**REVERSE DIETING FASTED WORKOUTS**

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**Male speaker**: Welcome to the Chalene Show. Chalene is a New York Times Best-Selling Author, celebrity fitness trainer, and obsessed with helping you live your dream life.

**Chalene Johnson**: I assume that you have already listened to part one. If so, please proceed. If not, you should know that this is a two-part episode and it - you really do need to listen to part 1 before you listen to part two because this is a show all about intermittent fasting and flexible dieting. My guest today is an outspoken, sometimes controversial, and opinionated expert on intermittent fasting as a lifestyle.

Now, in the first episode, we explained everything you could ever possibly want to know about intermittent fasting, different types of intermittent fasting, how it affects your hormones, training, what type of workouts you need to do, how to limit your workouts. We talk about everything.

My guest is Dr. Sara Solomon. She's helped thousands of men and women cut back their exercise, increase their food take, and master their metabolism. She's designed jumpstarts and she's a lifestyle diet coach expert. She's authored several top-selling books in intermittent fasting, and she loves research. And that's why she's here.

Now, in this episode we pick up right where we left off in episode number one. And that was where I was asking Sara, "Okay - so, okay, how do you get started with this? Do you do it cold turkey or do you gradually ease yourself into it?"

In this episode, we'll talk about when you're supposed to workout, what to do if intermittent fasting isn't working for you, how to figure out your macros, and how to evaluate the best way to have a diet that works for your lifestyle and your personality. Some pretty cool stuff.

So if you haven't already, please be sure to listen to episode number one. If you have, then just a reminder of how important it is to perhaps evaluate that what we've been doing as Americans are "normal" way of eating, eating every couple of hours, starting off with a big breakfast, making sure that we're, you know, always planning a meal and counting our calories, and thinking about our next meal just a couple of hours from now.

Maybe, just maybe that's not working. We're more obese than we've ever been before. We're more obsessed with calories, and dieting, and exercise than we've ever been in our history. And clearly, it's not working. So perhaps we should open up our minds and consider something that isn't the norm, that stretches the limits of what we consider "normal" eating, and just have an open mind to the fact that we can look at - if what we're doing isn't working, we can and we should look at other habits when it comes to our nutrition and our exercise.

So without further ado, part two of Dr. Sara Solomon.

**Sara Solomon:** So what I would recommend is your first time trying it, remember don't freak out because most of the fast happens when you're asleep. So my advice is stop eating around, like, 8 o'clock at night. Go to bed, wake up the next day, and try to skip breakfast and just start eating at lunch. Maybe 11 if you need to eat at 11.

**Chalene Johnson**: Okay. So maybe start with 8 to 11. But if I only make it until 10, no big deal, right?

**Sara Solomon:** No big deal. In fact, you know what, give yourself a pat in the back because you did something incredible. You didn't eat, you know, for, like, 14 hours.

**Chalene Johnson**: Now, what about glucose, the glucose that we need in our brains? Because sometimes when I - when I first started doing this, and I don't know how much of this was just my thinking, but I felt like I can't make a decision. I'm so dumb right now. I can't even - don't even ask me a question because I can't think because I'm hungry. And I kept picturing in my mind this brain that was completely depleted of glucose, and that was why I couldn't make a decision.

How much truth is there to how it affects decision making?

**Sara Solomon:** I find that I'm more focused because when I'm fasted - when you fast, your body release these catecholamines, epinephrine and norepinephrine. And that just makes you very focused and alert. It's your fight or flight reaction.

That's why when our Palaeolithic ancestors were hunting after their food on an empty stomach, they were able to sprint and actually kill the animal and bring the food back to the camp for the women to prepare the food that they would have one big meal at night. Does that sound like intermittent fasting and fasted training?

**Chalene Johnson**: Yes. Okay. Let's talk about fasted training. What is fasted training and how do you recommend people approach it?

**Sara Solomon:** Okay, just to back-check so that people aren't going to think, oh, they're going to faint if they do the fasting.

Just so you know, there's a lot of glycogen stored in your liver. And your body will tap into that. And, you know, even if you do a crazy workout, you're really not going to deplete all of your glycogen in your liver. So - and even if you do, your body has other ways to start to, you know, replenish the glycogen in your liver.

