

Fasting Mimicking Diet Testimonials

Felt really good Monday, Tuesday was definitely my hardest day crashed very early and very lethargic. Week got better from there. I find the afternoons the worst - hang out for dinner. My sleep is the best its been in years, my insides feel fantastic, no muscle soreness, no inflammation, lost some kilos, very sharp cognitively in the mornings and not craving anything sweet! Do miss high intensity exercise.

- Divya Lal

I feel like I've had a good clean out. Slept pretty good. Hungry in afternoons. Portions were good sizes, would've loved 2 crackers today! All in all, really great for the body and that feels good mentally and physically. Great support!

- Ineke Blakey

It's been great I can't believe I've stuck to it so far. The ACV tastes like kaka but thats probably because I bought the cheap shit. Boredom snacking has been hardest to stop but that's half the reason I did this. I'm weighing in at the lightest I've been in 5 years so that's definitely a win too. Low intensity exercise is all good at the mo as I have a knee injury. So yeah awesome, thanks Annelies!!

- Tracey Anne

I have found it a challenge, not to pick,

Negatives feeling really cold one day lacking a Energy first couple of days

Positives, knowing that when my tummy rambles I don't have to eat, weight loss, having not so Much brain fog

- Felicity Barry

I found Wednesday the hardest lethargic, head-achy and grumpy all day, the next day I felt great. Have not slept well all week, not sure why. Funnily enough I have not missed carbs or sweet foods but are craving protein (eggs and cheese in particular). Have also missed my glass of wine a night but it got easier during the week (it

is clearly a bad habit I have formed!). Really missed high intensity exercise but did do a couple of runs (but no hill running). The food has been really tasty and have not been hungry really during the week. Looking forward to my seed cracker this afternoon. :-) Thanks Annelies Grimshaw (your last live post was really interesting to listen to)

- Tracey McFarlene

The evening of day 1 was the hardest for me, felt really weak/zero energy & light headed. From day 2 onwards have been feeling great, feel less foggy & more alert when doing work which is great 😊 Won't be having broccoli soup again anytime soon though 😂

- Ella Rachel

Thanks Annelies, it was definitely a good reset after being at home under lockdown. The biggest challenge for me were the potatoes in the soup and kumara which I hadn't eaten in about 12 years. Also very much missed being able to exercise other than walking. I don't feel any different other than for a couple of kgs weight loss.

- Carol Van Beek

Not too sure why, but today has been the worst day of all for me. I've had a headache, feel cold and keep feeling dizzy. All the other days have been fine for me though. I have enjoyed the challenge and I definitely loved teaching my mind that I don't need to eat all the time.

- Amy Robertshaw

I really loved the challenge I must admit it was very hard to not snack at the kids dinners and eat sweet stuff as I am a sweet tooth but now I don't crave meat or sweet things! I feel clean on the inside my skin on my face has really cleared up and my undies are a bit loose 😊 yeah I was tired most days and missed having a glass of wine in the evening for wind down time, but it was only 5 days to cleanse my body ❤️❤️❤️ glad I did it thank you Xxxx

- Hannah Grimshaw

I really enjoyed doing the fast. I wasn't that keen on joining the Facebook page initially but actually enjoyed seeing how others were going.

I am a naturopath and do intermittent fasting anyway but I wanted some accountability to do a longer duration.

I really got amazing results from doing it. The most noticeable were the improvement in cognitive function and endurance. I managed to write an E Book and design a new product in two days! Also my mood really improved - especially after day 3. I have a chronic back condition (I do take CBD for this anyway) but feel as though it might have improved as well.

After the fast, I actually wanted to keep going as I felt high!!

