone, especially those with a history of disordered eating or certain medical conditions. It's always a good idea to consult with a healthcare professional before starting any new diet or exercise regimen. None of the information in this booklet is intended as medical or dietary advice. Always seek the help of a medical professional before beginning any new program or taking any supplement. The creators of this booklet are not responsible for any issues that may arise from the advice within. All information is for entertainment purposes only.

The Science Behind Intermittent Fasting

Intermittent fasting works by creating a state of “Metabolic Flexibility” within the body. During periods of fasting, the body shifts from using glucose (sugar) as its primary source of energy to using stored fat. This shift in metabolism can result in several physiological changes that can be beneficial for health, performance, and positive body composition change.

One of the primary mechanisms behind the health benefits of intermittent fasting is the activation of autophagy. Autophagy is a natural process in the body where damaged or dysfunctional cells are broken down and recycled. It's a form of cellular cleansing that helps remove waste products, damaged proteins, and other cellular debris.

Research has also shown that intermittent fasting can improve insulin sensitivity while reducing inflammation. When the body is in a fasted state, insulin levels decrease, which allows the body to burn stored fat for energy. This can lead to weight loss and improved metabolic health.

Intermittent fasting has also been shown to benefit for brain function. Studies in animals have found that intermittent fasting can increase the production of Brain-Derived Neurotrophic Factor (BDNF), a protein that plays a key role in brain function and the growth and survival of brain cells.

Overall, the science behind intermittent fasting suggests that it can be a powerful tool for improving health, dropping body fat, and preventing chronic disease.

How To Retain and Build Muscle While IMF

Retaining and building muscle mass during intermittent fasting can be challenging, but there are several strategies you can use to help preserve and build muscle tissue while still reaping the benefits of intermittent fasting. Here are a few ways we've found to do it!

- **Maintain a Consistent Exercise Routine:** Resistance training is crucial for maintaining muscle mass. This type of training gives your body a reason to maintain muscle tissue. Aim to lift weights at least 3-4 times a week, even on fasting days.
- **Consume Adequate Protein:** Protein is essential for building and repairing muscle tissue. Aim to consume enough protein during your eating window, ideally this is around 1g of protein per pound of body weight.

- **Consider Supplementing with Branched-Chain Amino Acids (BCAAs):** BCAAs are a type of amino acid that are particularly important for muscle protein synthesis. Consuming BCAAs before or during your workouts will help to minimize muscle breakdown during fasting periods.

Note: You may consume BCAAs during your fasting time because they have no caloric value.
- **Optimize Nutrient Timing:** Try to consume a larger proportion of your daily protein intake immediately after your workouts to help ensure hard working muscle tissue is fed and that adequate amounts of nutrients are available for maintaining lean mass. This is also a good time to take Creatine Monohydrate (**Creaload**) and Glutamine, (**Glutavol**).
- **Avoid Excessive Calorie Deficits:** While a calorie deficit is necessary for weight loss, excessively low-calorie intake can lead to muscle loss. Aim for a moderate calorie deficit and avoid cutting calories

too drastically. Most importantly make sure your daily protein intake is adequate.

By following these strategies, you can help to maintain or even build muscle mass while still reaping the benefits of intermittent fasting. However, it's important to remember that everyone's body is different, you may need to experiment with different approaches to find what works best for you.

What are the Different IMF Strategies?

There are several different strategies for intermittent fasting, each with its own unique approach to cycling between periods of eating and fasting. Here are some of the most common strategies:

- **Time-Restricted Feeding:** This involves limiting your daily eating window to a specific period, usually between 6 to 8 hours, and fasting for the remaining 16 to 18 hours. This is one of the most popular and easy-to-follow methods of intermittent fasting. For example, you might fast from 12am – 6pm and eat anything you'd like from 6pm – 12am. That's an 18 hour fast followed by a 6 hour “feeding window!”
- **Alternate Day Fasting:** This involves fasting every other day, with no restrictions on what you eat on

non-fasting days. For example, you might fast for 24 hours on Monday, eat normally on Tuesday, fast for 24 hours on Wednesday, and so on.

- **5:2 Diet:** This involves eating normally for five days of the week and consuming very few calories (usually around 500-600) on two non-consecutive days. For example, you might eat normally on Monday through Friday and consume only 500-600 calories on Saturday and Sunday.
- **Eat-Stop-Eat:** This involves fasting for 24 hours once or twice a week. For example, you might fast from dinner on Monday until dinner on Tuesday, or from breakfast on Wednesday until breakfast on Thursday.
- **Warrior Diet:** This involves fasting during the day and eating one large meal at night. Typically, you would fast during the day and eat a large meal in the evening, often within a 4-hour eating window.

Again, everyone responds differently to different eating patterns so pick one you feel would work with your lifestyle and give it a shot.

What Supplements Can I Take While IMF?

Supplementation while intermittent fasting is probably one of the most under looked components of maintaining or even building lean muscle while still Intermittent Fasting.

Let's face it, there are hundreds of supplements to choose from, so we've boiled it down to the ones we feel are absolutely necessary during your IMF journey.

