



DAN CHURCHILL'S HEALTHY SECRETS

Ramp up your metabolism
(without breaking a sweat)





HEY LEGENDS! I'M DAN.

You might have spotted me cooking on **Masterchef Australia**, on **Good Morning America** and on the **Food Network**, spreading the word that good health starts at the table.

I have two passions; eating well and feeling well. After finishing a Masters in Exercise Science, and through a whole lot of extra research, I have found that improving wellbeing and physical performance is not [all about what you put on your plate and how much you exercise (although those are pretty important)].

This guide was created to help you give your metabolism a boost before you even look at a pair of running shoes. I want to let you in on a couple of the best-kept secrets for feeling strong and energised, and the science behind the way they work.

Keep reading...

DAN CHURCHILL
HEALTHY SECRETS

SECRET #1

FASTING

SECRET #1: FASTING

I'm a huge fan of fasting. I've been doing it for a while... but I have some good news for you.

Fasting doesn't mean going for entire days without eating! If it did, there wouldn't be so many people who swear by it. Because food is awesome, after all.

Why fast?

Fasting is one of the best metabolism boosters because anyone can do it and it doesn't cost a cent.

Think of your body as a rental property... and your cells as its tenants. If you have bad tenants, they are sloppy, messy, sucking up energy and impacting the 'performance' or value of your property.

Your body has these 'dead weight' tenants/cells as part of its natural process. By fasting, you're actually inviting those no-good cells to leave and bringing new ones in. The even better news is that the new cells get straight to work, 'cleaning' up your body so it performs better.



When you fast, you are inviting healthy cells into your body, which get rid of waste, increase your metabolism and help create lean muscle. It's part of a process called autophagy, which I talk about in my podcast **The Epic Table**.

You'll be more focused, more coordinated and be able to achieve less in more time.

You don't have to take my word for it! My podcast features accredited doctors who explain the evidence around fasting in detail.

Fasting has been shown to:

- Balance blood sugar
- Improve immunity
- Help you focus better
- Set you up for better results from your training.



THE EPIC TABLE

With Fasting MD DrAmy Shah

Visit <https://danchurchill.com/podcasts/> or search your podcast platform for The Epic Table.

How to fast without feeling starving?

Are you quietly freaking out about going for an entire day without food? Don't worry! This was something I was initially concerned about too... and no one should be around me when I am hungry.

You will do most of your fasting while you're asleep.

Start with 12 hours. Finish your evening meal at least two hours before bed and don't eat again until the next morning.

Fasting timeline: Eat your last bite for the day at 7:30 pm and don't eat again until 7:30 am. Too easy!

From there, you can ramp up to 14 hours and then 16 hours. While you're fasting, you can have water, black tea or black coffee (probably not right before bed!) but that's it.

Try 'crowd fasting' and join The Epic Table Podcast followers. We fast as a group for 3 to 5 days at a time, a couple of times a month.

I fast on alternative weeks, finishing my evening meal between 7 and 8 pm then not eating again until around 11 am the next day. I'm a big fan of opening my eating window to a dose of Athletic Greens but so long as you stick to healthy, whole foods, you can eat what you want.

Give fasting a go. Unless you're having midnight snacks you'll probably find you're already a lot of the way there and you'll be surprised at how good it makes you feel.

Fasting is like building any type of fitness. It can take a bit of getting used to but you'll be surprised at how quickly you adapt.

Note: Consult your doctor before you try fasting if you're concerned about your health. And trust your body... if you start feeling dizzy or sick grab a banana to top up your blood sugar.

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SECRET #2

SLEEP

SECRET #2: SLEEP

Yes, sleep affects your metabolism.

No matter how much you train, if you're not sleeping well and enough, you won't get the results you're hoping for.

Why sleep?

It's crazy to see the results of a study that says for every hour of sleep you miss out on, you may as well eat an extra 300 calories¹.

This is because your body responds to those late nights by slowing down your metabolism. Miss just eight hours of sleep a week and that's eight extra meals! You know without having to ask what that does for your good-health goals.

What's more... losing sleep makes you hungry because your body is searching for a source of energy. So as well as creating a metabolic downturn, you'll be reaching for food constantly.

The emotional centre of your brain shows increased activity and sensitivity when you're tired². At the same time, your thoughts become less rational. This is why it's a lot harder to choose whole foods vs instant sugar hits when you're tired.

