



## Healthy4life.ca Newsletter - April 2020

Holistic nutrition includes body, mind and spirit. Articles will address each area.

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### Spring is a great time for a detoxifying fast!



## Intermittent Fasting For Your Body

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.

### 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/day  
on  
two  
non  
consecutive  
days  
per  
week  
and  
eating  
normally  
on  
the  
other  
five  
days/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%. Ask your health team if fasting would be beneficial and safe for you.

## Fasting For Your Mind

Diaphragmatic breathing helps you clear carbon dioxide and other toxins from your lungs and it also helps relax your thoughts and feelings.

Parking intrusive thoughts to deal with later when you are prepared to deal with them effectively also clears your mind and body of stress hormones like cortisol.

Healthy food when you break your fast provides the nutrients your brain needs, particularly those that cross the blood/brain barrier.

A time out from electronic devices also gives your brain a break from blue light and electromagnetic fields. Remember to fast for your brain, not just your body!

**Be healthy 4 llfe,  
Cathy Ferren RHN**

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