



# THE ART OF HEALTHY EATING

FOR EVERYDAY  
NUTRITION

BLANCO  
PERSONAL FITNESS

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## RIDING THE WAVES

*“It isn't by getting out of the world that we become enlightened, but by getting into the world...by getting so tuned in that we can ride the waves of our existence and never get tossed because we become the waves.”*

*— Ken Kesey*

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# THE ART OF LOVING YOUR FOOD

Welcome to The Body Designer Kitchen. Today you will learn the art of eating healthy and discover the unique and revolutionary method based on scientific principles that I've been following for over 8yrs.

You will finally find freedom from food and weight obsession, by knowing when to eat, what to eat and how much is enough.

You will NEVER have to diet again and  
you will eat ANYTHING you want

This is NOT a diet, in fact, dieting goes against everything I believe. Many of you have spent your life trapped in a painful and unrealistic diet lifestyle that you can never sustain for longer periods of time.

Living in this culture, many of you have learned many things that are not only incorrect but also dangerous. In particular, you have to recognize that just because everyone says that fat is bad and diet is healthy, that does not make it so.

How do you stand alone against a tidal wave of propaganda that is fueled by the diet industry?

I believe dieting is dangerous for your health and One size DOES NOT fit all. And as we go on, we will explore the fundamental reasons why I completely rebelled against following any diet and why I want you to do the same.

There are many reasons why you became addicted to diets and to food, but you will be able to solve your problem with weight loss even before you understand all the emotional issues that led you to gain weight in the first place and feeling unhealthy for so many years.

