Intermittent fasting
By Sam Gold

Intermittent fasting (IF) is currently one of the world's most popular health and fitness trends.

People are using it to lose weight, improve their health and simplify their lifestyles.

Many studies show that it can have powerful effects on your body and brain and may even help you live longer.

So what Is Intermittent Fasting (IF)?
Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating.

It doesn't specify which foods you should eat but rather when you should eat them.

In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern.

Common intermittent fasting methods involve daily 16-hour fasts or fasting for 24 hours, twice per week.

Fasting has been a practice throughout human evolution. Ancient hunter-gatherers didn't have supermarkets, refrigerators or food available year-round. Sometimes they couldn't find anything to eat.

As a result, humans evolved to be able to function without food for extended periods of time.

How It Affects Your Cells and Hormones?

When you fast, several things happen in your body on the cellular and molecular level.

For example, your body adjusts hormone levels to make stored body fat more accessible. Your cells also initiate important repair processes and change the expression of genes.

Here are some changes that occur in your body when you fast:

- Human Growth Hormone (HGH): The levels of growth hormone skyrocket, increasing as much as 5-fold. This has benefits for fat loss and muscle gain, to name a few
- Insulin: Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible

- Cellular repair: When fasted, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells)
- Gene expression: There are changes in the function of genes related to longevity and protection against disease
- These changes in hormone levels, cell function and gene expression are responsible for the health benefits of intermittent fasting.

Here are the main health benefits of intermittent fasting:

- Weight loss: As mentioned above, intermittent fasting can help you lose weight and belly fat, without having to consciously restrict calories
- Insulin resistance: Intermittent fasting can reduce insulin resistance, lowering blood sugar by 3–6% and fasting insulin levels by 20–31%, which should protect against type 2 diabetes (1).
- Inflammation: Some studies show reductions in markers of inflammation, a key driver of many chronic diseases (
- Heart health: Intermittent fasting may reduce "bad" LDL cholesterol, blood triglycerides, inflammatory markers, blood sugar and insulin resistance – all risk factors for heart disease (
- Cancer: Animal studies suggest that intermittent fasting may prevent cancer .
- Brain health: Intermittent fasting increases the brain hormone BDNF and may aid the growth of new nerve cells. It may also protect against Alzheimer's disease

This is a growing area of research so look out for further information in the future.

In a nutshelll we do not need to consume food from 7am-11pm. Give you body a break and start thinking of how you can extend your fast, Try just eating between 8am-8pm then move from 8am-6pm etc. See how you feel and note the difference in your body.