




Jaime Rose Chambers

The 16:8 Intermittent Fasting Lifestyle Plan



The complete guide
to 16:8 fasting for
lifelong weight
management and
good health



Introduction



As I write this, it has been just over 18 months since the release of my first book, *16:8 Intermittent Fasting*. Since then, I have marvelled at the growing interest in this health strategy. I've had feedback from patients who have incorporated intermittent fasting (IF) into their lifestyle, as well as strangers who have contacted me via social media to tell me all about their journey with IF. The most common thing I hear is how wonderful they feel – and as a health professional, nothing makes me happier!

Many patients come to see me because their GP or specialist has suggested they try IF – and many of my medical colleagues do it themselves. And my internet search of the term 'intermittent fasting' returned over 31 million results, which just goes to show the immense interest at the moment.

I've heard about the incredible outcomes of following IF: some people have been able to reduce their cholesterol, blood sugar or insulin levels; others report that their joints feel better and they have way more energy. Many also experience a reduction in their cravings for junk food. Under the guidance of their doctors, some people are able to reduce or even come off certain medications for blood glucose, cholesterol, blood pressure or headaches. Others who have struggled with weight management their whole lives have found that IF has helped them to maintain optimum health for the first time.

Some really interesting issues have also popped up over the past year or so, particularly about IF and its relationship to other more specific health concerns, including gut health, gallstone formation, polycystic ovarian syndrome (PCOS) and other hormonal conditions, as well as autoimmune conditions and fasting for weight loss while breastfeeding. I will cover all of these topics in more detail in this book.

As an accredited practising dietitian, the advice I provide is based on research. When it comes to IF, the evidence is still in its infancy as it's a fairly new concept in the medical world. Additionally, most of the research to date has been conducted on animals rather than humans. However, new research, particularly on humans, is coming out regularly, so we're learning more and more about the ways IF can impact our health. Plus, the research we do have gives us confidence that we are able to apply it safely in many instances.

As with any new health strategy, there is always scepticism. Some label fasting as being yet another fad diet – just another program to try and fail.



I feel very strongly that this assumption is wrong. My answer to those who raise their eyebrows is that it will be a fad only if it isn't approached in the right way. In clinic, my job is to be a nutritional Sherlock Holmes and identify which habits or behaviours are negatively impacting someone's health. Then, I offer suggestions about what adjustments can be made to improve this. Intermittent fasting is one of those suggestions. However, it's not for everyone. It's one tool in my clinical toolbox, and I most certainly do not pull it out for every one of my patients. It is also not necessarily superior to any other eating pattern – BUT it may be right for you.

This is because IF is much easier to sustain long term. It doesn't cut out or restrict foods and food groups or limit social occasions – restrictions that are generally the pitfalls of many other strategies out there. IF is a weight-loss tool, one of many that may work for you. It's a method for reducing your total calorie intake by eating within a shorter window of the day. It can also help to reduce your appetite, thereby helping you to manage overeating and over-snacking, naturally reducing your total energy intake over the day.



What shouldn't be forgotten, though, are the extra health benefits of IF – benefits that include reducing the risk of most major chronic diseases (some cancers, heart disease, type 2 diabetes) and neurodegenerative diseases (Parkinson's and Alzheimer's). IF may also assist in reducing inflammation and slowing down ageing. In my opinion, this makes fasting one of the single most powerful health management tools we have at our disposal. What's more, it's got to be one of the easiest to implement!

My advice for anyone wanting to try IF is to give it a good shot for at least four to six weeks. That's because, in my experience, most people find that it takes two to four weeks for their body to adapt to fasting. More often than not, after that period of time they report back to me that they find it 'easy', that they're not hungry during their fasting window anymore and that their appetite has reduced along with any cravings they were experiencing.

In my last book, I explored the 5:2 method of IF alongside the 16:8 method. In this book, I've decided to focus solely on 16:8 for a number of reasons. First, 5:2 is more than well-covered by other health professionals in a multitude of ways, so if you want to try it, there is plenty of information out there already. Second, in my experience, 5:2 is less appealing than 16:8 because it's generally trickier to follow, meaning there's a lot more room for error and a greater drop-out rate. It also requires more effort because you have to really plan for fasting days and meticulously count calories.

Finally, and most importantly, my mission is to remove as many 'diet' type behaviours as possible, and I believe 5:2 fasting contradicts this philosophy in many ways. Nonetheless, it is popular among some people who prefer to get their fasting days over and done with in two days and not have to think about it for the rest of the week. If you want to learn more about the 5:2 fasting method and find out how you can include it into your fasting repertoire, my first book not only outlines both popular fasting methods and how to introduce each, or a combination of both, into your lifestyle, but it also includes plenty of low-calorie recipes to help you through those 500-calorie fasting days.

For now, though, my focus is on making 16:8 as user-friendly and easy as possible, so that you can incorporate it into your lifestyle as a flexible and sustainable long-term health strategy. My hope is that this book helps you to seamlessly slot IF into your routine to not only make you feel fantastic, but also improve your overall health for life.