# THE WEIGHT LOSS TRAP

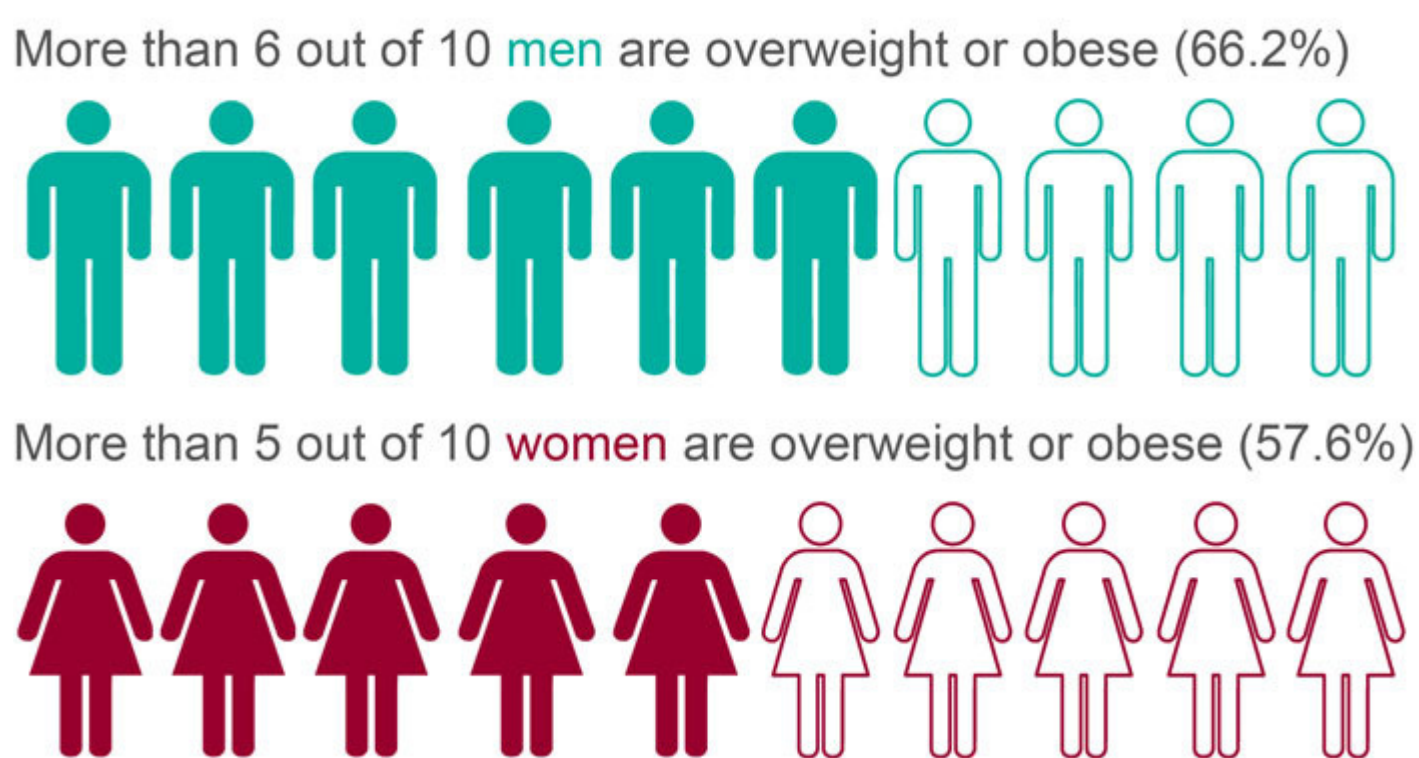
## WHY YOU'RE NOT

## LOSING WEIGHT

BY CAROLINA BLANCO

Every day, it seems, we hear about some splashy new diet trend or read a friend's social media post about a food that's magic for weight loss.

"So much of the advice out there is theoretical or trendy but not safe or logical, based on how the body really works," says Health's contributing nutrition editor, Cynthia Sass, RD. If diets don't work, Why do we keep doing them?



My approach is designed to tell you the truth about diets and show you the damage caused by years of food restrictions and how they can be dangerous to your health.

I will teach you how to feel in control around food, to understand the science behind eating what your body needs, and to recognize that there's nothing wrong to ditch the diet once and for all.

I see people all over the world spending most of their life signing up for weight watcher's programs, Paleo diet, Atkins - you name it - and had failed in every single one of them.

Sound familiar? But none of them teach you how to live comfortably in a world of food.



# FIGHTING

# AGAINST DIETING

BY CAROLINA BLANCO

My own experience with dieting was the same experience of thousands of people around the world. It is clear to me that diets simply do not work!

Everyone loses weight...and everyone gains it back. Indeed, the fact that 95 % of all dieters regain their weight, of which \$60+ billion diet industry is built.

My point here is, if diets worked, there would be no diet industry, Don't you agree?

Every diet is premised on two beliefs: That you are not okay with the way you look and that food is the reason why you are unhappy with your body, and so you need to follow a strict plan to protect yourself from feeling that way.

What I want you to understand is that every time you start a new diet, you are seeking a feeling to be accepted, confident and happy - but in the end, you get neither.

Once you decide to rebel against the totally senseless and bullsh\*t rules of dieting you will find the balance you need to live without food restrictions and weight loss obsession and finally regain the confidence and health you've always desired.



