

Introduction to the LCHF Lifestyle & Fasting

LCHF stands for “Low Carb High Fat” and is Get2It’s recommended nutrition and lifestyle plan – followed by Tracy herself! The LCHF Lifestyle can also be complemented by Fasting.

What is LCHF and how does it work?

The principle of the LCHF Lifestyle is to focus on eating mostly whole and unprocessed foods, while increasing your intake of vegetables, reducing sugary and starchy foods. By following the general guidelines you will automatically be consuming fewer carbohydrates while feeling more satisfied and energised!

Is LCHF a fad Diet? LCHF is a Lifestyle, not a diet and closely follows what humans used to eat many years ago, rather than what our current dietary lifestyle is.

Do I have to count calories? No, you do not have to count calories.

Am I eliminating carbs? No, you do not eliminate carbs, you are reducing the amounts you consume.

Am I going to feel deprived? Followed correctly, you should not feel deprived - treats are allowed!

How does Fasting help? Fasting is a weight-loss tool which simply allows your body to burn off excess fat.

Why should I follow this Lifestyle?

- Lose weight and keep it off!
- Develop a healthy relationship with food!
- Reduce aches, pains and inflammation!
- Feel more energised!
- Live better and longer!

How does LCHF work??

- This lifestyle is the best way to manage insulin resistance and carb intolerances – reversing the lethargic feelings and quick weight gain.
- Eating the LCHF way re-balances your body’s blood sugar and hormone levels that control energy levels which in return allows your body to work the way it should (as a fat burning machine).
- Weight control becomes easier and you experience increased energy levels – freeing you up from low-fat calorie counting which leaves you feeling hungry and tired.
- Raised glucose and insulin levels are the enemy! Reducing carb intake and finding your personal carb tolerance level will get the glucose and insulin levels under control.

What should I eat?

- Natural, whole unprocessed foods
- Good quality protein
- Lots of veggies
- Lots of water

What shouldn't I eat?

- Breads, biscuits and bakery foods
- “low-fat” products and common vegetable oils
- Fruit juices and sodas
- Sugar and sugar substitutes

10 “rules” for LCHF...

- ③ Use whole foods rather than processed foods
- ③ Cut the carbs down...not out
- ③ Eat lots of veggies
- ③ Make fat your friend – learn how to eat the “right” fats
- ③ Eat good quality protein, but not too much
- ③ Eat only until your body tells you enough
- ③ Surround yourself with supporters
- ③ Rely on being organised with the right foods, not focussing on the “wrong” foods
- ③ There are 3 meals a day and falling off the wagon is ok as long as you can get back on
- ③ It’s not just about food. Other things have an affect too – alcohol, cigarettes, stress, sleep, exercise

Fasting in a Nutshell

Fasting can complement the LCHF Lifestyle by speeding up weight loss results. Simply put, fasting enables your body to burn off excess body fat. Fasting is normal and humans are designed to fast without detrimental health affects. Body fat is merely stored food energy – if you don’t eat, your body will “eat” these stores for energy. Fasting reduces the amount of food you consume and also gives you greater control over eating only when you are hungry.

The simplest fast is a “16:8 fast” – fasting for 16 hours and eat only within the other 8. For example, fast between 7pm and 11am and then eat only between 11am and 7pm.

Get2It’s LCHF Lifestyle Program

Get2It has developed a proven 4-week programme which is a great introduction to the LCHF Lifestyle. Tracy has included a wealth of information about all aspects of the LCHF lifestyle, including the lifestyle principles, fasting, tips and tricks for success, calorie counting (or lack thereof), detailed food lists and exercise plans. She has also included several record sheets to help keep you on track, goal setting information and a 4-week meal plan with recipes. There is also a private facebook group for support and Tracy is always available for additional help. Basically, this programme includes everything you need to know to get started – it takes out any guess work for you!

Further Resources

Get2It Website – www.get2itfitness.co.nz

Get2It LCHF Programme - <https://get2itfitness.co.nz/product/4-week-lchf-kickstart-programme/>

What the Fat? Website - <https://whatthefatbook.com/>

What the Fat? Books – <https://whatthefatbook.com/buy/>