- **Protein:** Protein supplements like our **Isofactor** or **Wfactor1 Bio-Blend** can help you reach your daily protein goals during your eating windows. Eating enough whole food proteins can be difficult in a short period of time and the digestion of whole protein foods can be challenging. Using a fast-

digesting Whey Isolate like **Isofactor** makes it much easier to do.

- **Creatine:** Creatine Monohydrate like Pureline's **Creaload** will ensure you maintain your muscular endurance and strength while in a caloric deficit. Creatine helps improve ATP production during training which allows for longer and more intense training sessions even during fasting! Use at least 5 grams pre workout and 5 grams post workout for optimal results. Also, since creatine does not contain calories, it will not cause you to break your fast.
- **BCAAs:** Branched Chain Amino Acids like **Pureline's "Branched"** are the building blocks of protein. Consuming BCAAs like our Branched Aminos (especially during your workouts) will reduce muscle breakdown and optimize recovery and tissue repair. The best way to take these is to mix 1-2 scoops in water and drink during your workout. The influx of BCAA's during training will help limit any catabolic effects that may occur because of your fasted state.

In short, this puts a stop to muscle loss. Also, since BCAA's have almost no calories they are safe to use during your "Fasting Window."

- **Multivitamin:** A well rounded multivitamin like our **MV3 or Diva Complete** will provide you with a full spectrum of vitamins and minerals to ensure you are covered with all the micronutrients and essential fats you may lack in your diet. Fasting can cause some minor deficiencies and a complete source of vitamins is a must.
- **Phosphatidic Acid:** Phosphatidic Acid, which is found in our **"Phosphajet"** compound is a noted and well-studied muscular enhancement aid which improves the body's ability to recover and grow due to its effect on Mtor signaling. Put simply, intermittent fasting can be a challenge to muscle mass and adding a scientifically based compound that increases the body's ability to recover, grow, and synthesize more protein is a must. Phosphatidic Acid is the perfect complement for anyone who is considering IMF due to the challenge of losing

muscle tissue during the fasted period. We've watched people put on lean muscle during a fast by using Phosphatidic Acid concurrently. Take 2 Capsules daily for best results.

Training During IMF - Cardio/Weight Plan

When it comes to designing a training routine while intermittent fasting, there are a few key considerations to keep in mind. Here are some keys to creating an effective and mindful training program.

Basic Tenants

- **Hydrate well:** Make sure you drink plenty of water and electrolytes throughout the day to stay hydrated, especially during your workouts. Dehydration can negatively impact your performance and recovery.

- **Adjust your Training Intensity:** Depending on how long you have been fasting, you may need to adjust your training intensity. If you are early in your fast, you may find that you have less energy and stamina, so consider reducing the intensity of your workouts.
- **Make Sure You're Recovered from Your Previous Workout:** Don't train a muscle that is still sore from a previous training session. Make sure you're completely well and recovered before engaging in a new session.

When it comes to strength training and cardio while intermittent fasting, the type of exercises and routine you should follow will depend on your personal fitness goals, schedule, and the type of fasting you are doing. Here are a few guidelines which will help you optimize your training and results.

- **Focus on Compound Movements:** Compound movements, such as squats, deadlifts, bench presses, and rows, engage multiple muscle groups

and can be more effective for building overall strength and muscle mass.

- **Prioritize **Progressive Overload**:** To continue seeing progress in your strength and muscle development, you'll want to focus on gradually increasing the weight or resistance you use for your exercises. You must give muscle tissue a reason to exist in the first place.
- **Incorporate **High-Intensity Interval Training (HIIT)**:** HIIT involves short bursts of high-intensity exercise followed by periods of rest or low-intensity exercise. HIIT has been shown to increase fat burning and improve cardiovascular health, an example is running on a treadmill for 45 seconds followed by 2 minutes of fast paced walking. This type of training is more conducive to fat loss than long slow walks.
- **Follow a Program Where you Perform Cardio and Weight Training 3-4 times per week:** Try to train

with weights Monday, Wednesday and Friday and then do cardio on Tues, Thurs, and Saturday. This gives you one complete day of rest on Sunday.

Sample Training Week

Day 1: Back, Chest, Biceps

Day 2: HIIT Cardio

Day 3: Quads, Hamstrings, Calves

Day 4: HIIT Cardio

Day 5: Shoulders, Triceps, Abs

Day 6: HIIT Cardio

Day 7: Rest

Notes on Recovery

Recovery is crucial when Intermittent Fasting, remember that because your caloric intake is on the average much lower than normal your recovery can be slower. The good news is that with proper supplementation, rest, and attention to how you're feeling you should be able to find your rhythm and experience all the benefits of IMF.

IMF has exploded onto the fitness scene and thousands of people all over the world have used it successfully to:

- **Lose Fat**
- **Decrease Inflammation**
- **Decrease Cholesterol and Blood Pressure**
- **Improve Digestive Health**
- **Improve Mental Wellness**
- **Increase Performance**
- **Build a Healthier Lifestyle**

Overall, the key to success with intermittent fasting and training is to be patient. It may take some time to find the routine that works for you, but with commitment and experimentation, you will find the perfect balance to help you reach your goals.

Best of Luck

Pureline Team