



INTERSTELLAR

88/8

Lose 60lbs in a Month
WIN \$1000 in
INTERSTELLAR BLENDS

The many ways to WIN!!!!!!

- 30lbs 4 days FREE 50g Autophagy Activator!
- 30lbs 12 days \$250
- 30lbs & 3 successful cycles 88/8 \$600
(Cycle 1 15lbs, Cycle 2 7.5lbs, Cycle 3 7.5lbs)
- 40lbs 30 days \$500
- 50lbs 30 days \$750
- 60lbs 30 days \$1000
- 75lbs 30 days \$1500
- 100lbs 30 days \$2000



What is it?

88 HOURS

Predominantly dry; you are allowed 4 1 oz espresso shots with 1/8 -1/4 tsp **AUTOPHAGY ACTIVATING** Interstellar blends 4 hours apart (ie. micro dry fasting/fluid restricted) —no additional water allowed. 4 oz max a day.

8 HOURS

MEGA REHYDRATE / FEAST (hence the name **88/8**)

*be sure to drink water (1.5-2 gallons) until urine clear and you are peeing like crazy during this time (24 oz an hour x 8)

Preparation:

Begin weeks in advance by practicing 22/2 until effortless.

***To walk 10-15 miles a day in a fasted state you **NEED ENERGY!** Ever tried walking long distances while fasting?? Yeah, it's not fun. You feel weak, lightheaded, cranky, miserable! With **INTERSTELLAR BLENDS** you got energy for days!

Supplies needed:

Blend Combo Options:

ACB 10 Blend Combo
(the go big or go home combo)



or if on a budget get the [SUPER ULTIMATE SAMPLER](#) and [PEEL & SPICE](#)

***BEST DEAL going is \$495 for \$940 worth product—Super Ultimate Sampler \$395 (\$665 individual) & Peel Spice Combo \$100 (\$125 individual) FREE \$150 value 50g new blend AUTOPHAGY**

Other Items Needed:

Baking soda (make sure it's fresh)
Grapefruit Juice
Blueberries, Strawberries (Frozen or fresh)
Psyllium husk 1000mg (or Carnitine)
Electrolyte tablets (I like [NUUN](#))
1000mg [L-CARNOSINE](#) capsules (Optional)

*******5000 mg*******

Liquid L [Carnitine](#)

(not 1,500 or 3,000 mg!)

click link to see EXACTLY what I am talking about.

An Ice vest or access to ice bath or cold pool, river, lake or ocean

(You can purchase an Ice Vest @ coolfatburner.com and use my discount code: interstellar15off to get 15% Off your purchase.)



STEP BY STEP TO SUCCESS:

ATTENTION: You are obese and sick **BECAUSE** you are **IMPULSIVE**. Starting the 88/8 ill prepared and impulsively is a **GUARANTEED FAIL!** Look at your life and be **HONEST**; as soon as you feel anxiety or low self-worth you reach for food. That's **WHY** you are where you are at. Don't worry though! This is not meant to make you feel bad. We are gonna fix all that! **BUT I** need you to be **METHODICAL** and **NOT** impulsive. Read, reread, print it out and **READ AGAIN— FOLLOW EXACT PROTOCOL** below and you will **DEFINITELY WIN!!!!**

Most that start **BEFORE** blends arrive quit; I recommend **BE PATIENT**, and **SMART** and **DO IT RIGHT**. Figure out your socks and shoes first and **PRACTICE!** Blisters will not be a fun experience for you. Double even triple layer your socks if need be. Get the most comfortable shoes you can afford. Stretch, stretch, stretch and more stretch! Going from couch potato to walking 10-20 miles a day is a **HUGE CHANGE**. Start 22/2 intermittent fasting one meal a day and first day walk 1 mile, next day walk 2 miles, next day walk 3 miles, next day walk 4 miles etc. You want to **WIN???**

OK! Then prepare **PROPERLY** and **YOU WILL**.

WHAT TIME IS BEST TO START???

Doesn't matter but whatever time you **BEGIN** you will be ending 8 hours prior. For instance: Start at 8pm; break at noon 88 hours later! Start at midnight; end at 4pm 88 hours later. Make sense? Got a special engagement coming up you don't want to miss? No problem! Just schedule your 88 to end before that time so you can partake in festivities! Simple!

1. MEGA HYDRATE

Start 8 hours before the fast and drink 24 oz of water each hour for 8 hours.

1 [NUUN](#) electrolyte tablet each 24 oz. If properly hydrated, you should be going to the bathroom frequently. If you fail to properly hydrate you will not downregulate Aldosterone and you will retain water and get subpar results. Keep drinking until you are peeing every 15-20 minutes.