# FEEDING MY BODY

# NOT MY EMOTIONS

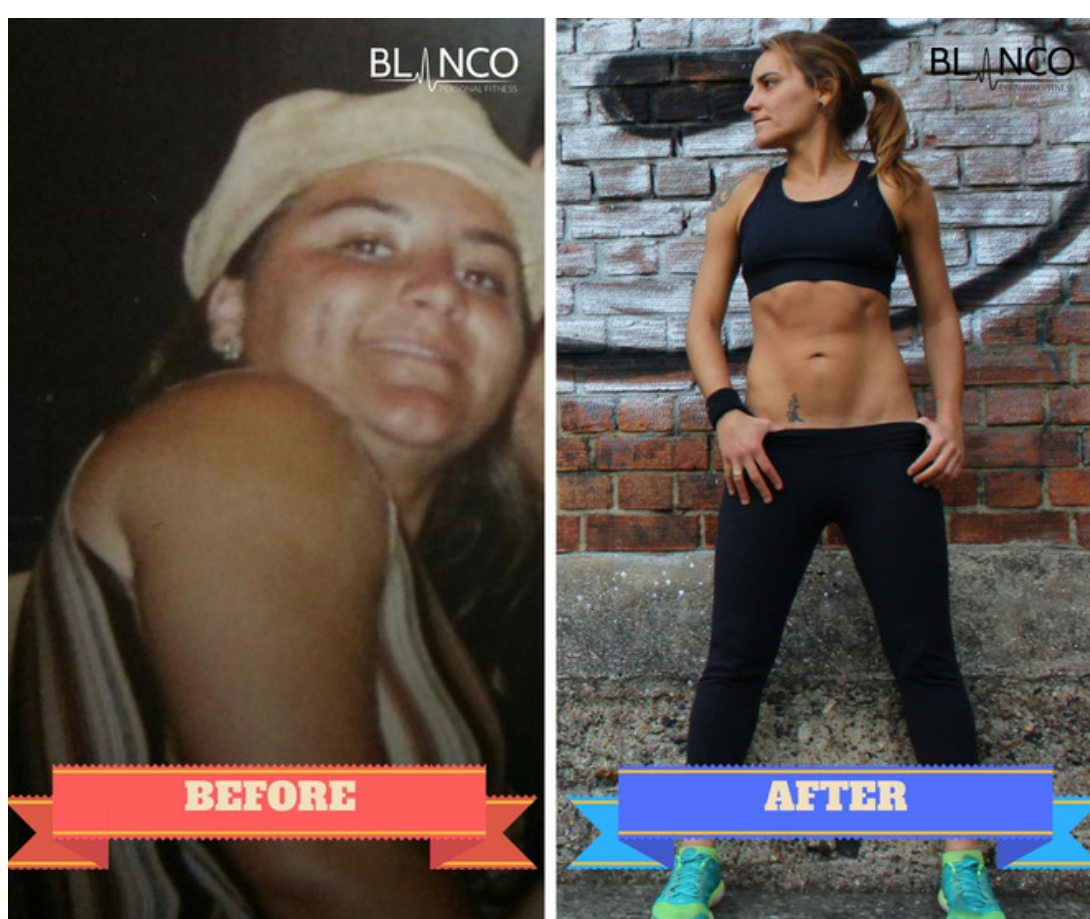
BY CAROLINA BLANCO

My goal is to teach you how to think about food, not as your enemy, but a way to satisfy your physiological needs, and to eat whatever we are hungry for, whenever we are hungry. No more food restriction, no more diets, no more failures.

Allow yourself to eat when you feel hungry reestablishes the basic hunger/food connection that was destroyed during your years of food restriction and diets.

The more you become aware of your emotions and physical needs, the less likely you will be turning to food for reasons rather than hunger. You will feel less anxious about what you should or shouldn't be eating. Can you imagine living your life without having to constantly think about food? Can you imagine thinking about your emotions and accepting yourself, rather than eating about them?

I still remember my dieting days, and how it used to make me feel constantly unhappy about myself, self-conscious about my body and worried about what I should or shouldn't eat. The truth is - I was constantly thinking about food.



The day I decided to rebel against any sort of diet and faced the fact that diets don't work, and that they actually make me eat more, binge more, worry more about my weight was a beautiful moment in my life.

Would you like to know what happened after that day?

Here's what happened: I lost two stones since then, and I now eat anything I want and whenever I want, I feel confident about my body and in control of my health.



# IT'S YOUR BODY

# AND YOUR LIFE

BY CAROLINA BLANCO

How can you be sure you will get the same results? You can get the same results by following three essential rules:

- Trust yourself
- Have the courage to be different
- Have the patience to get the results you want

## Trust Yourself

You need to take your actions very seriously, you know your body and understand that your health is your priority.

Your body is sending you messages every single day and it's about time you began to listen.

If you have been on a diet for so many years and still haven't seen any results, it's because they don't agree with you and your lifestyle.

## Have the courage to be different

You must develop the courage to stand alone, to be different from most people around you.

Think of it this way, there's more to you than your fear and it's now within your power to pick and choose what it's good or not for you and for your health.

# IT'S YOUR BODY

# AND YOUR LIFE

BY CAROLINA BLANCO

## Have the patience to get the results you want

Your bad habits have developed slowly, over the years, and starting over will take time. I hope that, in the course of completing this course, you will become convinced that your resistance to freeing yourself from body hatred and from diets is completely understandable and you will need to learn to respect your body and be patient. Resistance and self-doubt do slow you down and can be very frustrating, but they also provide an understanding of who you are and what your body needs.

Think about how much of your life, energy and time has been drained by this obsession with eating and weight?

You will need determination, confidence that you will learn all you need to know to make these changes. You are going to be tempted to throw the towel and start a new diet, but you will eventually feel more comfortable living without restrictions.

Your body is capable of anything, it's your mind you have to convince!



# SCIENCE AND

# INTERMITTENT FASTING

BY CAROLINA BLANCO

How food make you feel? It's important to find out how food affects your life and how it makes you feel. You might hate some vegetables or might be allergic to some specific foods, that's why it's so important for you to understand how it affects you and your life.

