

# Intermittent fasting essay

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Intermittent Fasting (or IF) takes that time and increases it. Some versions follow a one day on one day off protocol, others will have you fast 24 hours twice a week, and another popular version is fasting every day for 16 hours, while eating 8 (SST. Pierre and Braid 1-2). Most nutritionist and health experts say that the key to a healthy diet is many small meals throughout the day. There is very little, if any, research proving that to be true. In fact, recent studies have shown just the opposite to be true. That IF, decreasing the amount of time you spend eating, has improved health and lead to fat and weight loss.

The most important part of any diet is how it improves overall health. IF has been shown in multiple studies to help decrease the risk of type 2 diabetes, control seizures, improve insulin sensitivity, and has even shown improved memory and reduced the risk of stroke in studies done on rats. A lot of the studies on the health aspects of IF have been done on rats. This is where most studies get started before moving on the primates then humans. In a university study conducted led by Voiceless, it was found that rats placed in an alternate day fasting group for 30 days showed better recollection on finding their way through a maze (2).

They were shown the way out and were able to find their way out faster on repeat attempts. This shows how their memory was improved following the fasting diet. It also reduced inflammation in the brain. In another study done on rats, it was found that an IF diet reduced the risk of stroke (Fan et al. 5). Testing has not only been done on animals though. Although a small sample size was used (6 children suffering from seizures), a study found that 4 out of the 6 children when put in a 2 half day fast a week for 2 months, had a

reduction in the amount of seizures, while one of them only had a reduction on the fasting days (Hartman 2).

Based on the small size and lacking a control group, it can be said for sure the IF reduces the effects of seizures, but it is definitely worth looking into. Another important aspect in one's diet is how it affects weight and fat loss. It is well known that calorie restriction is on the only rock solid way to lose weight. Calories ingested have to be less than calories spent through exercise, daily activity, etc. The problem with calorie restriction is that one has to count the calories they are eating by measuring and weighing food. Unless they have a nutritionist or chef preparing their food, it is likely that they will overestimate their calories. By using IF, it is not necessary to weigh and measure food, but by cutting down the allotted time to eat it is much more likely that less food will be eaten. In a study comparing IF, UDF (alternate day fasting), and calorie restriction, it was found that all three groups lost weight, visible fat, and reduced insulin (Baryon's et la 8). The eight/fat loss was greater in the calorie restriction group, but the IF and UDF were not far behind.

For the average American that doesn't have the time to weigh and measure foods or unable to afford a personal chef, IF is an excellent choice. In conclusion, IF is a good diet to try if one wants to lose weight and improve health. There have been enough studies that show it is a good method, and it is more practical than counting calories. Imagine an early ancestor trekking through the woods for two days on an empty stomach tracking a herd of deer. Humans were born to fast. Works Cited Baryon's, Adrienne, Howdy, Kristin, InterTAN Terry, and Aviary, Skirts.

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