*Add 1 TABLESPOON baking soda in water every 2 hours as a starting point. 4 totals over 8 hours. This should be more than sufficient amount of baking soda to get the job done.

IMPORTANT: 3-4 times peeing 15-20 minutes apart means you are ready. If not, keep drinking and add another TABLESPOON of baking soda. You will also want to do this on the 8. Keep in mind this may take longer or shorter than 8 hours to achieve. Do NOT begin next cycle until you are peeing 3 x 15-20 minutes apart. For stubborn bodies up baking soda to 3 TABLESPOONS. Once peeing every 15-20 minutes this signals that aldosterone is DOWNREGULATED and that body is in “flush mode” and you are clear for take-off.

***WE WANT ALDOSTERONE DOWNREGULATED.**

Aldosterone release causes sodium and water retention, which causes increased blood volume, and a subsequent increase in blood pressure, which is sensed by the baroreceptors. ... This results in sodium retention in the kidney, leading to water retention and increased blood volume.

TROUBLESHOOTING:

ATTENTION: If the water and baking soda is NOT causing you to pee and you are swelling that's GOUT related **too much uric acid**; you bring the uric acid down with [MATCHA](#) (EGCG). If this sounds like you 1/2 tsp matcha every 2 hours in your water during the 8.

Epigallocatechin-3-Gallate (matcha) Prevents Acute Gout by Suppressing NLRP3 Inflammasome Activation and Mitochondrial DNA Synthesis

These results show that EGCG suppresses the activation of the NLRP3 inflammasome in macrophages via the blockade of mitochondrial DNA synthesis, contributing to the prevention of gouty inflammation. The inhibitory effects of EGCG on the NLRP3 inflammasome make EGCG a promising therapeutic option for NLRP3-dependent diseases such as gout.

EGCG (matcha) Attenuates Uric Acid-Induced Inflammatory and Oxidative Stress Responses by Medicating the NOTCH Pathway

Conclusions. In summary, our findings indicated that Notch-1 plays an important role in the UA-induced inflammatory response, and the downregulation of Notch-1 by EGCG could be an effective approach to decrease inflammation and oxidative stress induced by UA.

Epigallocatechin gallate (matcha) inhibits urate crystals-induced peritoneal inflammation

These findings indicate that EGCG treatment ameliorates MSU-induced inflammation, suggesting that EGCG exerts anti-inflammatory effect against MSU-induced acute gout attack.

Study on uric acid metabolism in patients with primary aldosteronism.

In summary, green tea extract ([MATCHA](#)) has renoprotective effects via suppression of serum aldosterone levels.

INTERSTELLAR LONGEVITY SHAKE

- **1/2 tsp Seven Sages, Matcha, Shilajit, Autophagy Activator, Super Tonic Hair**
- **1/8-1/4 tsp Trinity, Nebula, Thermo, ACB**
- **3 TABLESPOONS Pine pollen**
- **1-3 tsp 20:1 Spice / Peel (1/2 tsp each if you have 200:1 Spice/Peel)**
- **4 oz FRESH grapefruit juice**
- **1/4 cup blueberries and strawberries**
- **1 banana (if prone to heartburn)**
- **Scoop of peanut butter (Heap of a tablespoon)**
- **4 oz KEFIR**
- **Ice**
- **8-12 oz Water**

NO BAKING SODA IN SHAKE

Example of how to use the blends on the 88/8:

Start fast set timer for 4 hours (or when you wake up)

1st 1oz espresso shot:

*1/2 tsp Seven Sages (the day)
1/4 tsp Matcha
1/4 tsp 200:1 Peel
1/4 tsp Shilajit
1/8 tsp ACB
(reset timer for 4 hours)*

4 hours later

2nd 1oz espresso shot:

*1/4 tsp Thermo
1/4 tsp Matcha
1/4 tsp 200:1 Spice
1/8 tsp ACB
(reset timer for 4 hours)*

4 hours later

3rd 1oz espresso shot:

*1/4 tsp Nebula
1/4 tsp Matcha
1/4 tsp Shilajit
1/4 tsp 200:1 Spice
1/8 tsp ACB
(reset timer for 4 hours)*

4 hours later

4th 1oz espresso shot:

*1/4 tsp Trinity
1/4 tsp Matcha
1/4 tsp 200:1 Peel
1/8 tsp ACB*

Keep Trinity, Thermo, Nebula, Seven Sages in separate shots (this is not critical but only so you can identify how each blend feels by itself; once you got a good grasp on what each does you can change it up to suit your personal preference).