So for example the lactic acid that's produced during the workout, that is actually a precursor for making glycogen in the liver again. The same is true when, you know, your body says, "Whoa, there's no - there's no sugar here. What are we going to do?" It's going to start breaking down fat for fuel, which is great because then we're going to burn fat. And that breaks apart, as you know, into three fatty acids and a glycerol, the glycerol is going to the liver to help make glycogen again in the liver so that way, your body always has an ability to regulate its blood sugar because it can keep breaking down glycogen.

**Chalene Johnson**: So does this process not happen if we are eating every couple of hours?

**Sara Solomon:** It suppresses your glucose, your endogenous glucose production which is why people are constantly creating carbs every few hours because you're suppressing it, if that makes. And you're very smart to - and intuitive to figure that out.

So if people are like, "Oh, I'm so hungry" ever two hours, yeah, it's because of the way you're eating. You're training yourself to be hungry every two to three hours. But because I don't eat for an extended period of time, my body's like, "Whoa, she's not eating. Oh, maybe the pancreas should secrete glucagon and tell, you know, the rest of the body to start breaking down the glycogen." And then, you know, glucose is made and it regulates the blood sugar again.

So as long as your pancreas works, then you're going to be able to fast. Unless you have a true hypoglycemia disorder or you're a diabetic, like a type 1 diabetic, then, no, you're not going to faint or pass out when you're fasting or doing fasted training.

**Chalene Johnson**: So do you have to - does fasted training, does that mean that I've got to work out first thing in the morning? And can I get results? Let's say that my window is from noon until 7, but I like to work out at 5. Am I going to get the best results with that or should I be working, like, in the middle of my eating window or should - in order to get the best results, should you be eating during a fasted period?

**Sara Solomon:** If you really want to burn fat and have a wicked workout, fasted workouts are so focused. They're amazing workouts. If you really want to burn fat, then you should train fasted first thing in the morning and you should time it, Chalene, so that you have at least two hours between when you finish the workout and when you actually start eating. And do you know why?

**Chalene Johnson**: No, I don't. This is interesting.

**Sara Solomon:** Because when you train fasted and when you fast, if your body releases growth hormone, and growth hormone is your star fat-burning hormone. Yatsy.

**Chalene Johnson**: It also makes you look younger.

**Sara Solomon:** It does. So fasting is all about anti-aging. I can get into that, too. We could talk for hours, seriously. But when your growth hormone levels go up, I mean, especially after you finish the fasted workout, if you stay fasted, you're going to benefit from the exercise-induced growth hormone surge, and you're going to burn all kinds of fat. But if you immediately start eating after your workout, insulin is going to go up, so it's going to immediately antagonize the growth hormone. So then, guess what, you're not doing anymore, you're not burning fat anymore.

So the only reason why fasting works is because the insulin levels get low enough that your body can finally go into fat oxidation mode, it can finally start burning fat.

**Chalene Johnson**: Interesting.

**Sara Solomon:** And so when you're fasted, when the growth hormone is up, you're now in a growth-hormone-dependent metabolism, meaning you're burning fat. But as soon as you eat, now, you're in - you're in a glucose-dependent metabolism. Your insulin's up and we now know that insulin is going to immediately tell the growth hormone, "Yo, bye-bye."

**Chalene Johnson**: Okay. This is very interesting. Okay, so some other common questions that people really were excited to hear the answer to, one of the common topics that people are really excited to hear you speak about was orthorexia. And I've never heard that term until I heard it from you.

Can you explain to us what that is?

**Sara Solomon:** The orthorexia nervosa, you just - you look that up and that's a picture of me from pre 2012. But there's not an official clinical diagnosis for it.

**Chalene Johnson**: Okay.

**Sara Solomon:**  But it's a very disordered eating pattern where your whole life is revolving around your food rules to a point where it actually interferes with your quality of life, it interferes with your relationships. If you break a rule, suddenly you self loathe and you feel like you had to start doing other things to make up for the fact that you've broken a rule.

For example - I don't mind telling you all my vices from back then, but for example, I've been - was binge eating on something. Then what I would do is I'd punish myself by doing an hour of cardio on top of already doing my workout for the day.

**Chalene Johnson:** Oh.

**Sara Solomon:** You know, I wouldn't be allowed to eat certain foods, so I wouldn't even have them in my house. I would avoid going out to restaurants or to my family's gatherings because I knew there'd be other food there. And I didn't want to be around it for fear that I might eat it. So you can see how this started to have an impact on my social interactions.