"Good sleep = clearer head = better choices"

1. <https://pubmed.ncbi.nlm.nih.gov/27804960/>

2. <https://www.alaskasleep.com/blog/cravings-and-sleep-deprivation>

Meet Ghrelin & Leptin

These 'dudes' are the hormones in charge of your appetite. Ghrelin's top job is to tell your brain it's go-time for dinner. When you're tired, this hormone goes into overdrive.

Leptin has its hand over the STOP button when it comes to food. But if you're burning the midnight oil, it will miss its cue. With no instruction to quit, your hand will keep on feeding your face!

GOOD SLEEP TIPS

#1 Minimise food before bed.

Try to have at least two hours between finishing your last bite and going to sleep.

#2 Maximise your sleeping zone

It should be dark, comfy and free from devices that give off blue light. There are blue light blocking glasses you can wear before bed that you can purchase online.

#3 Dump your thoughts

Keep a notebook by your bed. Jot down the thoughts that are running around your head so you can catch some proper zzzzzs.

#4 Jump into the sun

When you wake up, try to get in front of sunlight as soon as possible so you get your circadian rhythms firing on time (this improves your basal metabolic rate).

Improve your metabolism by sleeping! So simple, so cost-effective; just cosy up and visit the land of nod.



THE EPIC TABLE

With Dr. Steven Lockley, Associate Professor of Medicine at Harvard Medical School and Neuroscientist in the Division of Sleep Medicine at Brigham and Women's Hospital.

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SECRET #3

**EAT
MORE
PLANTS**

SECRET #3: EAT MORE PLANTS

Plants are epic.

It doesn't matter how much muscle-building protein you eat, if you're not supporting the way it is supposed to be used by your body, you won't get results.

How do you help protein to deliver its healthy-body goodness? You need the right amount of micronutrients.

And how do you do that?

EAT PLANTS.

Study after study³ has shown that a plant-heavy diet will do the heavy lifting if you want to improve your physical performance. When you eat more plants, you get more control over your body weight, your metabolism and other things like the amount of inflammation in your system.

Want a faster metabolism? Eat plants.

Even matching calorie for calorie, the people who eat more plants are the ones who get better results when it comes to metabolic status⁴.

Why Plants?

Here's a bunch of things that are SUPER good for you. Try to guess where they come from:

- Balance blood sugar
- Improve immunity
- Help you focus better
- Set you up for better results from your training.

3. <https://www.nature.com/articles/s41387-018-0067-4>

4. <https://www.nature.com/articles/s41398-019-0552-0>

You know it's plants.

And yes, there are certain body-booster essentials that you can only get from meat. But I never said don't eat meat. What's important is to top up your protein intake with as many different fruits and vegetables as you can.

Which plants?

Some people want to know exactly what plants they need to eat to perform better.

While you can fine-tune down to the dose of nutrients, the first step is to simply add more goodness from the ground (or tree) to your plate.

Challenge yourself to add five new plants to your meals this week.

Need inspo?
Check out www.danchurchill.com
for stacks of recipes



AS IF I WAS EVER GOING TO LET YOU GO WITHOUT A RECIPE!



25 Min



\$5-7



Easy



2 Meals



Ingredients

3 cloves garlic, minced
3 TB olive oil
Salt + pepper
2 tsp capers
2 lemons, 1 juiced and 1 sliced
2 cups broccolini
2 fillets salmon
Brown rice, cooked, for serving
Mixed greens, for serving

Method

1. Preheat oven to 350 F (175 C)
2. Combine garlic, olive oil, salt, pepper, and capers in a small bowl. Mix well to combine, and add the juice of one lemon.
3. Place broccolini in an ovenproof pan and place salmon on top. Drizzle your lemon caper sauce on top and top the salmon with additional slices of lemon.
4. Bake salmon and broccolini for 12-15 minutes or until salmon is cooked to your desired liking. Serve with brown rice and mixed greens.

GREAT WORK!

Who knew you could boost your metabolism without even lifting a barbell? Try these techniques today and let me know how you're feeling in a couple of weeks.

Want to know more?

Visit www.danchurchill.com to enrol in my Performance Optimiser Program, check out The Epic Table Podcast or follow [@dan_churchill](https://www.instagram.com/dan_churchill) on Insta.

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for stacks of recipes

