

INTERMITTENT FASTING



WHAT IS INTERMITTENT FASTING?

Intermittent fasting is a common fad diet that involves a feasting period where an individual can eat whatever they wish (typically 8 hours or less), and a fasting period for the remainder of the day.

POTENTIAL BENEFITS

Many studies claim that intermittent fasting has many health benefits. These benefits include:

- Reducing blood sugar levels
- Reducing total cholesterol
- Reducing blood pressure
- Reducing triglycerides
- Weight loss (decreased body weight, body fat, and waist circumference)

However, the majority of studies that show these results are based on animal trials, not human trials. The studies that do use human subjects are limited and demonstrate varying results.

In terms of weight loss, it is true that you will likely lose weight while intermittent fasting. However,

some of this weight loss often comes from a loss of lean muscle mass, which is not the desired outcome. In addition, it is unlikely that the weight loss will be maintained in the long term.

INTERMITTENT FASTING AND LIFESTYLE

Intermittent fasting is hard to maintain over the long term.

- Makes it difficult to take part in many social activities that center around food, leaving you feeling isolated.
- Results in significant hunger during times of fasting.

As a result, it is difficult to maintain any weight loss that may have been achieved, and individuals who try intermittent fasting often gain back any weight that was lost (and often even more) once they return to their normal style of eating.

In addition, there is a high risk of overeating during feasting periods due to the restricted time frame and intense hunger. This means that you may end up consuming more total calories than you would on a normal diet.

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SIDE EFFECTS

Intermittent fasting can lead to a multitude of negative side effects, including:

- Decreased energy
- Constipation
- Feeling cold
- Headaches
- Bad temper
- Lack of concentration

THE BOTTOM LINE

There are very little long term studies testing the sustainability of intermittent fasting. Ultimately, more research is needed in order to form clear recommendations regarding intermittent fasting.

Intermittent fasting does not take into account the quality of food being consumed, which is a significant downfall. WHAT you eat more important than WHEN you eat it.

Overall, intermittent fasting is not a recommended diet due to the lack of substantial, high quality evidence, the lack of sustainability, and the high chance of weight re-gain. Instead, it is recommended that you follow a normal, well-balanced eating pattern based on the principals of Canada's Food Guide.