If you have the new [AUTOPHAGY FORMULA](#) then 1/8 tsp in each espresso shot.

COFFEE INHIBITS MTOR (hence the espresso shots with blends on the challenge every 4 hours)

"Regular and decaffeinated coffee consumption decreased plasma-free fatty acid levels, increased hepatic adenosine triphosphate content, and decreased total mammalian target of rapamycin (mTOR) and phosphorylated mTOR (p-mTOR) protein content in the liver." <https://www.sciencedirect.com/science/article/pii/S0899900717300059>

[Note: pine pollen to be only taken during feeding window]

2. Begin 88 hour dry fast.

NO WATER ON THE 88. Espresso shots with blends ONLY. Total liquid daily intake should be around 4oz.

4 x 4 hours covers 16 hours the other 8 hours for sleep = 24 hours. Repeat.

ZERO SALT OR SALT-WATER DURING 88!!!!!!

3. Cold exposure to release fgf21.

When hungry, thirsty, low energy employ 20 minute or longer ice bath including head immersion. If you have ice vest wear it for an hour or longer daily.

L-CARNOSINE

"These findings suggest that L-carnosine may induce browning of adipose tissue through irisin stimulation, a phenomenon that could be related to its antioxidant, anti-inflammatory, and anti-obesity effects."

For those that want to experiment going the extra mile, do **1000 mg L-CARNOSINE** a few hours before your daily ice baths. Ice baths release Irisin and FGF21 and Carnosine amplifies the effects. This will increase the "sting" but that's a good thing as it signals brown fat activation!

4. Moderate cardio interval training.

MANDATORY: MUST WALK 10 MILES A DAY.

You should EASILY be 10lbs down at the 48-hour mark cycle 1; if NOT up it to 15 miles!!!! Each day you complete your 10 miles it gets EASIER! You weigh less and your cardio is stronger! You can't fail if you get your DAILY TEN!!!!

*As a general rule: 2 MILES = 1 POUND! *Fast paced 12-minute mile, NO LOLLY GAGGING!*

PRO TIP: Start 10-15 miles daily on days 1 & 2 at the beginning and after the 8 hour refeeds. If weight loss is on point, then you can back down to 5 miles a day. DO NOT PROCRASTINATE THIS or you will NOT make weight for the cycle.

(Breaking it up morning, afternoon and night is fine.)

BONUS: Once 10 miles is easy you can get extra HARD CORE by adding a [WEIGHTED VEST](#).

5. Break THE 88 HOUR FAST

Break with 24 oz WATER and 1 TABLESPOON BAKING SODA followed by the INTERSTELLAR LONGEVITY SHAKE (See recipe above)

MANDATORY: 15lbs cycle 1 as 7.5lbs is food and water and 7.5lbs actual fat; if you don't hit 15lbs you didn't walk hard enough. This should be EASY if you do your 10 miles DAILY.

6. Begin MEGA HYDRATION. (24 oz water an hour x 8 hours)

Add an electrolyte tablet per each 24 oz.

*Don't forget to add 1 TABLESPOON baking soda to water if you have not already. 1-2 tsp baking soda plenty per cycle to prevent kidney stones or ketoacidosis from the deep level ketosis induced from the dry fast.

7. PALEO KETO MEAL

1-2 hours later after shake have a meal which should include a fresh mixed green salad (I recommend beets and arugula for mega nitric oxide) with extra virgin olive oil and a protein of your choice.

NO EGGS! Eggs are highest in methionine and **methionine inhibits autophagy**.

HIGHLY RECOMMENDED PROTIEIN:

Sardines in extra virgin olive oil (natural mTOR inhibitor) with some hot sauce (capsaicin) is an excellent choice! Lowest of all fish in mercury (as they don't live long enough to accumulate it), zero carbs and high in Omega-3 which stimulates LIPOLYSIS (fat burning).

Lipolysis is the metabolic pathway through which lipid triglycerides are hydrolyzed into a glycerol and three fatty acids. It is used to mobilize stored energy during fasting or exercise, and usually occurs in fat adipocytes. Lipolysis is induced by several hormones, including glucagon,[1] epinephrine, norepinephrine, growth hormone, atrial natriuretic peptide, brain natriuretic peptide, and cortisol.[2]

Eicosapentaenoic acid (an omega 3) increases lipolysis

In conclusion, EPA may modulate lipid metabolism by stimulation of lipolysis, which likely is mediated by induction of lipolytic gene expression and suppression of adipogenic gene expression in adipocytes.

