

# INTERMITTENT FASTING

*To lengthen thy life, lessen thy meals...*

## *Intermittent Fasting*

- Foregoing eating for a specific amount of time
- Also known as time-restricted eating
- Eating all meals for the day within a narrow window of time, preferably 8 hours
- More successful than calorie restriction in controlling obesity

## *Strategies*

- 12-hours-a-day fast: Last meal is eaten at 7 p.m. and no food until 7 a.m. the next morning.
- 16-hours-a-day-fast: Dinner by 7 p.m., overnight fast, and skipping breakfast.
- 24-hour-fast
- Meal skipping: Eating when hungry, skipping when not hungry.

## *Contraindications*

- Underweight, malnourished
- Children



## *Benefits of Intermittent Fasting*

- ↓ Body weight and fat percentage
- ↓ Risk of cancer (especially female breast cancer)
- Improved immune function
- Improved brain health & cognition, ↓ risk of dementia, Alzheimer's disease, and Parkinson's disease
- Improved cardiovascular function (↓ blood pressure)
- Improved sleep
- Improved gut health
- Improved metabolic function (glucose, lipids - ↓ LDL, ↓ TAG, ↓ total cholesterol)
- Improved mitochondrial energy
- ↓ Oxidative stress and inflammation
- ↓ Risk of type 2 diabetes via ↓ fat deposition in the liver and pancreas (improved pancreatic function)
- ↑ Longevity