



The Benefits of Intermittent & Extended Period Fasting Over Traditional Dieting

Intermittent Fasting is a successful weight loss strategy that has proven to have a positive impact on metabolism and overall health. Time-restricted eating windows, like 11am to 7pm, and occasionally extending fasting periods (24-48 hours), is an essential component of this approach. This method has helped many people reach and maintain their weight loss goals. See more 36-hour fast benefit information on Page 2.

Unfortunately, millions of men and women struggle to shed their excess weight, despite trying all types of diets. They start by depriving their body of the food they love, and they lose a few pounds. However, at some point, food cravings take over, and they ruin weeks of effort by jumping on their favorite snacks. This yo-yo effect is discouraging and often leaves people feeling like something is wrong with their body when, in fact, the diets themselves are to blame.

The problem with most diets is that they're overly restrictive and hard to sustain over the long-term. People can tolerate them in the short-term, but at some point, their body rejects them because they don't feel "natural." This explains why 9 out of 10 diets end up in failure. The diets that work are usually those that don't feel like diets at all. They don't create any major resistance from our body, such as food cravings, hunger, or mood swings.

Intermittent Fasting is an effective diet that can be sustained over the long-term. Unlike what many people think, fasting doesn't mean that we should starve ourselves. On the contrary, it means that we should carefully choose **WHEN** we eat instead of being obsessed with **WHAT** we eat. We can eat pretty much whatever type of food we want, as long as we eat the right quantity of food at the right time.

Intermittent Fasting works by forcing our body to burn fat to find energy. After fasting for more than 12 hours, our body has depleted all its glucose reserves, and when this fat-burning "metabolic switch" is on, we lose weight effortlessly. Studies show that our body starts burning fat about 25% faster after 13 hours of fasting.

Nutrition specialists agree that Intermittent Fasting has many benefits, such as insulin levels in our blood dropping, which allows our bodies to burn more fat as fuel. Additionally, fasting can protect organs against chronic diseases like type 2 diabetes, heart disease, age-related neurodegenerative disorders, inflammatory bowel disease, and many cancers. Furthermore, the ratio of weight loss changes with fasting, with 90% of weight loss being fat and 10% being muscle, compared to traditional diets where 75% is fat loss and 25% is muscle mass.

A 36-hour fast can offer several benefits, including:

1. **Improved Insulin Sensitivity:** Fasting can help lower insulin levels, improving insulin sensitivity and potentially reducing the risk of type 2 diabetes.
2. **Enhanced Fat Burning:** Extended fasting can shift the body's energy source from glucose to fat, promoting fat loss.
3. **Cellular Repair:** Fasting triggers autophagy, a process where the body cleans out damaged cells and regenerates new ones.
4. **Mental Clarity:** Many people report increased focus and clarity during fasting, possibly due to the release of brain-derived neurotrophic factor (BDNF).
5. **Reduced Inflammation:** Fasting may lower inflammation markers, contributing to better overall health.
6. **Improved Heart Health:** It can lead to reductions in blood pressure, cholesterol, and triglycerides, benefiting cardiovascular health.
7. **Potential Longevity Benefits:** Some studies suggest that intermittent fasting may increase lifespan and improve health span.
8. **Easier Digestion:** A break from food allows the digestive system to rest and can alleviate issues like bloating.

Always consult a healthcare professional before starting any fasting regimen, especially if you have underlying health conditions.

