

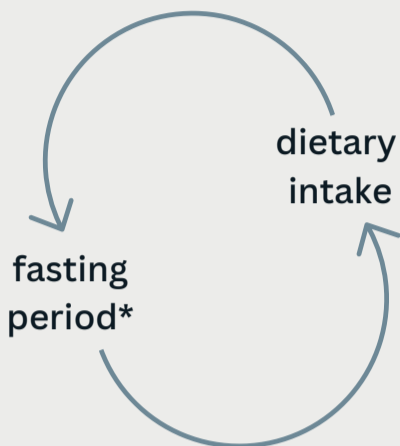
Intermittent Fasting (IF)

Who is it *really* for?



What is IF?

THE "WHEN" OF EATING

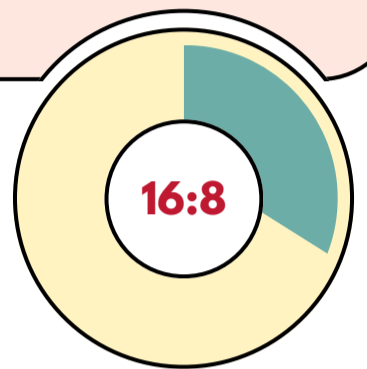
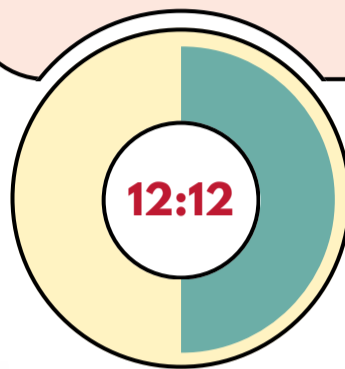


*Fasting periods are set amounts of time spent **without any dietary intake.**

IF IS REGIMENTED

IF schedules **differ** based on one's health needs, so fasting period durations vary from one person to another.

Let's compare the 12:12 and the 16:8 diet!



12:12 = 12 hours of fasting and 12 hours of feeding
16:8 = 16 hours of fasting and 8 hours of feeding

Other similar regimens involve picking certain fasting days instead of hours. For example, one might opt to restrict their caloric intake for 2 days per week. This is the **5:2** approach.

Is this for me?

OVERALL, IF AFFECTS...

- Heart and cardiovascular system health
- Blood insulin and glucose (sugar) levels
- Body weight

 **Blood pressure** ↓

 **Insulin levels**
Glucose levels ↓

 **Body weight** ↓

The Fasting-Mimicking diet

JANUARY

5 days of calorie-restricted dietary intake **1x a month** for at least 3 months

↑ Immunity against cancer cells!

CANCER

Treatment-related benefits

- Alleviate treatment-related symptoms like **nausea, vomiting, and appetite loss**
- **Increased effectiveness** of treatment
- Seems to be most beneficial for certain types of cancers such as **breast cancer and neuroblastomas**

DIABETES

- In particular, **Type 2 diabetes (T2D)**
- **Reduced need** for insulin therapy
- Promising and effective **treatment option**



There are a variety of regimens out there, so it is important to **consult a dietitian** to find out what suits your health needs best!

References

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