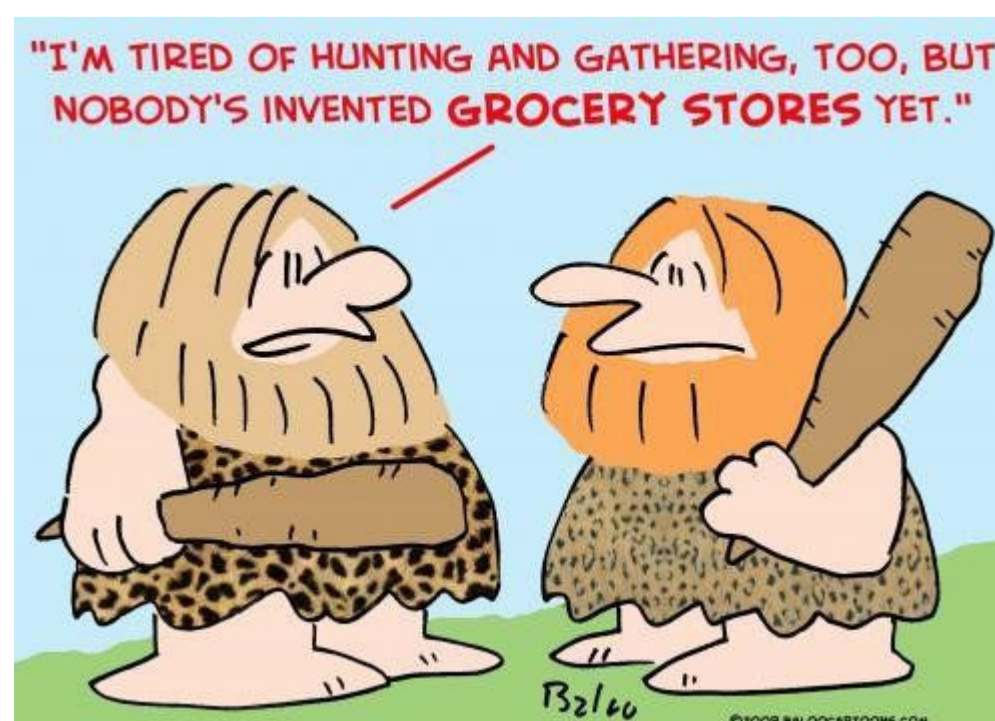
There are no forbidden foods on my approach to healthy eating, but I advise that portion size must still be considered.

The human body is designed for periods of eating and then periods of fasting. This involves consuming calories over an 8-hour period and then fasting for a 16-hour period each day, so I normally skip breakfast.

During the 16-hour period, the human body should be focused on repair and rest, rather than continually digesting food.

Humans have actually been fasting throughout evolution. Sometimes it was done because the food was not always available like it is now in modern society. When you think about it, our hunter-gatherer ancestors didn't have supermarkets, refrigerators or food available year-round.

Did they?



If anything, fasting from time to time is more “natural” than constantly eating 3 to 6 meals per day. It's not about which foods you should eat, but rather when you should eat them.



When you stop overeating, several things happen in your body on the cellular and molecular level. For example, your body changes hormone levels to make stored body fat more accessible. Here are the main health benefits of intermittent fasting:

- **Weight Loss:** As mentioned above, intermittent fasting can help you lose weight and lower your visceral fat (fat stored around your organs), without having to consciously restrict calories.

Recent Studies show that intermittent fasting can be a very powerful weight loss tool. In a review study from 2016, it was shown to cause weight loss of 3–8% over periods of 3–24 weeks. According to this study, people also lost 4–7% of their waist circumference.

## Daily Mail AUSTRALIA

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### Struggling to lose weight? Intermittent fasting could cause dieters to shed pounds in weeks by stimulating cells to burn fat, reveals study

- Fasting triggers a protein that causes immune cells to make fat cells burn lipids
- The approach can prevent obesity with dieters eating normally on non-fast days
- Past research reveals fasting reduces abdominal fat, which is linked to cancer
- Plus weight loss, fasting improves blood pressure, gut health and brain function
- Researchers from The Hospital for Sick Children in Ontario conducted the study

This indicates that they lost significant amounts of the harmful belly fat that builds up around the organs and causes disease. There is also one study showing that causes less muscle loss than the more standard method of continuous calorie restriction.

- **Insulin resistance:** Intermittent fasting can reduce insulin resistance, lowering blood sugar by 3–6% and fasting insulin levels by 20–31%. This should protect you against type 2 diabetes.

