

## **TIME CONTROL**

### **TIME IS THE BIG SECRET:**

Divide your day into two parts.

12 hours day and 12 hours night.

Your metabolism has a 24-hour hormonal cycle or circadian rhythm.

### **WAKE UP:**

Take note of the time. Your day involving food starts now for the next 12 hours.

For example, if you wake up at 06:00, you should have dinner by 18:00.

**BREAK YOUR FAST:** Take a **protein** after waking up within the **first 1/2 hour** - it activates a slow metabolism.

NB – this Protein doesn't count as breakfast!

### **FOOD CUT-OFF TIME:**

- **4 hours** after waking up: NO more carbohydrates.
- **8 hours** after waking up: NO more fat.
- **12 hours** after waking up: NO more protein.
- **24 hours:** Vegetables.

**START YOUR FASTING:** Ideally, stop eating 4 hours before bedtime. No more food after dinner! If you're hungry, you can have Vegies. You are allowed 9 cups of greens daily.

**SLEEP: 6 to 8 hours** in a dark room – during deep sleep, glucagon is released from the fat of your fat cells to burn energy. The body restores itself and builds lean muscle mass during deep sleep.