

# Intermittent Fasting

## WHAT YOU SHOULD KNOW ABOUT THIS HEALTH TREND

By Olivia Cox

Do you skip breakfast? Do you skip breakfast on purpose? Some people do! Intermittent fasting is a somewhat new idea that has to do with switching between eating and fasting at certain intervals. (1) For many people, this simply looks like not eating breakfast, although there are several other types. This pattern of eating is sometimes done for its weight loss benefits, although there are other times where it might be helpful. One study looked at other research that has been done to determine the success of intermittent fasting compared to other methods of weight loss. (2) The researchers examined 545 scientific studies to see how well it works. This research found that intermittent fasting could decrease your BMI, or body mass index, and body weight, but that there was no change in body fat in people who participated in fasting diets compared to other methods of weight loss. Something else the researchers found is that fat mass and lean mass in the body stayed about the same in both groups, but they noted some positive changes in hormones called adiponectin, which helps control blood sugar levels, and leptin, which controls hunger and food intake. These hormone changes mean intermittent fasting may help keep blood sugars stable throughout the day. (3)

### Pros to Intermittent Fasting:

- It is often an easy way to kickstart weight loss.
- It doesn't include cutting out any food groups.
- Some people aren't hungry or are too busy to eat in the morning anyways, making it easy to adhere to.
- There may be other health benefits.

### Cons to Intermittent Fasting:

- It can feel restrictive.
- Some people remain hungry all day, making it difficult to adhere to long term.
- It can be a trigger for people who may have struggled with disordered eating behaviors in the past.
- There is little research on humans adopting an intermittent fasting lifestyle as most studies have only been done on animals.

In summary, intermittent fasting is a new trend that changes our daily eating patterns. It is not fully backed by research, but it has been a valuable tool for some people to help them lose weight. If it works for you, great! If not, don't stress it. There are many approaches to a healthy lifestyle and not every tool will work for every person.

### References:

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