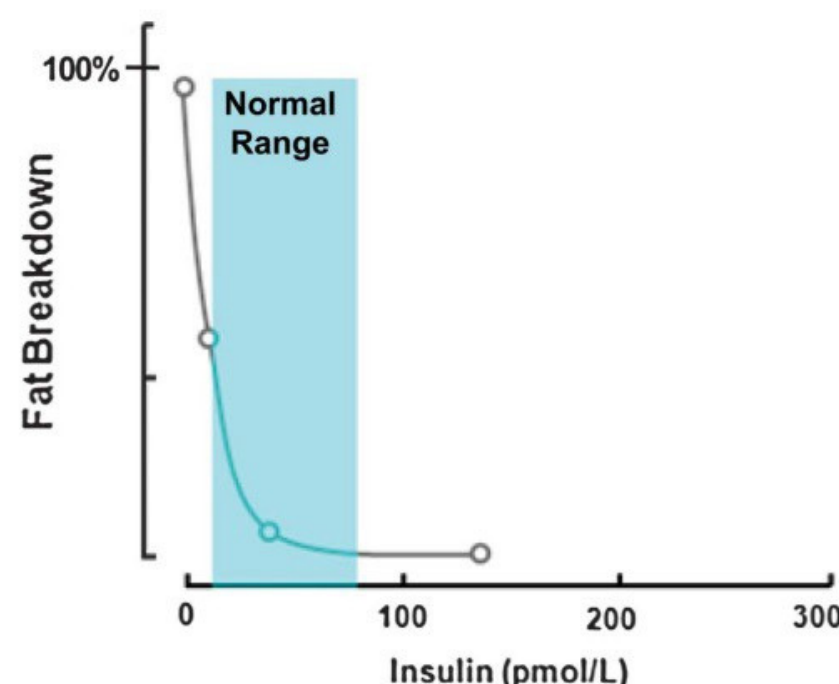
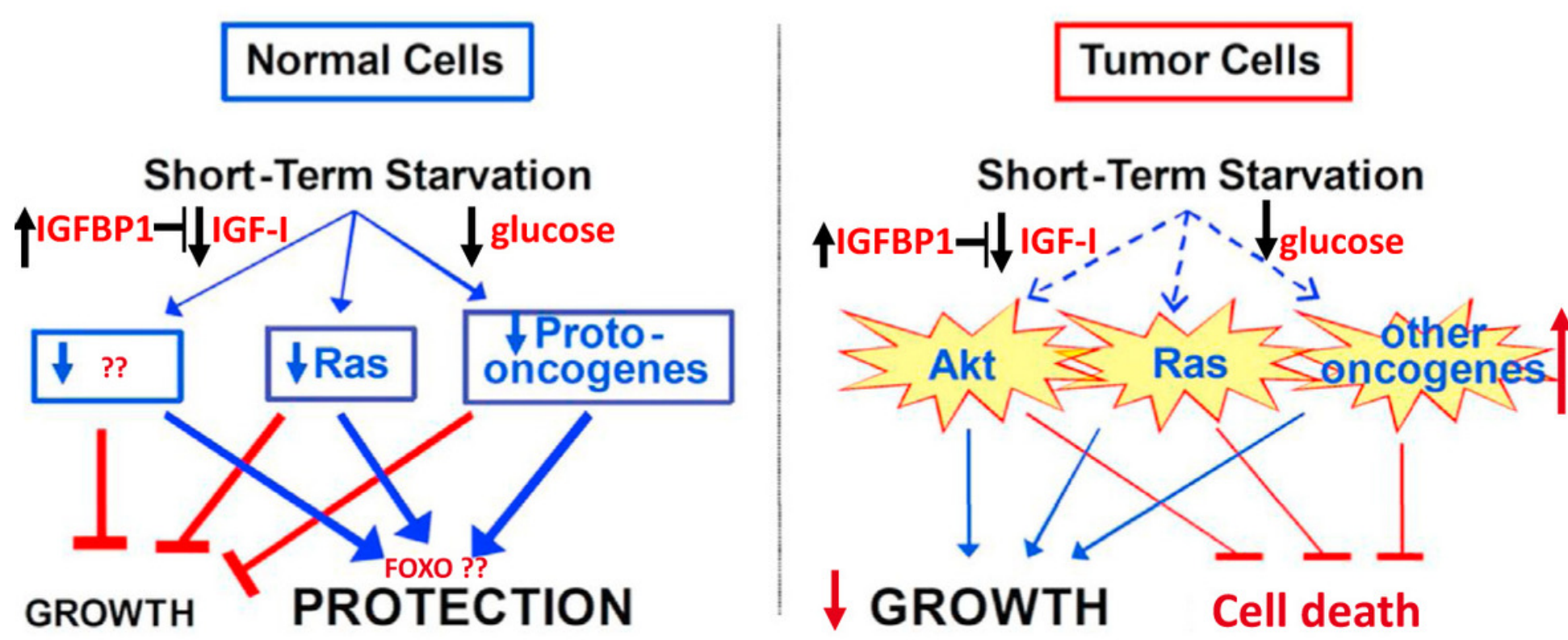


