



Kathy's Bio:

Kathy Binner, founder of the Kathy Binner International Academy, passionately advocates that "Health comes before Wealth." Her outlook on life changed when she encountered a profound quote from the Dalai Lama, who remarked that people sacrifice health to make money and then sacrifice money to 'buy back' their health, ultimately missing out on truly living. This message inspired Kathy to embark on a journey toward better health. After experimenting with various diet plans, she found success in intermittent fasting, a lifestyle that has helped her achieve lasting wellness.

Interview:

Can you give us your background and explain why you started your quest for better health?

- I owned five salons for 25 years, working closely with chemicals like hair dye, perm solution, acrylic nails, and acetone.
- I spent long hours—12 hours a day, 6 days a week—sitting behind a nail table, which affected my physical health.
- Realizing the impact of this environment on my well-being, I began my journey to find a healthier lifestyle.

I heard you've tried almost every diet plan out there, searching for sustainable results.

- Extreme methods: starvation and drastically low-calorie intake.
- Structured programs: Weight Watchers, Keto diet.
- Experimented with various approaches:
- Low-fat, low-carb, high-protein diets.
- Paleo and Atkins.
- Juice cleanses and even the cabbage soup diet.
- Paired many of these with increased physical activity, hoping for better outcomes.
- Despite all these efforts, none felt sustainable or provided lasting results until I discovered intermittent fasting.

Let's talk about Intermittent Fasting:

- 1. Can you explain the relationship between fasting, insulin, ketosis, and autophagy, and how they work together to promote overall health?**
 - Fasting reduces insulin levels, promoting fat burning.
 - Ketosis occurs when the body starts using fat as its primary fuel source.
 - Autophagy kicks in to clean out damaged cells, promoting cellular repair and longevity.
- 2. How did you first get started with fasting, and what motivated you to incorporate it into your lifestyle?**
 - My initial motivation was to lose weight and improve my overall health.
 - Fasting helped me control my calorie intake while boosting fat loss.
 - I found it to be an effective and sustainable way to manage my weight.
- 3. How do you keep track of your food intake, calories, and nutrition to ensure you're getting what you need during your eating window?**
 - I use the Fastic app to log my food intake.
 - It helps track calories and ensures I'm meeting my nutritional goals.
 - The app provides insights on macronutrients, helping me stay balanced.
- 4. Do you use specific tools or methods to monitor your fasting schedule and ensure you follow the right timing?**
 - Yes, I use the Fastic app to track my fasting windows.
 - It notifies me when to start and stop fasting.
 - The app also tracks how long I've been in each fasting state, including my insulin phase, ketosis phase, and autophagy phase.
- 5. How do you incorporate movement and exercise into your fasting routine, and how do you track your activity levels?**
 - I track my daily steps using a step counter on my phone.
 - My goal is to stay active throughout the day, especially during fasting periods.
 - Regular movement helps boost my energy and supports fat loss.
- 6. How long into fasting does insulin production decrease, and how does that help with fat burning and energy regulation?**
 - Insulin production starts to decrease around 12 hours into fasting.
 - Lower insulin levels signal the body to begin using stored fat for energy.
 - This switch improves fat burning and prevents excess fat storage.

7. **When do key hormones, and adrenaline, start to increase during a fast, and how do they influence fat loss and muscle maintenance?**
 - Hormone levels increase after about 14 hours of fasting.
 - This helps preserve muscle mass and enhances fat burning.
 - Adrenaline boosts energy, helping with mental clarity and physical endurance.
8. **At what point in the fasting period does the body typically enter ketosis, and what are the key benefits of reaching this state?**
 - Ketosis generally begins after about 16 hours of fasting, depending on your metabolism.
 - In ketosis, your body uses fat as the primary fuel source, which accelerates fat loss.
 - Ketosis can also improve mental focus and energy levels.
9. **How long does it usually take for the body to start autophagy, and what happens during this cellular repair process?**
 - Autophagy usually begins around 18 hours of fasting.
 - During autophagy, the body breaks down damaged or malfunctioning cells.
 - This process promotes cell regeneration and supports longevity.
10. **What adjustments did you make to your fasting routine over time to optimize your results with both fasting and exercise?**
 - I gradually extended my fasting windows as I became more comfortable.
 - I introduced light exercise during fasting to boost fat burning.
 - Tracking my fasting and activity levels consistently helped me fine-tune my routine.

Watch for her new book coming out in April of 2025, **Bio-Hacking Entrepreneur**

Kathy Binner is an Amazon #1 best-selling author, Executive Contributor, and CEO and Editor-in-Chief of Freestyle Living Magazine. Known for her dedication to empowering others, Kathy offers 'Simply Start' courses, hosts online Masterminds, and provides private coaching sessions designed to help clients achieve financial freedom and wellness. In her free time, she enjoys writing, hiking, cycling, and ballroom dancing. Connect with Kathy and explore her offerings at www.kathybinner.com.