- Rachel

Me and raspberries are friends now! Was awesome to get me back on track after lockdown goodies 😊 Thanks heaps my clear head is next level! See you again end of June

- Nic Troy Jensen

I've been feeling great, sticking to eating well, not feeling guilty when i had a burger tonight! My 24hrs fasts were easier too. Thanks heaps Anneliese, your meal plans and these fasts are changing my life and my family's eating habits

- Robyn Wards Hi Annelies,

Just wanna say thank you so much for the FMD I really enjoyed it the best thing it did for me besides the 4kg weight loss was made me realise how inflamed my joints were. After th FMD the swelling in my knee and elbow feel so much better. I defs look forward to the next 5 day fast.

- Joseph Misileki

Same here! Feeling really good after these 5 days, mental clarity improved, lower back pain is almost gone, 4.7 kgs down 😱. Feeling more energetic and very committed to keep myself in this

healthy path. Thanks a bunch Annelies 🥰. 100% happy with the FMD and you 😊

- Maria Zabala

This was my third fast, consecutively over a three month period that I have undertaken with Annelies. I am someone who works full time, studies part time and could say works out full time! I struggle to complete rest days which I have successfully implemented.

The third fast was the easiest of the three with only the third day being the biggest struggle mentally for me to push through some hunger cues.

My body went into full repair mode where I could see from my data tracking that my stress levels had decreased significantly. I was sleeping more than 8 hours a night with a huge proportion of this being within the 'deep' sleep state which is incredible for me, as I struggle with sleeping even with magnesium.

My body de-flamed and I lost 1 kilo and then another 2 the day after re-feeding my body.

I had no cravings and have established the difference between psychological and physiological hunger. I had a burn which was not healing and no treatment was helping this repair. After the second fast this started to diminish on my skin and is getting even lighter as days go on, which is a testament to the internal work this fasting does.

Partaking in the 5 day fast has helped my training and performance but importantly my body's ability to rest and repair. I am now implementing this every 2 months to assist my performance in training. Very glad to have been a part of a supportive group that checked in with one another.

Thankful for your support Annelies :)

- Divya Lal

Hey Annelies,
Just wanted to give you some feedback on the FMD...

I loved it!! It was definitely tough at times and a real mental game, day 3 was the worst but after that it was actually fine! I felt so energetic and light for day 4/5!

My UC has settled down, to the point of feeling like I'm out of my flare now 😊 I'm really hoping it stays this way!

I did have to adapt a few things - I can't tolerate onion and couldn't have the miso as soy doesn't like me either but apart from that I could eat everything! Wasn't a fan of the soup but loved the salad!!

I didn't do it to loose weight but am feeling amazing and the lightest I've been in so long!!

Thanks so much, I'm already looking forward to the results from the next one 💕

- Hayley Brown

1. Bloating gone! I bloat a lot
2. Reduced PMS and period symptoms
3. Have learned to chew much more slowly and not rush eating!

Have really enjoyed the 5 days, I am looking forward to a coffee tomorrow though, half caff for me!

- Kelly Tucker

"Fast 1. I wanted to do the fast to help with injury and sleep as I had heard that it's had some amazing results and wanted to be part of it, at the end of the fast I felt more energy and slept a whole night without waking up which is a big deal for me, (it wasn't easy to begin with and know it's a mental game) trick is water and keeping busy I was told! tough when I had to cook dinner for the hubby but kept saying to myself

...Its only 5 days of your life women harden up.....lol

Fast 2. Then I did a second one some months later just to keep me in check, again amazing results, weight loss (I got me some Abs

YES!!!), no more pain with training and slept like baby ..FEELING GOOD

This is the third fasting I have done this year and have found this one to be the easiest one to date.

NO soups this time and the ingredients where so yummy

I didn't feel hungry, which was weird?

Annaliese has an amazing support in place, so you don't feel like you are alone. Highly recommend doing FMD to anyone and this will not be my last Fast with plans to do another end of January."

- Zoe Radford

"I feel like I have more energy, I don't feel as hungry anymore, and my resting heart rate has dropped below 60 for the first time since I've been tracking it! Still haven't been able to weigh myself yet but I feel amazing!"