Jaime



Four-ingredient toppings for baked salmon

Serves 4

4 x 150–200 g salmon fillets,
with or without skin, bones
removed
flavour topping of your choice
(see below and opposite)



Beautiful baked salmon

One of my favourite quick meals for our family when I'm in a bit of a rush and have defrosted or (am lucky to have) some fresh salmon fillets is one of my go-to four-ingredient salmon toppings. It takes less than a couple of minutes to throw the ingredients into a small bowl, drizzle over the top of the salmon fillets and off they go into a hot oven until golden.

1. Preheat the oven to 200°C. Line a baking tray with baking paper and arrange the salmon fillets on the tray, leaving space between them.
2. Choose a flavour topping and mix all of the ingredients in a small bowl.
3. Drizzle or spoon the flavour topping evenly on top of each salmon fillet. Some toppings will be thick and sit on top of the salmon, others will be runny and will pool around the base of the salmon fillet. Both types will be delicious.
4. Bake in the oven for 20–25 minutes for medium, or longer if you like your salmon well done.

1 Yoghurt and herbs

150 g Greek-style yoghurt (no-fat, low-fat or full-fat yoghurt will all work here)

2 tablespoons finely chopped chives

1 tablespoon finely chopped dill fronds

juice of ½ small lemon

sea salt





2 Coconut korma

150 g coconut yoghurt
2 tablespoons korma paste
1 tablespoon lemon juice
1 tablespoon desiccated coconut



3 Garlic, mustard and lemon

1 tablespoon minced garlic
zest and juice of 1 lemon
2 tablespoons extra-virgin olive oil
2 teaspoons dijon mustard



4 Soy and sesame

1 tablespoon soy sauce or tamari
2 teaspoons sesame oil
1 tablespoon lime juice
1 tablespoon sesame seeds





Leftover chicken and veggie pie

Serves 4

extra-virgin olive oil
1 onion, roughly chopped
1 large carrot, roughly chopped
1 celery stalk, roughly chopped
sea salt and freshly ground black pepper
1 tablespoon plain flour (I add wholemeal spelt flour for extra fibre)
½ cup (125 ml) dry white wine
1 cup (250 ml) chicken stock
500 g shredded leftover chicken
⅓ cup (80 ml) cream
2 cups chopped leftover steamed or roasted mixed vegetables (see Note)
small handful of roughly chopped flat-leaf parsley
1 sheet premade puff pastry
1 egg, lightly beaten
1 tablespoon sesame seeds

To serve (optional)

side salad

There's nothing better than a homemade chicken pie, but it can be so fiddly and quite unhealthy once you add the creamy filling and all that pastry! My version is packed with leftover vegetables and shredded chicken, and the pastry is only used on top so you get to enjoy that golden pastry crunch, without all the calories of a regular pie.

1. Preheat the oven to 220°C. Use a pastry brush or paper towel to grease a pie dish with olive oil.
2. Place a large saucepan over medium–high heat and add 1 tablespoon olive oil, then the onion, carrot and celery and season with salt and pepper. Sauté for about 5 minutes or until the vegetables have softened.
3. Add the flour and cook until the mixture starts to clump and thicken. Gradually stir in the wine and bring the mixture to a simmer. Add the stock along with the chicken and stir well. Bring to the boil, then reduce to a simmer for about 5 minutes. Stir in the cream, then gently fold in the leftover vegetables and parsley.
4. Pour the filling into the pie dish and use the back of a spoon or spatula to distribute the filling around the dish. Set aside to cool slightly for 10 minutes.
5. Place the pastry sheet over the top of the dish and trim the edges, then press a fork all the way around to seal the pie and use a sharp knife to slice a small hole in the centre of the pastry to allow steam to escape.
6. Brush the top of the pastry with the egg, then sprinkle over the sesame seeds.
7. Bake for 25 minutes or until the pastry is golden. Slice the pie and serve by itself or with a side salad.

* *NOTE: Potato, sweet potato, pumpkin, peas, corn, zucchini and carrot all work well in this pie.*

Choc-dipped almond dates

Makes 12

100 g good-quality dark chocolate (I like Lindt chocolate)
12 Medjool dates
100 g natural almond butter
¼ cup (40 g) roasted almonds, crushed

I love to entertain and there are a few of my family members who have a number of food allergies and intolerances, so catering for them can sometimes be a challenge. These little delights are not only quick and easy but also gluten free, lactose free, soy free and low in refined sugars! Don't let that fool you though – they are one of my favourite little sweet treats.

1. Break the chocolate up into a microwave-safe bowl and melt in the microwave for 30 seconds at a time, stirring in between, until completely melted.
2. Make an incision with a sharp knife down the long side of a date, cutting just through to the pit. Remove the pit and set aside.
3. Fill the inside of each date with a heaped teaspoon of almond butter.
4. Dip nearly the whole date into the melted chocolate on an angle and place on a plate or baking tray lined with baking paper. Immediately sprinkle over some crushed almonds before the chocolate sets. Repeat with the remaining dates.
5. Place the plate or tray into the fridge for at least an hour to set. Store in an airtight container in the fridge.

