

Intermittent Fasting

Over the past decade or so, intermittent fasting, also known as time restricted fasting, has become a popular way to lose weight and mitigate health risks.

Not many of us want to do a full fast where we essentially starve ourselves for several days. Intermittent Fasting (IF) is a much easier and more palatable way to give your body a break from the hard work of digesting food.

Benefits of Intermittent Fasting

Many of us eat 3 meals a day and then have snacks in between meals which means your body is almost always working on digesting food.

Depending on your health and energy levels, you may not have a lot of metabolic energy left for other physiological processes. In addition, with continual eating, our body has an ongoing supply of sugar to use as energy. When you restrict eating, sugar gets used up and your body starts burning fat for energy (thus, helping to lose unwanted fat).

Some of the benefits of IF include:

- Balances blood sugar
- Reduces insulin resistance (helps prevent or improve diabetes and pre-diabetes)
- Increases fat burning/weight loss
- Reduces cholesterol levels
- Reduces blood pressure
- Reduces inflammation

How to Implement IF in your Life

As with most things, you can complicate IF to the point where you just won't feel like bothering with it. So, keep it simple and do what works best for you.

The simplest is to just not eat after dinner and then delay your breakfast as long as you can. This gives you a 10-16 hr window of time of no eating. The longer you can go without eating, the better but 16 hrs is often cited as a target goal.



To help extend the time you don't eat, drink water or tea in the morning. Start with what you can do and then work up to your max—which

might be 12 hrs, and this is just fine!

When you are eating, you still want to make sure you are eating as healthy and wholesome as you can: Organic whole foods, no sugar or processed foods, etc.

Check with your doctor to see if intermittent fasting is right for you. Those who should probably avoid IF include pregnant or breastfeeding women, underweight people, and endurance athletes.

During the holiday season is an excellent time to start your intermittent fasting journey. IF will help offset some of the over-indulgences that tend to happen this time of year and help you start off your new year feeling well!

Counter-Act Dietary Excesses

The holidays can be an especially challenging time to maintain our healthy habits. One way to offset the occasional over-indulgence is to enjoy healthy drinks which help re-balance the digestive tract and decrease inflammation. Here is one example:

Turmeric Latte

1 cup unsweetened almond milk or coconut milk
1 tablespoon grated fresh turmeric
2 teaspoons honey
1 teaspoon grated fresh ginger
Pinch of ground pepper
Pinch of ground cinnamon for garnish

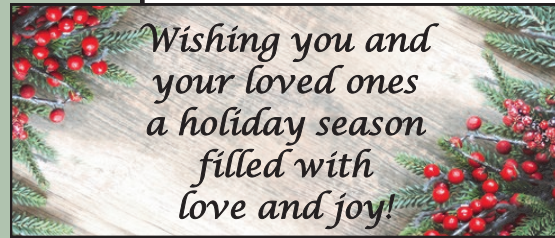
Blend all ingredients except cinnamon in a blender on high until very smooth. Pour into a saucepan and heat until steaming hot but not boiling. Transfer to a mug and garnish with a sprinkle of cinnamon.

Tumeric and ginger are anti-inflammatory and antioxidant-rich and can lower blood pressure, support your immune system, and soothe an upset stomach. Cinnamon helps circulation. Black pepper helps the body absorb turmeric.

Other simple things you can add to your routine which may help this holiday season include fresh lemon squeezed into pure water first thing in the morning, coconut water, organic green tea, and apple cider vinegar (1-2 tablespoons) in water. We can also help you with digestive, liver and immune support which is especially important this time of year. We are always here, happy to help!

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