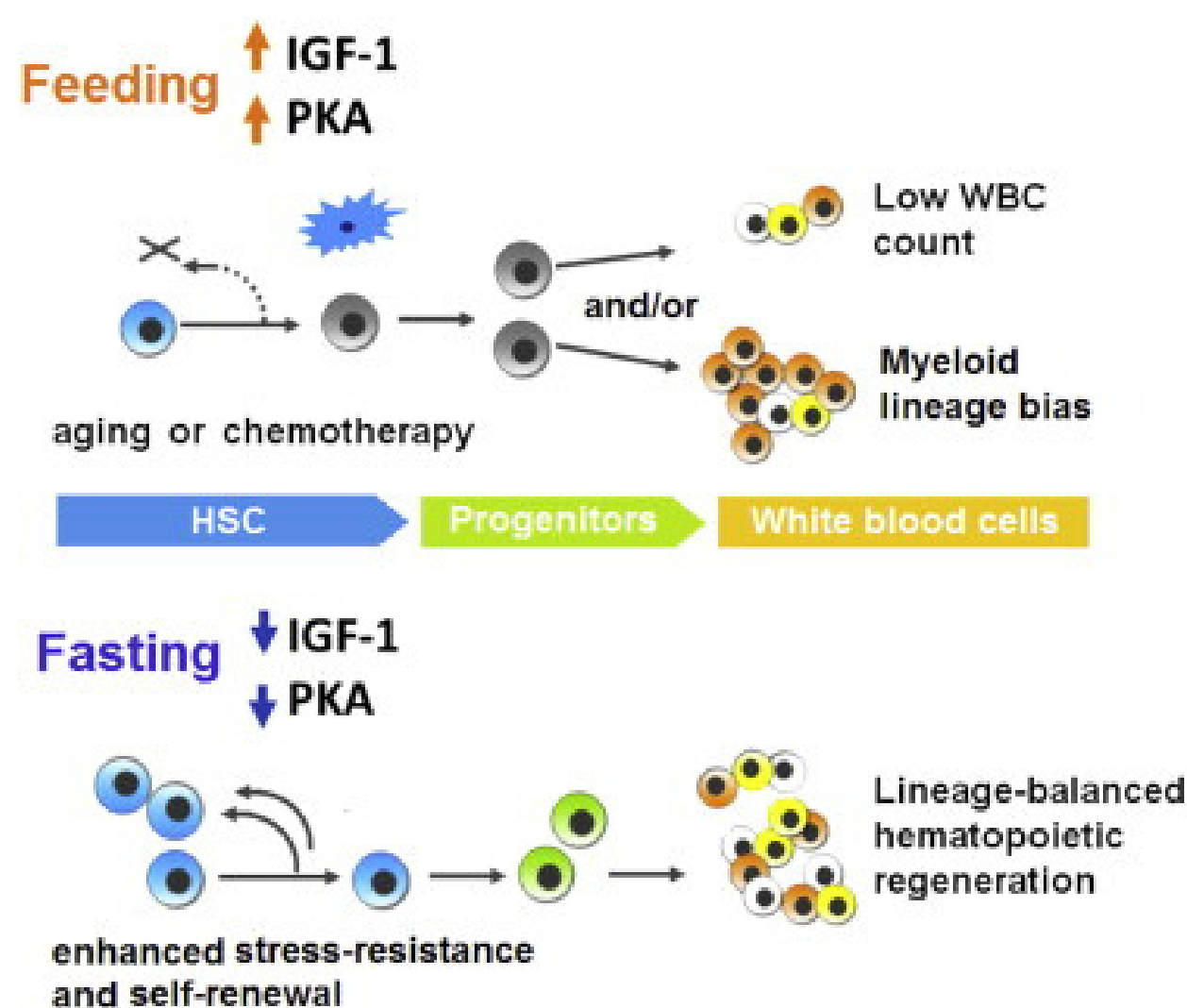
Figure 1. Fat breakdown as a function of insulin levels. Small reductions in insulin within the physiological range are associated with a large increase in lipolysis. Adapted from Jensen et al. (6).



- **Inflammation:** Some studies show reductions in markers of inflammation, a key driver of many chronic diseases.
- **Heart Health:** Intermittent fasting may reduce LDL cholesterol, blood triglycerides, inflammatory markers, blood sugar, and insulin resistance. These are all risk factors for heart disease.
- **Cancer:** Recent studies suggest that intermittent fasting may help prevent cancer.



