

THE METHOD®  
MONTE-CARLO



ST TROPEZ, 2018  
BACK TO OLD-TIME FRENCH  
HEDONISM



IT'S NOT WHAT YOU EAT  
IT'S HOW YOU EAT



ST TROPEZ, 1968  
FRENCH HOLISM



# VOULEZ- VOUS LE BODY?

## INTERMITTENT FASTING

It's NOT DIET IT'S A PATTERN OF EATING that reduces your eating window each day to about 8 hours.

No-one can dispute that the French have a more lay-back attitude towards food. I call the so-called French paradox of never dieting yet staying thin from puberty, pregnancy till menopause a lifestyle choice, I have now defined as "INTUITIVE EATING". What is intuitive eating? Well, it is a more holistic approach to weight management than following a diet plan, book or trend. **I.F.** is one of those things I've been doing intuitively for years without ever thinking about it or even Labelling it as a method or a system. It

## LE BREAKFAST et LE PETIT DEJEUNER

Lunch is the official Fast-Breaking Meal

Did you know **Breakfast in French does not Break-the-Fast**, instead it translates to the "Little UN-fast". So technically lunch, Le Déjeuner, is the official fast breaking meal.

I have been an athlete all my life, younger professionally, then later non-professionally, now professionally more than ever. One thing was for sure with my disciplines (Ballet & Pilates) arriving at 7 am or 8 am with digestive bloat wasn't going to do it. Today I condition professional athletes and it is the same for them, intuitively we work-out on an empty stomach. The physiological explanation behind it is: when you work out on an empty stomach you dig into your reserves, and burn that fat. But when you work-out after breakfast, you don't dig into your reserve and just burn a portion of what you just ate. But, intuitively, think about it: it never feels good to do cardio or Pilates jack-knives with a yogurt or a banana in your stomach. So it got me thinking, the French were on to something, as they always are, and I dug into it some more. **Intermittent Fasting is not a DIET**, as a matter of fact the reason why I started doing it is because I felt better and more energetic in the morning when I didn't put my digestive system thru the stress of digestion from the first hours of my day. Turns out back in the day the French didn't have baguette and croissant for breakfast, they had soup...during WWII they had a broth with the very small quantities of food they had left from supper. Incidentally soup is very light and easy on the digestive system. Again makes so much sense, why do you need to refuel with loads of protein and carbs from the morning, you just slept.

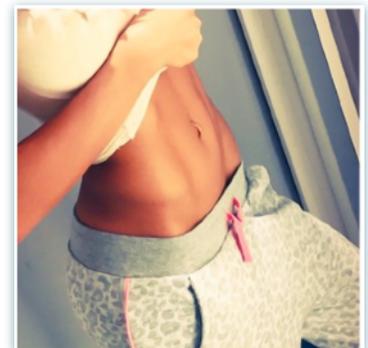
### WHICH INTERMITTENT FAST PATTERN DO I PREFER AND WHY?

I eat my normal amount of food in a smaller time frame. So you guessed it, the idea isn't to lower my caloric intake at all. I usually eat my first meal around 1p.m. and then I can continue eating until my final meal at 8 p.m. After that, I fast until the next day at 1 p.m. That breaks out to about 16 hours of fasting and eight hours of eating each day. I do this approximately 5 days a week, electing my days at THE METHOD® when I work-out with clients and need to do so on an empty stomach to start with. Week-ends is family time, and breakfast is a privileged moment for us to share together and linger at the table enjoying INULIN pancakes, chia seed puddings, fruits and eggs.

**WHY I.F ? 1) SIMPLIFY MY LIFE AND LOWER MY CORTISOL LEVELS (STRESS HORMONE)** I don't want to make decisions about what I'm eating constantly during the day. It narrows down the amount of stress you may be feeling about deciding whether you are going to eat healthy from the morning, and also prevents you feeling like shit about perhaps making the wrong choice at least one time during the day. That's the very French approach to eating and living : best ways to find happiness and success in life is to diminish unnecessary things we may worry about.

With intermittent fasting, I have been able to increase strength, reduce body fat, and maintain good health while spending less time eating each day. If you can get the same results by making life simpler and only eating twice per day, why would you make life more complex by eating three, four, or five times per day

**2) GIVE MY DIGESTIVE SYSTEM A BREAK**, with 3 meals a day and often a snack, seems like the digestive system is working overtime. **FASTING** allows for the body's enzyme system to focus on detoxifying and breaking down toxins in the body quickly and efficiently without the job of heavy food digestion. During fasts, toxins are being circulated in the body in order for our organs to de-arm them. Resting the digestive system lowers your cortisol levels to healthy levels, while a difficult or lengthy digestion will rise the levels to create insulin resistance, often responsible for that mid-section weight gain. Digestion all day long, is a form of stress imposed on the digestive system which will also contribute to insulin resistance.



