

What is Intermittent Fasting (IF)

- Intermittent fasting is an eating pattern where you cycle between periods of eating and fasting. It does not say anything about which foods to eat, but rather when you should eat them.
- For example, eating within 10am-6pm (8 hour window) and fasting from 6pm -10am (16 hours fasting)
- The fasting and eating window are determined by the individual that best suits their lifestyle, such as eating breakfast and lunch, but skipping dinner or eating lunch and dinner, but skipping breakfast etc.

Benefits of IF:

1. Cognitive

- Improved memory
- Better concentration
- Autophagy (self-eating) and apoptosis (programed cell death for abnormal and worn out cells) after longer fasts 3-5 days*, but don't attempt without medical supervision

2. Cardiovascular

- Decreased atherosclerosis
- Reduced blood pressure
- Lower heart rate
- Decreased inflammation

3. Weight

- Increased lipolysis (fat-burning)
- Decreased leptin

4. Blood Sugar Control

- Increased insulin sensitivity
- Lowers blood sugar to healthy ranges

5. Liver

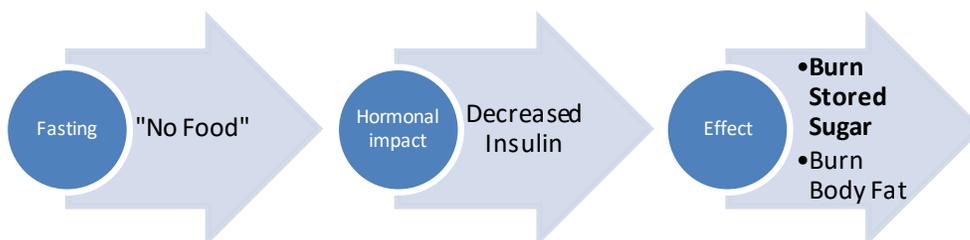
- Less fatty liver

6. Detox

- Autophagy- "self-eating" -cellular detox and recycling

7. Longevity

- Extends life and is anti-aging



Core Tenants of Intermittent Fasting (IF)

1. Make fasting fit your lifestyle and not the other way around
 - a. Of course we will need to make some lifestyle adjustments when implementing a new behavior, but don't socially isolate yourself in order to make intermittent fasting work. If you're having a hard time fitting it into your lifestyle, speak with your Registered Dietitian

2. Most common reason why people fail is not eating enough fat/calories
 - i. If you're struggling with this, discuss this with your Registered Dietitian at your next visit on how to make sure you're eating enough

Who shouldn't fast:

1. Children under 18
2. Pregnant and Breast Feeding women
3. Anyone with an eating disorder, malnourished, and/or underweight (BMI <18.5)
 - a. Older adults with low body fat and borderline underweight or are underweight
4. Alcoholic
5. Type 1 Diabetics
6. Those with severe kidney or liver disease
7. Bowel diseases like Crohn's, Ulcerative Colitis, Celiac (malabsorption)
8. Cancer patients

*Always consult your Doctor before starting an intermittent fasting regimen

Who needs to be closely monitored while Intermittent Fasting:

- Type 2 Diabetics on medication for blood sugar
 - Insulin
 - Glucose lowering medications like metformin
 - These individuals will require very close monitoring of blood sugars (4 times a day), frequent labs and close monitoring of blood pressure with your doctor. Medications may need to be adjusted prior to initiating most fasting protocols and should not be attempted without a licensed medical practitioner involved in the process.
- Patients taking 1 or more Blood pressure lowering medications
 - IF causes water weight losses
- Patients with high blood pressure who are taking blood pressure medications.

These individuals will require very close monitoring of blood sugars (4 times a day), frequent labs and close monitoring of blood pressure with your doctor. Medications may need to be adjusted prior to initiating most fasting protocols and should not be attempted without a licensed medical practitioner involved in the process.