

The Basics of Intermittent Fasting

WHAT IS IT?

Intermittent Fasting is an eating pattern that includes planned periods of not eating (fasting) to support overall health. It helps the body switch from using sugar to burning fat for energy. While it's gained popularity recently, fasting has been used for centuries for health and in religious traditions like Christianity, Buddhism, and Islam.

HOW DOES IT WORK?

During Intermittent Fasting, the body shifts from burning sugar to burning stored fat for fuel.

refrain from food/drink for specified period of time

hormonal patterns & energy metabolism change

body breaks down stored fat into free fatty acids

fatty acids become the body's primary energy source

TYPES OF FASTING PLANS:

WHOLE DAY

1-2 days per week of complete fasting, besides water

ALTERNATE DAY

alternate every other day of fasting (calorie restriction) & regular eating

TIME-RESTRICTED EATING

chosen number of hours to fast each day, example: 16 hours fasting/8 hours eating

POTENTIAL BENEFITS:

- Reduce chronic inflammation
- Support "good" gut bacteria
- Improve liver function
- Improve mental performance
- Weight loss/body fat reduction
- Protects brain health
- Improve sleep duration & quality
- Protect against age-related disease

NOT RECOMMENDED:

- Type 1 Diabetes diagnosis
- Pregnant or breastfeeding
- Taking meds to lower blood pressure and/or blood sugar
- Disordered eating
- Feel a negative relationship with food
- Under 18 years old
- Women: be mindful with cycle

This information is for educational purposes only and is not tended to be medical advice. Consult your healthcare provider before trying any fasting protocols.