- **Brain Health:** Intermittent fasting increases a brain hormone called BDNF, and may aid the growth of new nerve cells. It may also protect against Alzheimer's disease.
- **Anti-aging:** Intermittent fasting can extend lifespan. Studies showed that when fasted you could live as much as 36-83% longer.





# HOW TO

# START

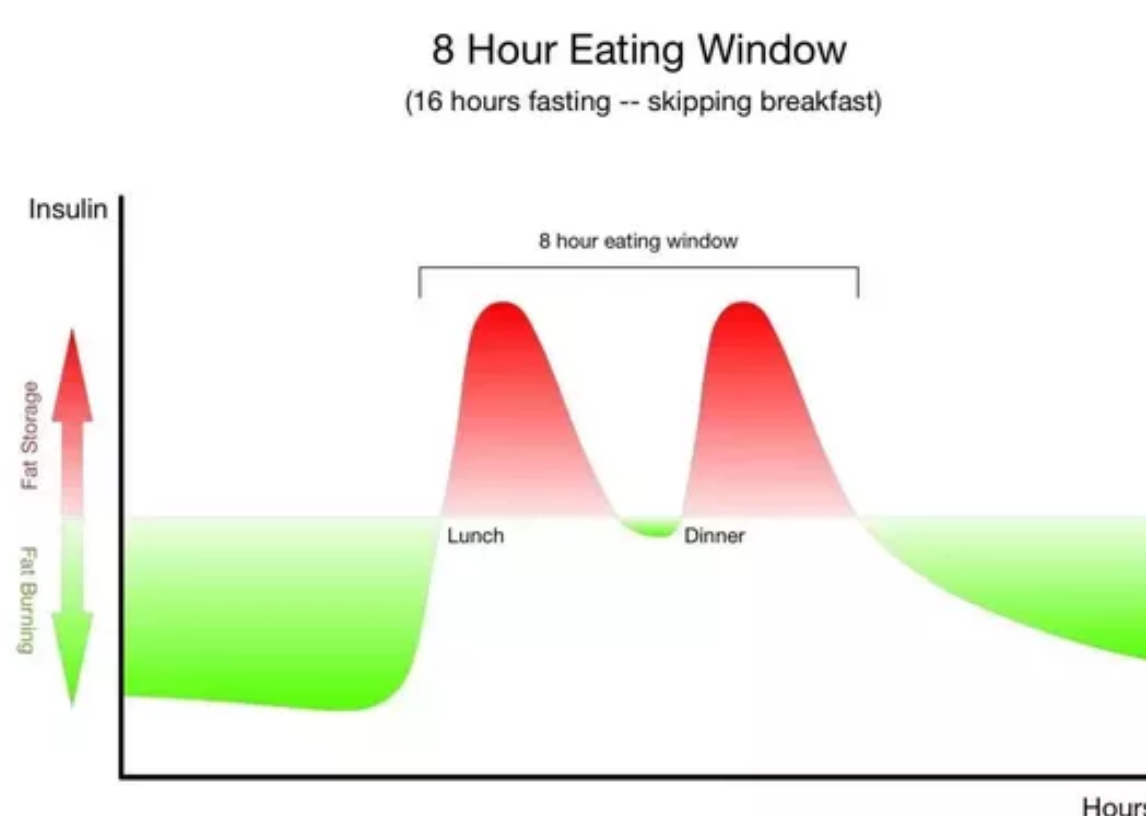
BY CAROLINA BLANCO

Chances are that you've already done many "intermittent fasts" in your life. If you've ever eaten dinner, then slept late and not eaten until lunch the next day, then you've probably already done a 16+ hour fast.

Many people actually instinctively eat this way. They simply don't feel hungry in the morning..like me! I personally find that the 16/8 method is the simplest and most sustainable way to maintain a healthy lifestyle and eat only when you are hungry, not just for the sake of eating.

Another approach is to simply fast whenever it is convenient. As in, skip meals from time to time when you're not hungry or don't have time to cook. There is no need to follow a structured intermittent fasting plan to derive at least some of the benefits.

I recommend that you experiment with the different approaches and find something that you enjoy and fits your schedule. Intermittent fasting is not something that anyone needs to do. It is just one of many lifestyle strategies that can improve your health. Eating real food, exercising and taking care of your sleep is still the most important factors to focus on here.





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## HOW TO DO A 14 HOUR FAST

14 Hour fasting also called intermittent fasting involves a daily fast avoiding food and calories, and then eating for 8 hour period. It's great for your metabolism if you make good food choices and also follow a training program.