**Chalene Johnson**: Yeah. Oh, absolutely.

**Sara Solomon:** I would actually bring a cooler to restaurants with me because I couldn't order food in restaurants with my family. And I'd have to bring out my pre-made fish and asparagus.

**Chalene Johnson**: Even if they served fish and asparagus on the menu?

**Sara Solomon:** No, because there might be butter on it.

**Chalene Johnson**: And that was your thinking?

**Sara Solomon:** That's exactly how we were trained to think when we were competing. We wanted to win, right? I confess, looking back, I was - I didn't know any better. But that's what's given me such a great story now. Now, I have a story to tell because I've been there and done that and I know that it's completely unnecessary.

And the irony, Chalene, is that I look better today than I did when I was competing because I finally lost the stubborn fat off of my hips, my lower abs.

**Chalene Johnson**: Are you exercising less or more now?

**Sara Solomon:** I exercise to 20 to 30 minutes a day. And it's just - it's so laughable to me...

**Chalene Johnson**: Do you really? Don't lie. For reals?

**Sara Solomon:** Less is more. And this is my philosophy other than thinking critically, minimum effective dose to get results. If you learn two things from me today, critical thinking and minimum effective dose to get results.

**Chalene Johnson**: Okay. So when we apply that - I'm going to write this down. Minimum effective dose. That's so doctor-ish. Minimum effective dose to get results. So in other words, because here's a question I see a lot of people responding to is if I do this three to four times a week, will I see results? And I guess the answer, based on what you've just said is if it's - gives you effective results, then that might be the minimum dose you need.

**Sara Solomon:** Like my mom and dad only fast four days a week. You know, some people only do it one or two days a week. I've seen phenomenal results just with people doing it one day a week.

**Chalene Johnson**: Wow. This is great.

**Sara Solomon:** That's why I call it flexible fasting because it has to be what works for you, your sanity and your schedule. And that will be different at different times in your life. Like I've done different protocols, you know, over the past few years just because at different times in my life, different protocols were better for me at those times. So you're not set in stone. It's not like you always have to do one thing.

**Chalene Johnson**: And are there any studies that look at the long terms - long-term effects of intermittent fasting?

**Sara Solomon:** So you're talking more about the health benefits of it?

**Chalene Johnson**: No, actually any dangers associated.

**Sara Solomon:** Well, people have been intermittent fasting since caveman times. So clearly the human species did not go extinct.

**Chalene Johnson**: This is true. I guess that's why they refer to it as the caveman diet.

**Sara Solomon:** Exactly. So for me, one of the main reasons why I like fasting is because I hadn't been sick since 2012.

**Chalene Johnson**: Wow.

**Sara Solomon:** I used to get three nasty colds a year. And I haven't had any colds and my dad's asthma went away as well.

**Chalene Johnson**: You said - okay, I want to talk about two other things really quick before I forget. First, don't let me forget that we're going to go back to being righteous.

But before we go there, what type of foods does Sara get to enjoy now that you - in the past, you wouldn't give yourself permission to eat. Like, have your macros changed? And I know people are going to want to know what are your macros.

**Sara Solomon:** Excellent question. Okay. So if your macros gets a bad rep because people think it's a pop tart diet, if you've heard of people making reference to that.

**Chalene Johnson**: Yeah.

**Sara Solomon:** Now, my rule with the flexible dieting is that 80% of the food that goes into your mouth needs to have proper micronutrition so that your body can function optimally. It's just like what our mothers told us. You have to eat your fruits and veggies.

And then for the remaining 20% of your daily intake, have fun. So for me, I mean, my vices are popcorn, licorice, anything that my mom bakes. And I feel zero guilt about it. Because as I told you before, I look better today than I did back then.

The problem is when you demonize food. If you say, "Oh, you can't have cookies," this creates a disinhibition effect. So what happens is you end up wanting it more. So when you finally do cave in and eat it, you eat it in surplus, you binge on it. Whereas, if you allow yourself a little bit of that treat on a daily basis, then you never feel this need to binge on it.

So for example, I like to have a salad with croutons on it. Now, back in the day, God forbid, if I had had croutons, all the unicorns would have died. That would have made me want to binge on an entire box of croutons.

