Wellness News Network™
Your Source for Health & Wellness Information
Issue 4, June 2021

The Surprising Health Benefits of Intermittent Fasting

Presented by: Total Health Systems **TotalHealthSystems.com**

Introduction

Fasting - abstinence from all or certain kinds of food or drink for a set period - has been prescribed by natural health practitioners, including many chiropractors, for decades. New research is providing valuable information about this traditional health practice, showing us the many (often surprising) ways fasting can benefit our health and well-being. Intermittent fasting is a special type of fasting that involves alternating between periods of fasting and non-fasting (water consumption is allowed and encouraged during the fasting period; tea and coffee may also be allowed in some cases).

The schedule for intermittent fasting can range from every other day (also known as alternate day fasting) to once every other week (for a 16- to 24-hour period) and depends on your specific health goals. You should always consult your chiropractor before starting a fast. Your chiropractor possesses advanced nutrition knowledge and can counsel you on all aspects of fasting, including helping you determine whether you are a good candidate for this natural health approach. In this edition of the Wellness News Network, we take a closer look at intermittent fasting and its ranging effects on human health.

Decreased Cardiovascular Risk

Your cardiovascular system (i.e., your heart and blood vessels) may significantly benefit from intermittent fasting. Intermittent fasting (also known as reduced meal frequency) boosts cardiovascular function and helps minimize several risk factors for coronary artery disease and stroke, including high blood pressure, states a 2005 study published in the *Journal of Nutritional Biochemistry*.[1] The authors of this study also note that the cellular effects of intermittent fasting and caloric restriction on the cardiovascular system (and the brain) are comparable to those of regular physical activity (i.e., exercise).

Chronic heart failure is a leading cause of death in many countries around the world. According to a 2009 study published in the *Journal of Molecular and Cellular Cardiology*, long-term intermittent fasting and caloric restriction help accelerate the recovery in individuals with chronic heart failure.[2] Persistent intermittent fasting, note the study authors, helps boost blood vessel density around damaged heart tissue and dramatically improves the long-term survival rate following chronic

QUESTION:
How can intermittent fasting affect your health?
A) it harms your cardiovascular system
B) may shorten your lifespan
C) may cause you to eat more
D) none of the above

ANSWER:
D) none of the above

TRUE OR FALSE:
Intermittent fasting has been known to accelerate the recovery of persons with chronic heart failure

ANSWER:
True

QUESTION:
How does fasting benefit your body?
A) reduces inflammation
B) decreases free radical damage
C) may improve memory performance
D) all of the above

ANSWER:
D) all of the above

Presented by: Clinton Township 586.228.0270 Chesterfield 586.949.0123
Washington 586.781-0800 St Clair Shores 586.772.8560
Center Line 586.756.7670

heart failure.

Reduced Weight & Decreased Diabetes Risk

Intermittent fasting is a powerful health technique and eating strategy to help you lose weight and reduce your chances of chronic disease, including diabetes. A 2013 study published in the *British Journal of Diabetes & Vascular Disease* states that intermittent fasting encourages weight loss in obese individuals and that limiting calories in this specific way can reverse type 2 diabetes.[3] The authors also state that intermittent fasting is a cost-effective way to achieve these results and is associated with a low risk of side effects or adverse results. Another study, published in 2005 in the J*ournal of Applied Physiology,* reports that intermittent fasting improves the action of insulin (i.e., how quickly glucose or sugar is removed from the bloodstream) in healthy men.4 N**ote:** If you are a diabetic interested in intermittent fasting, you should ***always*** consult your physician before trying this treatment approach..

Improved Cognitive Function

Some studies indicate that intermittent fasting and caloric restriction help improve cognitive function—awareness, reasoning, perception, and judgment. According to a 2009 study published in the journal P*roceedings of the National Academy of Sciences,* caloric restriction (i.e., a diet low in calories) contributes to enhanced memory performance in healthy elderly individuals.5 he authors of this study note that improved insulin sensitivity and decreased inflammation may be responsible for this result..

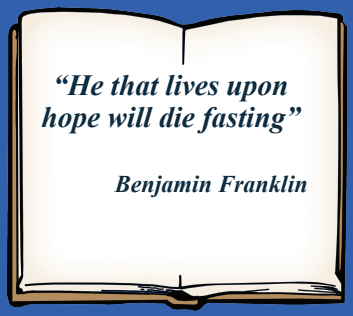
Improved Longevity

Intermittent fasting and caloric restriction are thought by some researchers to play an important role in longevity, or lifespan. A 2006 study published in the journal Ageing Research Reviews states that intermittent fasting and caloric restriction can lengthen the health-span of your nervous system by protecting your neurons (i.e., nerve cells) against genetic and environmental factors that would otherwise cause their death during aging.6 Other reasons that intermittent fasting may help you live longer include reduced inflammation throughout your body, decreased free radical damage, and increased human growth hormone (HGH) production—HGH plays a role in slowing the aging process..

Considerations

Fasting, including intermittent fasting, may not be appropriate for everyone. Ask your chiropractor if fasting is right for you and your specific health goals and concerns. Your chiropractor can answer any questions you might have about fasting, including the conditions under which this therapeutic activity can best be performed.

Quote to Inspire



References and Sources:

1. Mattson MP, Wan R. Beneficial effects of intermittent fasting and caloric restriction on the cardiovascular and cerebrovascular systems. The Journal of Nutritional Biochemistry. 2005. Mar; 16(3): 129-137.

2. Katare RG, Kakinuma Y, Arikawa M, Yamasaki F, Sato T. Chronic intermittent fasting improves the survival following large myocardial ischemia by activation of BDNF/VEGF/PI3K signaling pathway. Journal of Molecular and Cellular Cardiology. 2009. Mar; 46(3): 405-412.

3. Brown JE, Mosley M, Aldred S. Intermittent fasting: a dietary intervention for prevention of diabetes and cardiovascular disease? British Journal of Diabetes & Vascular Disease. 2013. Mar; 13(2): 68-72.

4. Halberg N, et. al. Effect of intermittent fasting and refeeding on insulin action in healthy men. Journal of Applied Physiology. 2005. Dec; 99(6): 2128-2136.