Have you ever heard of Intermittent Fasting? Transcript

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Introduction to intermittent fasting

I want to talk to you guys about something I've been practicing for close to five years myself and it's become a very popular term over the last few years and that's intermittent fasting.

How fasting supports the body's reset

Intermittent fasting really takes us back to more of our primitive design of feast or famine because we really weren't designed for readily available food on a consistent basis.

So intermittent fasting takes us back to more of what our body was designed to do. Clean itself up. If we are eating food, on daily basis, multiple times a day, you're constantly in a state where your body is trying to digest those foods.

Now, even if they're god foods and they serve benefits, the system still needs some time to release and recover. It's kind of like a reset. When there's no food in the body your immune cells, your macrophage cells start to consume and eat dead and dying tissues and cells that are in your body.

Personal fasting schedule and eating window

So intermittent fasting is a very simple way to still maintain sanity and enjoyment with dieting and what you're eating is like, but also giving your bodies a window where it can heal itself.

So intermittent fasting is where you, now there's many different versions of it, I should say that, but the one that I like to do is I don't eat before 11 in the morning and I try not to eat after eight o'clock at night.

So I give myself a 16 hour window where nothing comes into my body except for water or nothing when I'm sleeping to an eight hour windows where food is acceptable in my By doing this little simple step called intermittent fasting, you can continue to nourish your body, but actually give it a break to hit its reset and clean up the cells or the dead and dying debris that may be in there.

Benefits and getting started

If you're looking for more information regarding intermittent and fasting or how to get started with it, we can help you at Synergy Nutrition and Wellness.