**Chalene Johnson**: I see.

**Sara Solomon:** So now that I have just croutons on my salad and in a normal serving size, I don't feel this overwhelming need to binge on a box of croutons. Does that make sense?

**Chalene Johnson**: Yeah, absolutely for sure. I want to read you a couple of comments if I can. Actually...

**Sara Solomon:** Yeah.

**Chalene Johnson:** ...just commentary. People are - a lot of people are saying, "I just started intermittent fasting. I love it. It's been very challenging sometimes while I'm at work, but I can't believe the results I'm getting." "I've been intermittent fasting for a couple of weeks now. I absolutely love it. It is easy and it works amazing with fasted training as long as you're tracking your macros. It's not complicated at all but it did take some time to get used to."

So these are all really - I'm not seeing to many - I'm not really seeing any negatives other than people saying it's really difficult to wrap my head around this because for all my life, I've heard eat in multiple meals, keep track of - you know, eat breakfast first, eat every two hours. So it's difficult to wrap my head around that. Plus the fact that we have been so conditioned for so many years to avoid fat.

So let's speak to fat. Do you - how much fat do you put in your diet? What's the percentage there and what type of fats do you consider healthy fats?

**Sara Solomon:** I want people to understand that what I teach them and how I approach it, I prioritize protein. I have a high-protein diet because protein converts satiety. And when you're dieting for fat loss, it helps to preserve muscle.

So I eat a lot of lean protein. I eat at least my body weight in protein. So I'm 125 pounds, so I'm going to eat at least 125 grams of protein a day.

**Chalene Johnson**: That seems like a lot. Or maybe not. Okay.

**Sara Solomon:** Not really.

**Chalene Johnson**: Yeah.

**Sara Solomon:** It really isn't. Because if you're - if you're eating protein in each meal, it adds up. And I mean, it's really easy to sneak protein in because you can make fun recipes with weighed protein. And I don't know about you, but I can easily pack back two Quest bars in a day, no problem. So...

**Chalene Johnson**: Heck yeah. That's true. You got a point there.

**Sara Solomon:** So protein can add up quickly. And I always tell people to prioritize eating lean protein and your veggies. And then everything else falls into place.

I believe when you're fasting, you should follow a high-carb diet. And I'll tell you why.

**Chalene Johnson**: What?

**Sara Solomon:** Because carbs are the only micronutrient that can boost your leptin levels. So you want to boost your leptin levels because when you boost your leptin levels, that converts satiety and it boosts your metabolic rate.

**Chalene Johnson**: Wait a second. I'm confused. I thought you just said that you preach a - leading with protein. But just now, you...

**Sara Solomon:** Yes.

**Chalene Johnson**: Didn't you just say...

**Sara Solomon:** Then my next priority is eating carbs.

**Chalene Johnson**: Okay, so first protein, then carbs.

**Sara Solomon:** My last priority is eating fat.

**Chalene Johnson**: Got it.

**Sara Solomon:** I probably eat about 25% to 30% for my fat intake when I'm having a high carb day.

**Chalene Johnson**: Okay.

**Sara Solomon:** And you have to pick your poison. If you're having a high carb day, you have to have low fats. If you're having, you know, a high fat day, then you need to have low carbs. You always keep your protein the same.

So the reason why I recommend carbs, and especially carbs at night which goes against everything we've been taught, is that we know that carbs will boost your leptin, which is your starvation hormone.

When you diet, your leptin levels drop down and that's what signals you to binge eat. And that's why when I was dieting for my competition shows - because I was always eating in a daily deficit, my leptin levels had plummeted so low that I was always getting the signal to binge eat because that's the only way I could survive. That's why it's called the starvation hormone.

**Chalene Johnson**: Right.

**Sara Solomon:** So the whole concept behind my philosophy is that at least once a week, I make sure there's a carb re-feed, meaning you eat a lot of carbs on purpose at your maintenance-level calories on purpose because the whole idea here is that we're boosting the leptin, and we're making sure we're getting that metabolism up and running, and we're going to have satiety.

The reason why I want carbs at night is - well, first of all, you're only getting one big dose of insulin secretion a day which is better for health benefits. Because when you have insulin levels chronically elevated, that is actually what's contributing to disease, chronic inflammation, aging, which is interesting because that's the exact opposite of what we thought we were doing by eating all the time.

