

Intermittent Fasting

Intermittent Fasting or IF is a pattern of eating that alternates between periods of eating and fasting. IF is not for everyone. You must eat healthy as well. Ask your doctor if intermittent fasting is safe for you before trying it.

Types

- 1 The 16/8 Method: 16 hours of fasting every day.
- 2 Eat-Stop-Eat: 24 hours of fasting twice per week.
- 3 The 5:2 Diet or Fasting 2 days per week: eating 500 to 600 calories per day on two non-consecutive days of the week and eating normally on the other five days of the week.
- 4 Alternate day fasting: fast every other day.
- 5 Spontaneous meal skipping when convenient.

What happens in your body.

- 1 HGH – human growth hormone increases as much as 5 times normal.
- 2 Insulin sensitivity increases. Insulin levels drop making stored body fat more accessible.
- 3 Cell repair is initiated when fasting.
- 4 Gene expression changes related to longevity and protection from disease.
- 5 Norepinephrine (fat burning hormone) increases.
- 6 Less muscle loss than other calorie restricted diets.

Summary

Intermittent fasting does not have any health benefits if you binge or overeat in between periods of fasting. Due to changes in hormones, short term fasting may increase your metabolic rate by up to 14%.