Dietary capsaicin (hot sauce) and its anti-obesity potency

Collectively, these observations provide evidence that capsaicin can activate and recruit BAT, which would be a promising strategy to counter obesity.

NO DAIRY! (One exception: KEFIR a POWERFUL PROBIOTIC)

Acid reflux is caused by chemokine IL-8.

KEFIR specifically inhibits IL-8.

We have shown that exposure to an acidic bile salt solution similar to gastric juice causes esophageal epithelial cells to secrete chemokines, including IL-8, which can induce the migration of immune cells. These findings support a new concept for the development of reflux esophagitis in which the reflux of gastric juice stimulates esophageal squamous epithelial cells to secrete chemokines that attract inflammatory cells, which ultimately damage the esophageal mucosa.

Acid reflux as cytokine injury involving IL-8.

Serum IL-8 levels were decreased at 3rd and 6th weeks ($p < 0.001$) and were at low levels at 9th week ($p = 0.005$) when compared with baseline levels (0th week). Serum IL-5 levels were increased at 3rd week (0th-3rd weeks; $p = 0.01$) and decreased by a rebound effect at 9th week (6th-9th week $p = 0.003$). TNF- α levels were increased with kefir consumption ($p = 0.046$) but the increase was insignificant in paired comparisons and the level was borderline between 0th and 6th weeks ($p = 0.013$). IL-5 and TNF- α levels returned to their original levels (0th week) at 9th week. Levels of the other cytokines (IL-1 and TGF- β) did not change significantly with kefir usage. These results indicated that kefir use increased polarization of the immune response towards TH1 type and decreased TH2 type response and accordingly allergic response. The decrease in IL-8 level due to kefir use, might control the inflammatory response by suppressing neutrophil chemotaxis and activation. On the other hand it was also concluded that increased IL-5 might stimulate secretory IgA at gastrointestinal mucosa leading to a more efficient immune response in the intestinal lumen.

WHY NO DAIRY OTHERWISE?

Dairy mega releases insulin (hyperinsulinemia) which mega activates mTOR which in turn leads to mega insulin resistance and all sorts of problems. No bueno! After you lose the weight and reach your goals you can have some dairy again on occasion.

Dairy Consumption and Insulin Resistance: The Role of Body Fat, Physical Activity, and Energy Intake

"Milk and dairy products have been identified as potent insulin secretagogues, as their consumption stimulates acute hyperinsulinemia [27-31]. The hyperinsulinemia resulting from milk and dairy consumption may be considered a beneficial and even protective effect for regulating blood glucose levels, particularly in individuals with elevated levels or those with T2DM [32]. However, consumption of milk and dairy products and the resultant hyperinsulinemia may produce less-than-desirable long-term effects in healthy individuals, including insulin resistance. Research in humans [33] and in rats [34] suggests that regular hyperinsulinemia can lead to insulin resistance."

Milk—A Nutrient System of Mammalian Evolution Promoting mTORC1-Dependent Translation

"To fulfill its mTORC1-activating function, milk delivers four key metabolic messengers:(1) essential branched-chain amino acids (BCAAs);(2) glutamine;(3) palmitic acid; and (4) bioactive exosomal microRNAs, which in a synergistical fashion promote mTORC1-dependent translation. In all mammals except Neolithic humans, postnatal activation of mTORC1 by milk intake is restricted to the postnatal lactation period. It is of critical concern that persistent hyperactivation of mTORC1 is associated with aging and the development of age-related disorders such as obesity, type 2 diabetes mellitus, cancer, and neurodegenerative diseases. Persistent mTORC1 activation promotes endoplasmic reticulum (ER) stress and drives an aimless quasi-program, which promotes aging and age-related diseases"

Milk—the promoter of chronic Western diseases.

"milk protein consumption is an essential adverse environmental factor promoting most chronic diseases of Western societies. Milk protein consumption induces postprandial hyperinsulinaemia and shifts the growth hormone/insulin-like growth factor-1 (IGF-1) axis to permanently increased IGF-1 serum levels. Insulin/IGF-1 signalling is involved in the regulation of fetal growth, T-cell maturation in the thymus, linear growth, pathogenesis of acne, atherosclerosis, diabetes mellitus, obesity, cancer and neurodegenerative diseases, thus affecting most chronic diseases of Western societies."

8. Continue to hydrate up to the end of your hydration window.

*IMPORTANT: DRINK WATER UNTIL URINE IS CLEAR. 24 oz of water each hour for 8 hours. You should be going to the bathroom frequently. If you fail to properly hydrate you will not downregulate Aldosterone and you will retain water and get subpar results. Keep drinking until you are peeing every 15-30 minutes.

