

## PREVIEW\_ Megan Ramos - Presentation (Breckenridge 2018) 1

**Megan Ramos:** So this is a clinical example that I'm going to give today. A 53-year-old female, she's been fasting for about two years. Once a month she does a 96 hour water and salt only fast. The rest of the days of the month she varies between 16 and 24 hours of fasting daily.

She does quite intense weight training twice a week, like she could benchpress me with her right finger. I'm pretty confident about that. And she's been on a ketogenic diet for the better part of four years.

Because she's so intense with her exercise, we definitely have to adjust her protein up to support her lean muscle mass and the development of future lean muscle gain. So this is her DEXA scan results she allowed me to present today.

She did two DEXA scans, about four months apart last year. One in March and one in July. And you will see on her comparison, she kept up with her fasting, she works out whether she's in a water fasted state or an intermittent fasting state, she gained 4.1 pounds of lean body mass within a four and a half month window.

That's freaking awesome. And she lost 1 pound of body fat, so she's kicking butt. And she is in her 50s. So we see this all of the time. I can't tell you the number of 74 year old men that come in and flex their big pipes for me. They said they never got to do it in their 20s, so they had to do it for a young lady before they died.