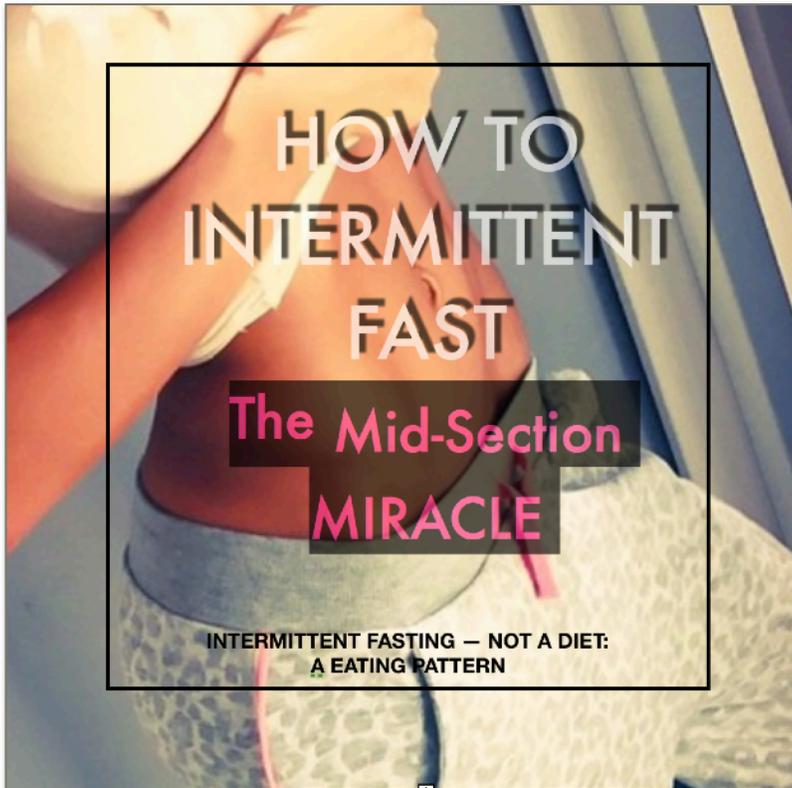
**3) CHANGES THE FUNCTION OF CELLS, GENES & HORMONES** – Since going thru so many motions of the feminine hormonal stages (from puberty, to motherhood, to miscarriages, to turning 30, to turning 37 and having an estrogen high and progesterone low, I've become so aware of how much HORMONES affect our weight, even more so than food. I find that INTERMITTENT FASTING rubs my hormones the right way, it allows blood levels of insulin to drop significantly which facilitates fat burning and human growth hormone levels increase by as much as 5-fold which can facilitate fat burning and muscle gain. And that's where **WORKING-OUT on an empty stomach** becomes so effective.

**4) INTERMITTENT FASTING TARGETS THE MID-SECTION & BELLY FAT**, this I experienced on myself when my hormones got out of wack, I gained mostly in the mid-section (the infamous love handles), I found that Intermittent Fasting combined with the right work-out (smart movements and less cardio and heavy work outs responsible for cortisol) **Helped my clients and I Lose Weight and Belly Fat** – Short-term fasting increases your metabolic rate by 3.6-14%, helping you burn even more calories. And by either skipping a meal (I only recommend skipping breakfast) you are also consuming less calories which means you burn more fat and lose some weight. The way you digest when it comes to hormones and hormonal weight-gain is way more important than what you eat. In other words, if you are one of those people who diet all the time, cut carbs, calories etc. and still cant lose that mid-section or the water retention in your thighs or arms, chances are your issue is hormonal and has to do with your digestive system and the stress you put it thru. **INTERMITTENT FASTING will reduce your insulin resistance, the huge culprit for those that don't eat much and yet hit a plateau with weight-loss.** Note: Stop thinking about magical diets and start a real dialogue with your body, the same way you try to with what you eat, you also need to attend to your hormones. Become aware of INSULIN resistance, it is often the culprit for mid-section and hips weight gain. When you cause insulin resistance from Cortisol Rising (causing your body stress thru intense work-outs, difficult digestion (excess intake of protein for example, or eating "crudités" raw veggies) get your abdomen to become a fat depot instead of allowing insulin to go where it is usually stored to be burned by everyday activity including walking, sleeping etc.