9. FIBER to empty bowels AND/OR LIQUID L CARNITINE

TAKE 6 – 9 TABLESPOONS (not teaspoons) PSYLLIUM HUSK AND/OR LIQUID L CARNITINE with final 24 oz of water BEFORE starting next 88.

*Most prefer 5000mg Liquid Carnitine; if the Carnitine doesn't work for you go with Psyllium but keep in mind you must mix the Psyllium in water and shoot it down in 30 seconds or it coagulates and it's not fun.

*****DO NOT SKIP THIS*****

BE SURE TO DO 6 TABLESPOONS LIQUID L CARNITINE IN YOUR LAST HOUR OF 8 BEFORE STARTING NEXT CYCLE.

***You should be back to 88-hour weigh in weight with stomach empty 24 hours after the 8-hour refeed.**

If you fail to drink enough water or take enough psyllium your bowels will not empty properly; and you will not lose sufficient weight in time for next 88-hour weigh in.

Make sure you are fully satiated and hydrated. You should be totally sick of water at this point.

TIP FOR SUCCESS:

It's important to figure out your psyllium husk dose BEFORE beginning challenge so you aren't guessing and hoping. It might be 4 tablespoons, or it might be 12 tablespoons. Most find 6-9 perfect.

TABLESPOONS NOT teaspoons! Note: If doing capsules 12 capsules = 1 TABLESPOON.

The SECRET to success is getting back to your 88-weigh in weight no later than 24 hours after the 8-hour massive hydration; this gives you 3 days to make weight (7.5lbs). I am emphasizing these multiple times to really drive the point home! Those who neglect this FAIL and QUIT.

NOTE: If 6 TBS (tablespoon not teaspoon) of 5000mg liquid L CARNITINE is doing the trick you can skip the psyllium. If bowels NOT CLEARED 24 hours after refeed do 6 TBS MORE.

10. Begin 88 hour dry fast again and repeat.

11. Create Album in Dry Fasting Facebook group titled “(Your Name) 88/8 Challenge”

Post pictures front, face, side, back, scale. Scale weight take just before breaking the fast so you post day 0 and at 88 hour mark on days 4, 8, 12, 16, 20, 24, 28, 32.

What to expect?

When combined with cold exposure, 10-15 mile daily walks and Interstellar Blends a person overweight should lose 15-30 lbs. first cycle / 7.5-15 lbs. each cycle after and some of the positive effects you can look forward to are: perfect complexion, faster hair and nail growth, stubborn fat disappearing, enhanced focus and mental clarity, total elimination of anxiety, depression and any form of emotional disorder, dramatic reduction in aging and signs of aging, perfect blood pressure and blood sugar, any and all health problems should improve or disappear entirely.

Fat will not return if you stick with 44/4 after.

One-month challenge prizes:

30lbs = \$250 store credit

40lbs = \$500 store credit

50lbs = \$750 store credit

60lbs = \$1000 store credit.

100lbs = \$2000 store credit.

The SCIENCE dryfasting.com

SPONSORSHIP OPPORTUNITY:

To qualify for a sponsorship, you must successfully complete 3 cycles of 88/8 back to back.

You MUST post TIME STAMPED picture COLLAGE of:

Face
Side
Back
Front
Scale
Blood Pressure
Blood Glucose
Ketostix



PIC COLLAGE APP EXAMPLE

TIME STAMP APP EXAMPLE

On days 0 and at the 88-hour mark on days 4, 8 and 12.
You MUST lose a MINIMUM of:

15 lbs cycle 1 (the easy one)
7.5 lbs cycle 2
7.5 lbs cycle 3

You MUST lose a combined TOTAL of AT LEAST **30lbs** by 88-hour weigh in on day 12.

****MUST POST 10 MILE LOG TO ALBUM DAILY SHOWING EVIDENCE
YOU ACTUALLY WALKED. WALKERS WIN!!!!***

Complete all of the above and WIN \$600 in blends!

If you keep this 7.5lb per cycle pace you will lose 60lbs in 28 days!

***If you pass the 3-cycle test and win \$600 sponsorship you have opportunity to finish the 28 and lose 60lbs and win \$400 bonus or 75lbs and win \$900 bonus or 100lbs and \$1400 bonus!**

JOIN TELEGRAM GROUP NOW!

Plan B if I ever get permanently banned from Facebook.

"You are only a loser IF YOU QUIT. REFUSE TO BE BEATEN."