- Pania Jeffries

"I absolutely loved the fast! I felt in control, I felt awake, sooo awake, I felt light! Thank you so much Annelise I will be joining again in January"

- Nicole Crow

"Enjoyed my berry smoothie this morning. I managed the fast for the

five days, including not faltering when visiting my family for our usual

'thirsty Thursday' 😊 Lost 2kgs, feel lighter and less bloated. Not sure the scales are showing the real benefits."

- Sue Pine

"I haven't noticed a huge difference, but know that I haven't had heartburn, which was nearly a nightly occurrence, so sleeping has improved to. Those benefits are enough to help me make better decisions with what I am eating,

I am proud of myself for sticking to it religiously.

Not that was a goal but i lost 4kg in the process. Will do it again but will be on holiday the last 2 weeks of January. Looking forward to transition day today and that smoothie.”

- Cary Nock

“I have defiantly had mental clarity, and a real sense of freshness. I have lost a bit of extra weight around my waist- jeans are getting loose! And I even think my joints are feeling less inflamed. So thank you so much!”

- Chloe Birch

“Clarity and deeps sleeps Energy from the moment I woke up

Bursts of happiness even though I was going some stressful stuff personally”

- Natalie Iris

“1. Have had the best and most consistent hours of sleep this week. This meant I woke up feeling refreshed and with a clear mind which isn't normal for me.

2. The fast has helped me realise I don't need 4 coffees a day! 1 a day without sweetener is enough.

3. My body feels like it's had a complete reset which has motivated me to want to maintain eating intuitively.”

- Amy Maegle

“1. I loved the clarity I had for work

2. Had lots of energy from my deep sleeps 3. Confirmed why I hardly ever eat corn”

- Natalie Sampson

“1. Quality sleep

2. Less inflammation around a rehabilitating achilles 3. A lot more energy during the day”

- Annie Stewart

“I'm on day 5 of a 5 day fast...it's been an amazing experience, I've

always been interested in fasting but not known enough about it to actually do it. Annelise organises these “5 day fast mimicking diets”

So it's different to a water fasting diet because you eat small controlled plant based portions of food. I've shredded 4kg of excess toxins, water weight and bloating, my skin is the best it's ever been and my energy levels are through the roof. I've actually never felt this good before and my body feels completely reset. All my skin cells have rejuvenated and I'm ready to smash 2021 with this new set of fasting skills and I'm going to do them every couple months. Annelise jumps on Facebook Live every day and tells you what your body is going through and why...it's so interesting and educational!! I HIGHLY recommend checking out the next fast and getting on board this health buzz. “

- Natalie Iris

“Following from a surgery on my meniscus, I was aware I had to remove excess inflammation in my body to facilitate healing.

With this , the fasting mimicking diet was a real step in that direction of a full body cleanse of all inflammation and a chance for my gut to have a break from all the food I consume! Following this diet really brought true and honest results, having done a couple prolonged water fast's in the past, I can safely say this is the real thing!

Each day became easier and easier to be depleted of all the excess food I'm used to and I began to notice the swelling in my knee reduce rapidly. I felt lighter, clearer and I had heaps of energy, with no crash's by the end of the day.

I can safely say this protocol is a must for anyone curious or serious about making honest changes in their life and for those who are after a challenge.

Thanks Annelies for the opportunity and support during this time!”

- Stefan Ozich

This is my 4th fast and it was probably the one I struggled with the most in terms of the food. But definitely the best physically I've felt

on any of them so far. The mental clarity hit like a freight train on day 2 and has been continuous since then. I thought being a shift worker on late shifts this week I'd really struggle but I think it has actually helped me feel really good at work. I've Dropped 4kgs, and haven't had any food cravings since day 2 which is really weird for me - I normally crave something sweet at around 3pm. My body responds so well to these fasts and I will definitely be continuing them in the future! Thanks Annalies

- Pania Jefferies

I really enjoyed the food this time (I even sat through two restaurant visits and didn't touch a thing) this time I laid off the hard exercise which I think was a really good reset. I've been having trouble with my hip flexor and my sciatica and haven't felt a thing this week! I'll be back again.