The very protocol that was preached to us for years to prevent disease is actually causing disease. So by eating your carbs at night, you only have one big insulin secretion which is better for health reasons. And we know that it's going to boost the leptin, so that means six to eight hours later, when you wake up and you're fasted, you're going to have satiety **[to bring 0:18:52]** your fast.

**Chalene Johnson**: Okay. Quick question, what form of carbs are you eating?

**Sara Solomon**: I eat a lot of fruit because I’m a fruitaholic. I also like to eat healthy carbs, so I like oats. I also eat a lot of bad carbs because for 20% - that’s when I have my 20% discretionary calories is right before bed at night. That’s when I eat a big bowl of kid’s cereal or popcorn.

**Chalene Johnson**: Really? Are you serious?

**Sara Solomon**: Think about it, that’s what we all like to do. We like to get home from work and we like to pick out on junk.

**Chalene Johnson**: Okay. So then my next quick question is, what are your thoughts on going into a state of ketosis in combining that with intermittent fasting?

**Sara Solomon**: I’m not a big fan of ketogenic diets.

**Chalene Johnson**: And why is that?

**Sara Solomon**: Well, because I told you before when your carbs - your carb intake is low, you’re not going to be boosting the leptin levels. So it’s going to slowly overtime make your metabolic rate decline. If you want to have a robust metabolism...

**Chalene Johnson:** Right.

**Sara Solomon: .**..and you mixed the ingesting carbohydrates because carbohydrates will keep your metabolism humming along. I was in a ketonic state for all those years I was competing because that’s what it was preached to me a ketogenic diet. And it just makes you not to be able to handle carbs very well when you reintroduce them and you blow up.

**Chalene Johnson:** Yeah.

**Sara Solomon:** So I don’t recommend following a ketogenic diet on a daily basis. I think its fine to do it - like I said calorie and carb cycling I think that is fine, you know, every other day to have a low carb day, that’s totally fine. But you need to make sure at least one day a week you’re having a carb **[refill 0:20:19]** where you purposely eat a ton of carbs.

**Chalene Johnson**: Okay. This is...

**Sara Solomon**: But you have to have your fat slow if you’re doing that.

**Chalene Johnson**: What - and then that topic I keep forgetting to bring up is being righteous with food. That is my pet peeve. And perhaps it’s because I - and I share with my listeners I have this really negative connotation with the word diet, growing up my mom never talked about our weight. She was always very positive about her own body image and everyone else that she never ever spoke disparagingly towards herself or any other women, never.

So I think I have a really strong body image because of that. However, most of the women on both sides of my family was always overweight and always on a diet. And when they were they would - and I love all my aunts and uncles and cousins but I think sometimes when people get on diets they become righteous, and you’re like, “Really? You’re the person who has got the weight problem and now you’re going to look down at your nose at me because I’m eating this. I think I’m doing okay.”

But there’s always this like righteousness when people are on diets. And it is my pet peeve like I hate talking about diets. I hate it like when someone starts talking about like their particular diet and, “Oh, you’re eating that.” I just want to like punch them or leave the room because it feels so righteous to me.

And that’s why I love when people have adopted a diet and they recognize it works for me. I’m not saying this - now everyone’s supposed to eat.

So speak to us about how you feel in terms of being like righteous today and how you’re thinking back when you were, you know, in that stage of orthorexia.

**Sara Solomon**: If you have met me prior to 2012 when I had orthorexia nervosa you would have punched me. You probably have punched me a lot. So, yeah, every time I **[use that 0:22:16]**, I’m embarrassed to say that that was me back then. And, you know, I’m aware of that now. So that’s why I really believe in a flexible approach to this paradigm. I don’t ever want to preach, this is the only way you can do it or get lost. I think there’s more than one way to approach anything in life.

And I think everything always has pros and cons, you know, always find studies for and against anything. And really at the end of the day the only diet that’s going to work for you is the one to which you can adhere long-term and that’s going to evolve over time.

**Chalene Johnson**: Yeah, yeah. Right.

**Sara Solomon**: It’s not necessarily going to be the same thing.

**Chalene Johnson**: Thank you. Thank you. Yes. So true. I - my husband and I were on a double date with a couple and they dropped off bread at the table. Now no one even reach for it but the husband said to the wife, “Honey, we’ll have bread on Thursday.” I’m like, “Oh, you got to be...”