**5) I. F. IS GOOD FOR THE BRAIN** – I noticed this to be true for so many of my clients (especially my professional athletes and myself), when intermittent fasting increases performance during physical activity. It improves various metabolic features known to be important for brain health.

This includes reduced oxidative stress, reduced inflammation and a reduction in blood sugar levels and insulin resistance. Several studies have shown that intermittent fasting may increase the growth of new nerve cells, which should have benefits for brain function. The mind to body cognitive stimulation is swifter. In other words, the body responds better to signals sent by the brain. The energy level is also higher, the brain is less foggy and a lot sharper.

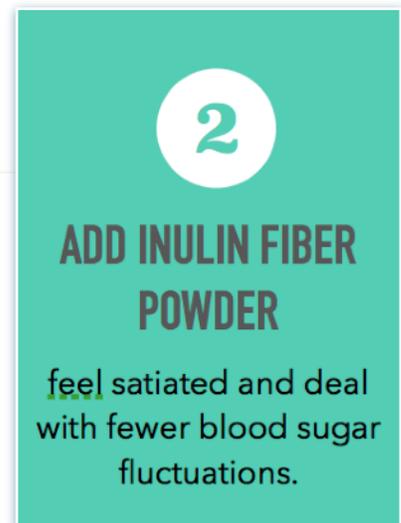




While INTERMITTENT FASTING is about FASTING, and there is a whole lot of benefits to Taking a digestive day of rest. I have incorporated my own way of taking a digestive Sabbath.

## HERE IS HOW

While I love the idea of I.T., I personally need to have coffee in the morning, so I've created this drink that works wonders for me and keeps me going till 1pm without any fatigue or hunger. And let me say right now COFFEE isn't the big bad guy it has been portrayed to be. For my athlete clients and myself coffee has proven itself to be an effective pre-workout booster for endurance, to give you that extra kick you need to push a little further. In fact it is proven that caffeine reduces adenosine levels, which helps delay fatigue and allows the muscles to produce more forceful contractions, for longer. Coffee works on two levels. Firstly, it blocks the neurotransmitters that promote relaxation, making us feel more aware and likely to push further and harder, making it ideal for endurance athletes. Secondly, it has the physical effect of helping us to burn more fat. When consumed pre-workout, caffeine causes fat cells to be used as an energy source. It also helps suppress your appetite and raise your metabolism, helping you burn more calories all day long. It provides the perfect energy boost you need after a long day at the office or to kick-start an otherwise sluggish morning workout, while boosting muscle endurance and strength. It can even keep you going beyond your pain barrier due to its abilities to slightly numb muscle pain.



**Those looking to lose weight need fiber in order to feel more satisfied and deal with fewer blood sugar fluctuations. When combined with water, inulin bulks up and forms a gel-like substance that expands in the digestive tract. This can help decrease appetite and cravings – potentially helping with weight loss – because it slows the process of food emptying from the stomach and takes up more volume, which decreases appetite hormones. It will also help feel less entitled to eating more or crave carbs because you fasted. Inulin will stress the digestive system less than GG crackers, and will demand no protein to be paired up with, as you simply mix it in your coffee**



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## THE METABOLISM BOOST

### INULIN COFFEE

You now know about the benefits of COFFEE on your metabolism, and you realize INULIN is indigestible FIBER that will not put your digestive system into overdrive but will make you feel satiated. It is a PREBIOTIC that attends to your good gut health and contributes to hormonal harmony, with almost 90% fibre by weight, offering a quick and convenient boost of fibre. It also releases "good signals" to your hunger hormone GHRELIN, telling it you don't want carb-rich foods so by the time 1pm lunch time rolls in you just really want good protein, a nice serving of veggies and perhaps a fruit or a yogurt as a probiotic.

So with that you can definitely give your digestive system a break by Intermittent Fasting with THE METHOD® twist: THE INULIN COFFEE BOOST.

#### WARNING ABOUT TRUVIA & STEVIA

Although being an "all natural" sweetener can cause the body to store Estrogen and can interfere with Progesterone as well.

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THE WAY TO EAT:

LIKE THE FRENCH

When time comes for dejeuner (break your fast), sit for lunch, take the time to chew, pause between bites, and INTUITIVELY eat portions of protein and veggies the portion size of your hand

2 scoops of PURE INULIN POWDER

1/4 cup of Cashew or Almond unsweetened milk (manufactured in E.U is preferable for vegetal milks) I use PLENISH +

2/3 cup of coffee: My preference is the hazelnut coffee by Nespresso

1 tsp of Sukrin Gold Sugar (I dislike Truvia it does have a higher trace of Estrogen , than Sukrin)