- Lisa Bindoff

My 1st fast and really enjoyed it. Can feel a definite shift from psychological eating to physiological eating. Headache after the first day, once that cleared felt great. Did no exercise and felt focussed and full of energy. At times the challenge was making myself eat not needing to eat. Scales show down 7kg (with a big carbo load the day prior & frequent bathroom trips, a lot was water...). Definitely in for more

- Steve Alley

This diet is epic - although i'm not hungry at all, i have made sure that I'm eating everything. After the killer headache and about 50 trips to the toilet in the night - could have been the carbo the day before the fast start - it has been awesome.

Weighed myself Sunday morning and 116.8 and again just now, 110.8, I realise the first bit was water but can now almost literally feel the fat melting away.

- Steve Alley

“Gaining confidence in my body that it can do very well with only little amount of food and not hitting hypoglycaemia. Body feeling light and brain feeling clear - I can see how fasting is integral part

of most religions, once I hit ketosis it allowed me to be more present and mindful of my body.”

- Michael

“Huge benefits, clearer mind, more focused, not bloated & feeling lighter ..

No pain with my cycle which I usually have due to endometriosis, so I'm putting it down to the fast. The fast was totally manageable as it's only 5 days. I challenged myself and stoked it did it !! Definitely doing another one !!! The support and FB chat helps heaps with keeping on track !!”

- Liz Cook

“I love the clear mind too and each fast gets easier to settle into. Usually I have no bloat but this time around I did have a little bit, unsure if it was the carrot soup (which I could eat everyday if I had to!) or where I'm at in my cycle wasn't really a problem, more that it was something I noticed that was different to the others.. sleeping was excellent, going to make sure my bedtime is earlier from now on. Inflammation is zero at the moment..but planning my first day back to CrossFit tmrw Thanks Annelies for all your hard work and planning you out into these fasts, will be doing my next one in July”

- Sarah Bowring

“This was my 2nd FMD, this one was easier physically, but psychologically more difficult. Cravings for the last 2 days but made it to the end. Enjoy the discipline and how it makes me rethink my relationship with food. See you in a month”

- Steve Alley

“I found it great. Definitely found I had a bit of a 'buzz' going one. Definitely felt more motivated and less 'sluggish' for want of a better word. Thinking I may go for a 2nd FMD.

Hopefully I sleep better if I go for round 2.”

- Kim Jones

"My 1st 5 day FMD, I found was super easy to follow, info and menu was provided as well as a transition menu for the day after finishing. I enjoyed the meals as plain and simple as they were. The private fb group was a great way to stay on track and motivated and to also go through the experience with others and to be able to see how others were reacting to the fast. I reacted really well to the fast and had no issues or negative reactions where it has given me that extra boost I needed to stay on track and take better care of not only my nutrition, but other factors in my life also. I found that I could go longer periods with less amount of food and still feel great where this has motivated me to practice more mindful eating. Thanks to Annelies for the continuous support "

- Angela Hobson

"Im actually Day 4 of the 5 Day Fast and feeling really good! Brain fog has lifted, feeling less bloated and generally well. Tomorrow will be 5wks post op for knee surgery and I can notice less swelling, ROM and strength improvements."

- Kapua Logo

"I have always wanted to try a fast and decided to give this one a go as I knew someone else doing it. I was so pleasantly surprised by the amazing effects I experienced. It was a great mental challenge and mindset shift about being hungry and "needing" food. It has made me

reflect on snacking I do throughout the day and whether it is truly necessary. The hunger was manageable and with that I always felt an increased surge of energy and 'buzz' even on days where I wasn't having a coffee. I've come to the end feeling fresher and lighter both in mind and body. I definitely feel reset and even more determined to focus on my nutrition and food choices moving forward, making sure they are fuelling me and serving my body. I have lost roughly 4kgs also which is an added bonus to all the internal and mental benefits I also feel."