**MORNING**

**WAKE UP AROUND 6AM**  
Get at least 16-8 hours sleep every night. Wake at 6 am and enjoy a hot cup of coffee. A splash of milk is acceptable. Replace coffee with green or black if you prefer.

**DRINK LOTS OF WATER**  
It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.  
*Aim for 8-10 glasses of fluid per day*

**MORNING**

**08 AM = BREAKFAST**  
Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

**MIDDAY / EVENING**

**12 PM - 6 PM = LUNCH SNACK & DINNER**  
Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

**10PM = TIME FOR BED**

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## HOW TO DO A 16 HOUR FAST

16 Hour fasting also called intermittent fasting involves a daily fast avoiding food and calories, and then eating for 8 hour period. It's great for your metabolism if you make good food choices and also follow a training program.

**MORNING**

**WAKE UP AROUND 6AM**  
Get at least 16-8 hours sleep every night. Wake at 6 am and enjoy a hot cup of coffee. A splash of milk is acceptable. Replace coffee with green or black if you prefer.

**DRINK LOTS OF WATER**  
It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.  
*Aim for 8-10 glasses of fluid per day*

**MIDDAY**

**11 AM - 12 PM = LUNCH**  
Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

**EVENING**

**3 PM - 7 PM = SNACK & DINNER**  
Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

**10PM = TIME FOR BED**

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If you don't like the idea of fasting, then you can safely ignore all of this. Just continue to do what works for you. At the end of the day, there is no one-size-fits-all solution in nutrition.

If you feel good when fasting and find it to be a sustainable way of eating, then it can be a very powerful tool to lose weight and improve health and lifestyle.



# FAQ

BY CAROLINA BLANCO

Intermittent fasting is certainly not for everyone. If you are underweight or have a history of eating disorders, then you should not do intermittent fasting without consulting with a health professional first. In these cases, it can be downright harmful.

In the beginning, hunger is the main side effect of intermittent fasting. You may also feel weak and that your brain isn't performing as well as you're used to. This may only be temporary, as it can take some time for your body to adapt to the new meal schedule.

If you have a medical condition, then you should consult with your doctor before trying intermittent fasting. This is particularly important if you:

- Have diabetes.
- Have problems with blood sugar regulation.
- Have low blood pressure.
- Take medications.
- Are underweight.
- Have a history of eating disorders.
- Are a female who is trying to conceive.
- Are a female with a history of amenorrhea.
- Are pregnant or breastfeeding.

All that being said, intermittent fasting does have an outstanding safety profile. There is nothing “dangerous” about not eating for a while if you are healthy and well nourished overall.



BY CAROLINA BLANCO

Here are answers to the most common questions about intermittent fasting.

### 1. Can I drink liquids during the fast?

Yes. Water, coffee, tea, and other non-caloric beverages are fine. Do not add sugar to your coffee. Small amounts of milk or cream may be okay. Coffee can be particularly beneficial during a fast because it can blunt hunger.

### 2. Isn't it unhealthy to skip breakfast?

No. The problem is that most stereotypical breakfast skippers have unhealthy lifestyles. If you make sure to eat healthy food for the rest of the day then it is fine.

### 3. Can I take supplements while fasting?

Yes. However, keep in mind that some supplements (like fat-soluble vitamins) may work better when taken with meals.

### 4. Can I work out while fasting?

Yes, fasted workouts are fine. Some recommend taking branched-chain amino acids (BCAAs) before a fasted workout.

### 5. Will fasting cause muscle loss?

All weight loss methods can cause muscle loss, that is why it is important to lift weights and keep protein intake high. One study shows that intermittent fasting causes less muscle loss than regular calorie restriction.

### 6. Will fasting slow down my metabolism?

No. Studies show that short-term fasts actually boost metabolism.



ARE YOU

READY TO DESIGN

YOUR BODY

BY CAROLINA BLANCO

Sometimes you wish it was easier.

But if it was,

everyone else would do it,

then you remember

You don't want to be

like everyone else.

You can't just sit in progress. You have to build on it. You know that small, daily improvements are the KEY to staggering, long-term results.

If you find yourself worrying that you don't have time, what about that 30 minutes you spent on social media? Or sitting down on your sofa doing absolutely nothing? There's nothing wrong with having time to relax and watch your favorite program or social media. But don't let it get in the way of the extraordinary person you are or the things you truly want to accomplish. You can do it!

Set your intention, recommit. Then get out there and make it happen one day, one choice at the time. If you figured it all out today, what would be the point of tomorrow?

ENJOY the process of being a work in progress. You own this!

Love,

Carolina Blanco - The Body Designer