

# INTERMITTENT FASTING IT'S NOT JUST FOR WEIGHT LOSS ANYMORE

Intermittent fasting (IF) or cyclic fasting has definitely risen in popularity in the past few years as new health benefits continue to emerge. IF is basically when you restrict eating to a specific window of time after an overnight fast. What's the benefit of even doing this? IF has been shown to prevent inflammation, slow degenerative disease, improve glucose-insulin levels, reset metabolism, remove toxins, improve brain function (epilepsy), aid in weight loss, and ultimately, slow down the aging process. By giving the body a break from constant fueling and digestion, we can actually create a window of time for structural and biochemical healing. You can start IF by fasting for just a few hours to skipping meals for two days a week. I often coach my clients to do a 16/8 or time-restricted feeding. Most often, this involves not eating anything after dinner and skipping breakfast the next morning.

**So, let's talk about some of the great health benefits of IF...**

**1. Promoting weight loss.** IF forces the body to use up fat stores as fuel. By restricting glucose during the fasting hours, the body will begin to use glycogen stored in muscle for energy. Once these glycogen stores are depleted, the body will seek out alternative sources of energy such as fat. This is similar to the "keto diet" in which we deprive the body of carbs and force it to use up stored fat for energy. This is why the ketogenic diet and IF work so well together.

**2. Improving blood sugar.** Insulin is the hormone responsible for transporting glucose (from the foods we eat) out of the bloodstream and into the cells to be used for energy. With Diabetes Mellitus 2 (DM2), insulin doesn't always work effectively or our cells become "resistant" to the insulin. Studies show that IF participants with DM2 were able to lose weight, decrease overall caloric intake, reduce blood sugar and insulin levels and improve insulin sensitivity.

**3. Improving heart health.** Studies now show that IF improves heart health by lowering certain

risk factors. This is reflected in higher HDL (good) cholesterol and lower triglyceride and LDL (bad) cholesterol.

**4. Reducing inflammation.** Inflammation is a normal immune response to injury. Chronic inflammation, in contrast, can lead to chronic disease. Research now links chronic inflammation to conditions like heart disease, diabetes, obesity and cancer.

**5. Improving brain function.** Studies now show that IF enhances cognitive function and protects the brain from changes in memory. The anti-inflammatory effects of IF have been proven to help slow the progression of neurodegenerative disorders like Alzheimer's disease.

**6. Decreasing hunger.** Leptin (satiety hormone) is produced by fat cells and signals when it's time to stop eating. People that are overweight or obese usually have higher amounts of leptin circulating in the body. This can result in leptin resistance, making it harder to turn off hunger cues. Studies show that IF results in lower leptin levels at night, therefore, less hunger and more weight loss.

Of course, there are some precautions to take and IF may not be ideal for everyone. If you do have DM2, it's best to work with your doctor as medication may need to be adjusted as glucose-insulin levels change. Children, young teens, pregnant women or those with a history of eating disorders should not participate in IF. Additionally, if you do have gallstones, IF may increase your risk of further gallbladder problems.

**Join us on Monday, August 19th at 7:00 pm for a presentation by Susan Marco, Advanced Clinical Hypnotist. She will be presenting exciting information about "The Virtual Gastric Band with Hypnosis", a remarkable weight-releasing technique. Seating is limited so reserve your seat today. Call us at (732)609-3366.**



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