



# The Scientific Approach to Intermittent Fasting

*Dr Michael VanDerschelden*

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“The people who say they don’t have time to take care of themselves will soon discover they’re spending all their time being sick.” - Patricia Alexander Intermittent fasting is a phenomenon that is currently one of the world’s most popular health and fitness trends. It involves alternating cycles of fasting and eating, instead of eating all hours during the day. It isn’t a diet, but rather an eating pattern. It does not include any rules about what foods to eat, but rather when you should eat them. As noted by Time magazine, intermittent fasting is becoming so popular because of one reason – it works. It works whether you are trying to lose weight, or just improve your biomarkers to achieve optimal health. In a nutshell, it is the way we are designed to eat. It allows us to use fat as our primary fuel instead of carbohydrates by adopting the way our ancestors used to eat. Unlike so many diets out there, this is not the latest ‘fad diet’ portrayed in popular media. Dieting is a multi-billion dollar global industry, and there is not a shred of evidence people are becoming slimmer as a result. In fact, the opposite is true. The percentage of obesity keeps increasing and has now reached epidemic proportions all over the world. Intermittent fasting, however, has proven to be a safe and effective approach that promotes not just fat loss, but actually improves overall health in ways no other lifestyle modification could do. What differentiates intermittent fasting from any other diet is the extreme abundance of high-quality, peer-reviewed research to back up all of its claims and results. It also serves as the way humans were physiologically designed to eat, period. I truly believe this is the most powerful intervention out there if you’re struggling with your health, weight, or any chronic disease. In addition, the other benefits it has to offer are nothing short of spectacular. The list of health benefits includes, but are not limited to: 1. Massive fat burning and weight loss 2. Increased human growth hormone production 3. Enhanced brain function 4. Insulin sensitivity 5. Improvement of beneficial gut bacteria 6. Reduction in cancer 7. Leptin sensitivity 8. Ghrelin hormone normalization (hunger hormone) 9. Elimination of sugar cravings 10. Reduced oxidative stress 11. Increased lifespan and longevity In this book we will go over the many benefits intermittent fasting can bring to you. It is also going to cover the specific ways you can implement this fasting regimen in your life, as well as going over common questions and concerns you might have. The scientific health benefits we go over are very important. A lot of these benefits will seem exaggerated, but this is simply a review of the scientific literature and is not mere opinion on my part.

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