**Sara Solomon**: Are you kidding me?

**Chalene Johnson**: This is the new we wear pink on Wednesday like what, we’ve decided there’s a day of a week we’re going to have bread and you’re going to announce it. Oh, God I would have punched him in the head but I didn’t.

I want to read you this comment from one of my Facebook fans. And we are going so long. But I don’t care because I’m super duper still curious, so I know everyone who is listening still is. You can put us pause and finish it later if you want.

**[Angel Dorth 0:23:26]** says, “I am one of those people who obsesses about food. What to eat all day long and when I hear the word diet I seemed to want to eat everything even if it’s not delicious. Something in my brain that switches and it says, “What? I can’t have that? Well, then I want to eat that and that and that. And I want to eat all of it.” When I give up on a diet then my brain calms down and I don’t eat the entire house.” So what is her eating style?

**Sara Solomon**: So this is exactly what I told you about with the disinhibition effect. Once you follow a meal plan or diet it is actually telling you to demonize all food that’s not on the diet or the meal plan that’s when you are pretty much destined to fail. And that’s why I love my fasting lifestyle and the flexible dieting because it’s not a diet.

**Chalene Johnson:** Yeah, a lifestyle.

**Sara Solomon:** It’s just like when you eat and when you don’t eat. And it doesn’t tell you that you can’t eat carbs or you can’t eat this food or that food like if I actually divulge the truth as to what I actually eat you’d all be shocked that I look the way that I do.

**Chalene Johnson**: Well, I’m glad you say that.

**Sara Solomon**: Considering the junk that I eat.

**Chalene Johnson**: I’m glad you said that because your body is rocking and amazing. And I think a lot of people feel like they have to work out longer and harder in order to - and eat lesser to get the results that they want. And I know that when I was at my highest percentage of body fat I was working out probably three times a day and I had brought my calories down to something close to what you were eating because I was like, “Wait, I’m gaining weight and I’m gaining body fats. So this just must be an equation here. So I’m just workout more and I’m going to eat less.”

And what was going on was number one, my body was under attack and I was under a great deal of stress. I was filming and conducting test groups for another infomercial. And so it wasn’t - I wasn’t working out three hours a day to - because I was trying to get in better shape. I was doing it because I felt like I had to be a part of those groups with those people and to bond with them. So I was over exercising.

And because at the same time I was gaining weight and body fat I was like, “Well, I guess I just - I can’t workout more. So I guess I better cut back.” And the stress that put my body under and to think that so many people are in that state right now where - and it’s got to be depressing. And I just want them to know that if you just first of all say, “I am lovable and I am freaking awesome no matter what my body looks like, no matter what my body percentage is - body fat percentage.” And you just start taking care of yourself and worrying less about it. And start reinvesting in self-care in your relationships it is crazy how everything falls back into place.

**Sara Solomon**: I absolutely agree with that. And I mean, the problem with this whole - actually I went through it. And there’s a - they have a term that they call it - they call it metabolic damage. And I’m one of these metabolic damage survivors because I learned how to reverse diet myself out of my dieting mistake. And it is possible to recover. You can slowly add back your calories and slowly taper back your exercise duration until you finally get to a normal baseline level, again, without gaining a ton of weight in the process.

The mistake that the competitors make when they have obviously slowed down their metabolism so much with under eating and overtraining is that they immediately return to baseline training and calories. And you can’t do that because you’ll blow up. So you have to reverse diet and reverse train.

**Chalene Johnson**: What does that mean? What does reverse dieting mean?

**Sara Solomon**: Reverse dieting is actually more painful than dieting in my opinion. Because what you have to do is slowly increase your calories, increase your carbs very slowly week by week until you get back to your baseline amount of calories and carbs that you were eating before you started dieting.

**Chalene Johnson**: Okay. Okay. So let me just give you hypothetical. So I just finished - I’ve just - let’s pretend that we’re not talking about someone who’s doing a competition but they’re following a very particular diet plan and maybe it’s even a diet plan designed by somebody who’s a competitor. So it’s a certain regimen of training, a certain very restricted regimen of eating, small portions, small macros. And they, you know, loose a ton of weight and they’re really excited about their results. But they know they can’t maintain this lifestyle.

So what you’re saying is now you’ve hit your goal weight or whatever, your diet is done, it’s day 32, its day 21 or whatever. What you’re saying is rather than returning to regular life you kind of go back in a reverse slow, steady...