- Amelia Ozich

"Firstly I am buzzing with energy ! This being my second FMD, I noticed the difference more intensely on this one. Having a surgery

on my knee and it still be in the process of complete recovery, I noticed pains I had in the morning COMPLETELY vanish. Mental clarity was very apparent, mood remained consistent, and energy levels were balanced throughout the whole day. It's a test of will but also a great stepping stone for people who wish to live a life where fasting becomes part of their normal routine. It's also a great introduction for those who wish to go for a more intense water fast in the future. All in all, well worth it and would highly recommend not only for the physiological and psychological benefits but for the ownership of one's eating habits and body. You are the captain of your own ship and this allows that to be the case! Thanks heaps Annelies”

- Stefan Ozich

“Wow thank you so much Annelies! This Fasting Mimicking Diet was so amazing. Before the fast I was feeling so bloated, moody and lethargic with quite a cynical mindset. I knew something needed to change so it was perfect timing.

I lost 6 kilos which is INSANE as usually I workout for my mental health and to keep me fit. When I'm doing the FMD I don't workout so that 6 kilos was pretty much all inflammation from bad eating and bad habits.

During the week I wasn't even hungry, the menu plan was delicious, easy and I felt so much clarity with an abundance of energy. It's been a few months since my last fast and it's the best I've felt in a long time.

The best thing is, is that it's completely reset my mindset with eating habits. I made the same breakfast as the FMD menu because it's so delish and I had my Anti Inflammatory tonic shot!

I'm going to continue to eat fresh and healthy as I want to live my life feeling this good!

Thank you again so much Annelies I can't wait for the next fast!”

- Natalie Richards

“This time around I think it has had the most impact. I find I feel so much calmer when I am eating food for nutrition. I find once I

deviate off and start 'treating' myself I can feel it taking over. I was also quite pleased on weekend I was offered some M&M's I literally ate 3 and my tongue felt all furry and yuck so I am trying to hold on to that moment to remind myself where I don't want to go back to. Don't get me wrong I love a sweet treat but I want to save my treats to something that I and appreciate and maybe has some nutritional content more than a teaspoon of sugar in a pretty coloured shell. It is all a work in progress. Thanks for showing me another way Annelies Grimshaw”

- Kim Jones

“I did something for myself this week while on annual leave and in lockdown, a little challenge known as the five day, Fasting Mimicking Diet (FMD) under the guidance of my friend and clinical nutritionist Annelies from Key Nutrition.

The past few months I've been feeling crap. I was tired and burnt out from work (Nurse) as well as from the extra study I had committed too. As a typical stress response I was:

- Eating too much of the wrong foods
 - Drinking too much
 - Not drinking enough water
 - Not exercising enough
 - Not sleeping well
- And, not taking time out to destress..

Frankly, it all started to take its toll about a month ago mentally, emotionally and physically... so my annual leave came at a good time.

I was persuaded me to sign up to the next round of FMD as a bit of a reset.

I was sceptical – I live to eat and LOVE my food way too much to 'starve' for five days. But then I thought, I already feel like crap doing what I'm doing, so I might as well feel crap for another five days, but instead I'd be doing something beneficial for my body. A positive kind of 'feeling crap' you could say...

So, Sunday 22nd August I committed to it...Yes, during lockdown and it was tough.

The FMD challenge comes with a meal plan created by Annelies (yes you can eat during the five days and drink coffee), the recipes were

simple and tasty and it was budget friendly. Just smaller portions, which took a bit of getting used to – as a result it slowed my eating down and I savoured every bite, especially breakfast!

The side effects and benefits I experience during the five days were: Day One (by evening) – Headache and REALLY bad breath (ketosis

kicking in) 😂

Had to catch myself multiple times not reach for food from the fridge or

pantry, so really had to be mindful every time I set foot in the kitchen.

Day Two - AMAZING sleep and improved mental clarity (Instantly wide awake, not groggy or craving coffee to wake me up). This got me excited and motivated to stay on track.

