

Healthy and sustainable weight loss through interval methods / 3 x 16 - method

Introduction and basics:

Constant weight gain, metabolic problems and arterial hypertension are decisive risk factors for heart attacks, strokes and dementia. Insulin resistance and the resulting increase in visceral fat ("abdominal fat") are among the most important factors. Insulin resistance often precedes diabetes mellitus for years. Cancer is also more common with insulin resistance, and the prognosis after treatment is worse if insulin resistance is not treated.

What is the cause of insulin resistance?

Due to genetic predisposition, some people react with an increase in abdominal fat if they consume too much carbohydrate. The reason for this is an increased insulin excretion after carbohydrate intake. Ultimately, insulin resistance with the usual 3 x daily intake of carbohydrates means that the body never "cleans up" its "garbage" and "carries it out of the house", i.e. more and more of it is accumulated as abdominal fat. The advantages of interval fasting and thus of the 3 x 16 method were confirmed in 2016 when Prof. Yoshinori Ohsumi was awarded the Nobel Prize for Medicine in 2016 ("Autophagy as a natural body's own refuse collection").

How do we get our bodies to break down abdominal fat?

It has been known for many years that the ketone phase only begins after a carbohydrate fasting phase of at least twelve hours, i.e. only then pathological fats and proteins are burned. The method leads to a change in the metabolism, which can also influence the appetite behaviour in the right direction.

How does the interval method 3 x 16 work?

A duration of at least 16 hours should be achieved per week on at least 3 days, during which no carbohydrates are supplied. In order to implement this consistently, it is important to remember where carbohydrates are contained:

Not only all cereal products such as bread, muesli and flakes contain carbohydrates, but also all fruits including fruit juices, lemonades, of course every kind of sugar, milk (lactose) as well as processed products such as sausage and all finished products, which today are practically always enriched with sugar.

Foods such as leaf salads, cucumber, broccoli, Chinese cabbage, courgettes, oils, lactose-free dairy products and foods such as eggs, fish and (lean, unbreaded) meat are largely carbohydrate-free. The small amount that can be contained in tablets is insignificant. Alcohol counts like a carbohydrate.

Of course, if breakfast is important for your quality of life, you can simply skip dinner. What matters is that you have at least 16 carbohydrate-free hours, including the night. If you had eaten last at 4 p.m. in the afternoon, you would have entered the ketone phase around 4 a.m. (and overslept to do so). Before 8 a.m. you should not eat anything.

Who should seek medical advice before starting the method?

Diabetics often experience a reduction in the amount of medication they need, e.g. insulin. More frequent BG measurements are therefore advisable, especially at the beginning, as well as consultation with your family doctor. This also applies to all patients with serious illnesses. Positive effects can also be seen with regard to blood pressure and blood lipids as well as inflammations. We do not recommend this method to pregnant women and people with eating disorders (e.g. bulimia, anorexia).

Results of the "3 x 16" method:

With this method it is possible to lose between 3 and 5 kg within 8-12 weeks in a healthy way and without risk of malnutrition. This means that only 48 hours of the total 168 hours of a week need to be used to limit carbohydrate intake. With modified use (e.g. as "5x18"), faster and stronger weight loss, especially of the dangerous abdominal fat, of up to 20% of the body weight is possible.

You can continue to enjoy pleasant living habits such as eating together in the evening, weekend celebrations and eating carbohydrate-containing foods such as pasta, potatoes and rice outside the carbohydrate-free times. The long-term success of this change in diet is significantly greater and above all more lasting than that of conventional fasting diets, without the well-known ping-pong effect. The "3 x 16" method often improves the enjoyment and joy of food, and the sense of taste is refined. A further desirable and reinforcing positive effect: Many test persons begin also again, to drink tea, coffee or sweets without sugar also outside the 3x16 times schedule. Weight loss relieves the strain on the joints, inflammations subside more easily, and exercise and sport become more enjoyable again. The previous successes and experiences with the method speak for a reduction in insulin resistance and visceral fat, and thus an improvement in well-being as well as physical and mental performance.

The main advantages are:

- The method is simple and leads to visible and noticeable success.
- Especially abdominal fat is reduced
- The body's own natural "garbage disposal" is activated (autophagy)
- You quickly feel fitter and physically as well as mentally more powerful
- It is easily adaptable to your personal wishes and lifestyles
- The risk of cardiovascular diseases and strokes decreases
- And finally: It costs nothing!

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