**Sara Solomon**: Bingo.

**Chalene Johnson**: Okay. And over how - what period of time?

**Sara Solomon**: It took me probably about two to three months to reverse diet myself with my situation.

**Chalene Johnson**: Okay.

**Sara Solomon**: And it’s discouraging the whole entire process is just discouraging but you have to have the faith. But the good thing about reverse dieting is that you’re know you’re going in the right direction because instead of doing 60 minutes of cardio a day, you know, then you tapered back to 45 minutes and then the following week you’re doing 35 minutes. And then eventually you’re doing what I do which is now you just do a 20 to 30 minute hit workout that compasses your strength training and your cardio training. And one convenient time-saving session.

If you had told me I could look this good exercising 20 to 30 minutes a day and eating cereal, you know, I would have said, “You are crazy. Crazy.” Add crotons.

**Chalene Johnson**: You’re making me laugh right now. Well, I think that’s - I think that’s going to be inspirational. The message here is there isn’t one size fits all. Live your life, enjoy yourself, figure out what works for you, factor in your own personality and the way we eat and the way that we view food has so much to do with our childhood and our experiences with food, our experiences with the word diet, our own experiences when it comes to self love and our body images and they way people have accepted us. So there’s so many variables that is why it is just not responsible to claim that there’s only one way to do things.

**Sara Solomon**: Thank you for saying that. Mazel tov. I really appreciate that you said because as again, what you’re saying that righteous notion that it has to be this way or take a hike. And I really like that this is really about making this a diet for anybody. I don’t even want to call it a diet.

**Chalene Johnson**: Well, it’s a light diet lifestyle it’s a way of eating. And that I guess is we can define as being a diet not being on a diet.

So tell me, if I want to everything there is to know you’ve written a book I actually have it printed out here on my desktop. Because Bret was saying, “I want to ask her about this, this and this.” I’m like, “Well, why don’t you read this? Look at this book.” So tell us about what you - where people can learn more about you and the programs you offer?

**Sara Solomon**: You can go to drsarasolomon.com. And I recommend you start off by signing up for my free Intermittent Fasting tutorials directly to your inbox.

**Chalene Johnson**: Is that video or is that written? What form does that come in?

**Sara Solomon**: It’s written but I’m also working on a video one. You’ll see it right on my home page. Every Friday I post a fast Friday FAQ. You’ll see it all over my social media too. But that’s a written format with the tutorials. There’s about 20 written tutorials. And they’re comprehensive. Like when I write I’m a nerd and it’s very comprehensive, it’s always evidenced-base, I give you the links to the research that I found. That’s at startfastingtoday.com because I learned from Chalene that you make a domain name for each different premium that you create so.

**Chalene Johnson**: That’s easy for people to remember. It’s startfastingtoday.

**Sara Solomon**: Dot com.

**Chalene Johnson**: Dot com. Okay. And then, you know, if someone like, listen, you know, I just - I want to buy the book. What is the Mack Daddy book? The one that tells you everything you could possibly need to know, so you can evaluate all the different types of protocols because that’s what I love is you lay them all out. And I love that you go through your own experience in the book. And you’re like, “Okay, I did this. This did not work for me. Maybe it will work for you. Here’s another form.” And you kind of help people identify which intermittent fasting protocol is going to be based on their personality, their lifestyle, their work schedule, et cetera?

**Sara Solomon**: if you want to just get right down to brass tacks with the protocols and learning how to the macros and calories, then I would recommend Fat Loss Fast One. And that’s the kick start practical guide that will teach you four different protocols and it will teach flexible dieting.

But if you want to learn the theory like for example the health benefits of fasting or you want to be able to get information on, you know, what are the myths surrounding fat loss. And can we start debunking all the myths circulating around fasting. Then you’re definitely going to like the Fat Loss Fast Two. That’s a huge book. It’s like almost 400 pages. It took me two years to write that.

And it’s the theory book. So everything you could possibly want to know about intermittent fasting is in there.

**Chalene Johnson**: That’s for me. See, that’s for me. Because I don’t like rules and I need to know why. Why is this is something I should consider? Like I’ve shared with my audience many times, I had heard for many years when I was a diet coke junky that, you know, it’s not good for you its chemicals. And I was like, you know, “Maybe but I’ll be fine.” And I would drink gallons of diet coke. This is like in the ‘90s. I was a personal trainer and I would go drive from one client to the next client with this big giant, big gulp filled with diet coke because I’m like it’s zero calories.