Day Three – My eyes and skin appeared clearer; my nails had grown. I was having some hunger pangs, these were mentally challenging being stuck in the house for lockdown but I pushed through. Even annoyed Annelies with a few messages and she was 100% supportive.

Day Four – Overall felt good. I did feel hungry on this day, I stepped on the scales around lunchtime out of curiosity – I had lost 4kg so far so that motivated me to carry on as I was visualising all of my new healthy cells eating up my body fat as fuel! Yay and so needed! Its expected that I would regain around 1.5-2kg of this weight once I start eating normally again.

Day Five – This day was easy as it was the last day, I was a little hungry but it didn't matter. The only thing I was craving was a big juicy beef patty (protein).

Overall, physically I feel more rested, less bloated and more energised.

Mentally/emotionally I feel a lot calmer, sharper and able to stay focused throughout the day without needing a caffeine/sugar hit. For me, this was the hugest benefit and why I would do the FMD again.

I'm sharing this, not only to support my friend Annelies, but to encourage my friends, family and nursing colleagues to look into it if you are feeling the need for a recharge and to just feel better overall – invest in your health!

Check out Annelies website www.keynutrition.co.nz for more info and feel free to send her a message!

Bring on Summer 🤘🔥” - Steph Ward

“Feeling excited to have a bit more variety of foods today. Overall my 3 health benefits I gained were; much more solid and deeper sleep and waking naturally, more in tune with my body to figuring out hunger vs thirst, so much focus which has helped write assignments and lastly an added bonus of losing 2kg ”

- Jessica Lawson

“Thanks Annelies! I have dropped a few kg (although expecting some to come back) and my waist feels tighter / firmer. Emotionally / mental health wise - I feel good as it gave me something else to focus on that's not the whole covid lockdown and I have a nice sense of calm and peace. Psychologically I feel really great as this experience was so different to what I was expecting. I didn't think I would last and had a lot of self doubt, but discovered it was much easier than I was expecting and what we think we need and what we think we will do are quite different to what we actually need and what we are actually about to do if we set our minds to it.”

- Sophie Ward

“Deeper sleep
Consistent energy and focus throughout the day
Zero inflammation in body
Dropped 6kg”

- Jonnie Morath

“I have just finished my second FMD and wow didn't think I could feel better than last time but I really do! I found the process a lot easier second time round in terms of managing my hunger and getting my body 'ready' for the fasting benefits. I didn't experience anything negative second time around and found I was peaking and maintaining the increased energy and motivation a lot earlier than I did the first time. I did this during Level 4 lockdown as I was experiencing low mood and energy and needed a shake up and reset especially mentally and the FMD served its purpose tenfold. It reinforced the power of what I am consuming and how that in turns make not only my body feel but also my mental state. The FMD is something that I am now going to have as part of my lifestyle and partake in every few months as I find the benefits so truly amazing and beneficial on so many levels. I must admit that I always was sceptical about 'fasting' and thought it was just another fad or quick fix but I think the education Annelies provides as well as the real life benefits you feel really do speak for themselves. I wish I could make everyone I know do at least one so if you are contemplating this experience, just do it! 5 days is nothing in the scheme of things but the lasting benefits and mindset shift are everlasting!

- Amelia Sale

“Just wanted to give you an update on how my second FMD went..

I feel and look absolutely amazing.. had a video call with my family last night during the transition day and had comments on how amazing my skin looked during the call (they haven't seen me in person yet!) My skin has not broken out since I started this a month ago..

I feel mentally and physically great especially during what is a hard time for a lot of New Zealanders currently... Doing the FMD during this time has also helped me stay on track with eating healthy in general as after hearing last week's announcement on the lockdown extension I was tempted to order a dozen doughnuts and stress eat (but I didn't!)..

I'm so glad this was introduced into my lifestyle and look forward to the third FMD next month.. as well as incorporating this into my lifestyle moving forward.

Love, love, love the results. Thank you so much!”

- Durga Ragupathy