And it wasn’t until I started really looking at the research myself that I was motivated to make that change and to drop it. But just hearing other people saying, “That’s not good for you,” it wasn’t enough. I’m the kind of person I want to see the science. And that’s a very motivating away for me to change.

**Sara Solomon**: I agree. For me I didn’t really want to even announce that I was doing this until I had done my homework. And I think that it’s important that when you are teaching a concept to people that you actually present both sides of the story I think you should always play devil’s advocate. So that way they could make the best choice given their unique situation.

**Chalene Johnson**: Have people told you that you remind them of Whitney Cummings?

**Sara Solomon**: No. I don’t even know who that is. Who’s that?

**Chalene Johnson**: People are not going to pick up on it from this interview but you want to become a fan of Sara’s YouTube videos and go to her website because you’re a full blown comedian like - and she’s a great comedian. You’re kind of look alike and you just remind me of each other.

But I think that’s a one piece people probably won’t understand until they go and spend some time on video with you. If you - if you want to be in - and it’s how I found you. Recently I had someone call in to my Build Your Tribe podcast and asked, “Chalene, what makes you take notice of a YouTube channel and subscribe and visit often?”

And I said, “One word, comedy.” Like if you can make me laugh and entertain me and educate me at the same time I’m your girl like I’m there. If it’s not funny there’s somebody else who can share the same thing with me and also make me laugh. And Sara you are so funny. And your mom is so funny. And that’s what I love about your videos.

So everyone I encourage you to go check out her YouTube videos. And Sara, thank you so much for putting up with my 5,011 questions and if you want to know more, check her out.

**Sara Solomon**: Thank you Chalene. I am so excited to talk about this. I know this is going to help a lot of people.

**Chalene Johnson**: Yeah. It’s awesome. Thank you so much Sara. We’ll talk to you soon.

**Sara Solomon**: Bye.

**Chalene Johnson**: Bye. Hmm. Pretty interesting. Listen I just want to say as a disclaimer again I’m going to bring you experts. I’m going to bring you people who do the research, who walk the walk, who have been able to maintain their lifestyle for years and who’ve helped 100 if not 1,000 of other people. I do so not to put you on a diet. I hate diets. I don’t want you to go on a diet. I do so because I want to expose you to the vast array of different ways you can eat and live and not have to go on a diet and not have to be consumed with how you’re eating and when you’re eating and what you’re eating and your body image and exercise and all those things.

I want you to just give a little live life and not have to think about it so much. So I just want to say that I’m not putting my stamp of approval on any experts I have on the show. I myself have been experimenting with what’s going to work best for me.

Full disclaimer when I had Melissa McAllister on my show. She’s one of the very first guests of the Chalene Show. That was one of the first times I’d even ever heard about intermittent fasting. And when I did I thought, “Well, I think some form of this could work for me.” And it does, it’s nothing close to what Dr. Sara Solomon does but it’s my own version of it. And I stick to it probably - I don’t know, five, six days a week.

I’m just - I just really think it’s best to live life. I don’t get freaked out if I missed a workout. I don’t freak out if I eat something that’s, “Considered unhealthy,” it’s like I just want to live my life. I want you to live your life.

I hope that you enjoy these episodes. It seems to me you do they tend to be our most popular episodes. And I think that’s because so many of us are looking for balance. And it would be so awesome to have like one less thing to worry about and something that makes you feel empowered and good about yourself and healthy and that’s just the bottom-line.

I want you to feel healthy and beautiful and love your body and love everything that’s on your plate. And be excited to wake up each day and to feel powerful and strong and to take care of yourself and most of all I want you to have the energy you need to exercise. Because I really do, I love exercising, I love the way it makes me feel, I love how productive it makes me, how energized, passionate, patient, all of those things.

So, you know, I’m just going to put it out there that I want you to evaluate these things for yourself because I love you. I really do, I mean that.

So thank you so much for leaving me your messages on SpeakPipe and as always thank you for sharing this show with your friends. And oh, my gosh, thank you for the reviews you leave on iTunes every time you write me a review on iTunes I love you because it helps the show rank and that’s how we reach more people and that’s how we help the world. You are the bomb dot com.

**[END OF RECORDING]**