Intermittent Fasting Made Easy for WEIGHT LOSS (New Research) Transcript

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Introduction to intermittent fasting

Intermittent fasting is effective for weight loss if you do it right. Learn the science for losing weight in inches and near the end of the video I will give you the best science to meet your weight-loss goals through intermittent fasting.

Now a lot of research has been coming out on intermittent fasting for weight and fat loss and to reduce blood glucose levels with those who have type 2 diabetes.

In this video I'm going to cover the new research regarding intermittent and fasting and how you can use it most effectively. It is known that fasting, for survival, health and spiritual purposes, has been practiced since the earliest times.

Calorie restriction vs. intermittent fasting

Now there's a difference between calorie restriction and intermittent fasting. Calorie restriction refers to the reduction of calories, typically by 10% to 40% without causing malnutrition.

This causes the body to obtain energy by burning fat. This approach has shown to prove body weight, cardiovascular risk markers, mitochondrial function, which are the energy producing components of cells and overall life expectancy.

Now, the problem with calorie restriction is that it's hard to follow, especially long term, and most people will not follow it consistently. Additionally, it is a problem for people who are highly active at work or in sports as they may struggle to maintain good energy levels.

Now a more realistic option for most people is intermittent fasting. Intermittent fasting refers to fasting programs that include fasting intervals alternated with regular nutrition for a specific amount of time.

The benefits of intermittent are similar to those of calorie restriction. So now examples of the intermittent fast include alternate day fasting, which involves alternate days of eating and fasting in repeated cycles.

Periodic fasting, or other, is a sequence of eating normally and then periods with calorie restriction or water only.

Fasting methods and how they work

For example, with the 5-2 method, one eats a normal, healthy diet, and there are two days of complete fasting or fasting with reduced calorie intake. With time-restricted feeding, this refers to a window of time when one eat, for example consuming food only during an 8-hour window.

What are the benefits of intermittent fasting? Well, when you start fasting, the body breaks down the storage of glucose in your liver, known as glycogen.

And the breakdown of glycation occurs during the first 12 to 36 hours. Now when glycagen has been depleted, then the bodies relies on the break down of stored fat to create free fatty acids and ketone bodies as an energy source.

Moreover, there are many other favorable biochemical reactions that occur in the body with fasting. These include reduced inflammation, reduced oxidative damage, autophagy, which is the breakdown of old or damaged cells, and the recycling of the cell.

There's also reduced blood glucose and insulin levels, Which again, remember most of American populations are either pre-diabetic or diabetic. there's mitochondrial regeneration, so you're regenerating those organelles which

produce energy.

have reduced blood pressure and reduced cardiovascular stress. You can have brain neuron regeneration and optimized brain function.

Benefits of fasting on metabolism and health

There can also be reduced tumor formation. there's favorable changes in the gut microbiome and of course there is body weight loss and loss of inches of fat.

Now for most people I find that time restricted feeding to be the most workable. So what are some of the concerns with intermittent fasting? Well, recent research has raised some concerns about the potential negative effects of intermittent, fasting that include the loss of lean muscle mass.

This of course can be prevented by making informed choices about quality protein and using high quality, protein supplements. Also, there's concerns over what is known as circadian misalignment, meaning not eating in a manner consistent with the body's natural cycles.

This field of study involves the timing of eating and is know as chrono-nutrition. Now, the most concerning issue is the skipping of breakfast, which a lot of people do, and this has been shown in some research to increase the risk of cardiovascular disease and type 2 diabetes.

However, the negative effects of skipping breakfast appear to be more pronounced in individuals which have a genetic predisposition and therefore may not be applicable to all people.

You should also be aware that eating late at night is associated with arterial stiffness and an increased risk of coronary heart disease. Now, recent research, published in the journal Nature Medicine, has explored the optimal time to eat for losing visceral adipose tissue, that's the fat in abdominal cavity, within the context of time-restricted eating.

And here's a summary of what the study found. The study was titled, Effects of early, late, and self-selected time restricted eating on visceral adepose tissues and cardiometabolic health in participants with overweight or obesity, a randomized controlled trial.

So here's the summary of what the study was looking at and what it found.

Concerns and risks of intermittent fasting

The main goal of the studies was to determine if adding time-restricted eating, regardless of timing of eating window, would reduce visceral adipose tissue, and if it was linked to cardiometabolic risk in adults who are overweight or obese, compared to standard care alone.

They also looked at other cardiometabolic health markers and body weight. Now the participants in this study were 197 adults, ages between 30 to 60 years, 50% of them were women, were overweight or obese.

And this was a multi-center randomized controlled trial lasting 12 weeks. Now the participants were divided into four groups. You had the usual care group.

This was the group that maintained your habitual eating window a 12 or more hours and received nutritional education based on a Mediterranean diet. Then you had early time restricted eating group these participants ate within an 8 hour window starting before 10 a.m.

Then you had the late time restricted eating group and these participants ate within an 8-hour window, starting after 1 p. m. And then finally at the self-selected time-restricted eating.

These participants chose their own 8 hours eating window. All time restricting eating groups also received usual care. A Mediterranean diet education.

How to consume a healthy Mediterranean Diet. And again, the primary outcome was this visceral adipose tissue changes as measured by MRI.

Nature Medicine study on time-restricted eating

So the key findings were that there was no significant differences in the visceral adposed tissue reduction amongst the time-restricted groups and the usual care group.

And, again that was the prime outcome. For body weight though, all three eight-hour time restricted eating regimens resulted in greater body weight loss compared to the usual care group.

So there were benefits for bodyweight. Again, we didn't find much difference in the body fat mass, but in actual body-weight in this 12-week study. In terms of subcutaneous adipose tissue, early time-restricted eating led to more pronounced reduction in abdominal, subcutaneous abdominal tissue.

That's the fat underneath the skin. In terms of glucose levels, early time restricted eating showed a more pronounced reduction in fasting glucose and night time glucose compared to the usual care group and the other groups as well.

Adherence to time-restricted eating was pretty high, 85-88% across all the time restricting eating groups. And there were no serious events that were reported, showing that it was safe and well tolerated.

So this is a good thing. This study provided valuable insight for individuals considering time restricted eating. It has good weight loss potential. The study confirms that an 8 hour time-restricted eating window can be an effective strategy for losing body weight in overweight and obese adults, even without strict calorie counting.

When combined with healthy eating principles like a Mediterranean diet, it's something that can consistently be beneficial. In terms of visceral fat, they did not find much of an advantage with the time restricted eating over the other types of diets I talked about.

And again, for subcutaneous fat those following the early time-restricted eating had a significant reduction in sub-cutanious fat.

Study results on weight, glucose, and fat loss

Again, remember for glucose problems, people with for example, pre-diabetes, type 2 diabetes, the findings were that time restrictive eating specifically improved fasting glucose and nighttime glucose levels in a signficant fashion.

Now one thing I want to point out is there are also studies done on time restricted eating, calorie restriction on having anti-aging effects. So here's the conclusion.

If you're looking to lose weight and want a structured eating plan, time-restricted eating such as an 8-hour window or up to 10 hours can be a good sustainable option that can aid in overall weight loss.

If improving blood sugar specifically is a key goal, eating earlier in the day offers an extra edge. I also believe that an early time restricted eating is better for energy levels than skipping early meals.

The study I reviewed also suggests that for directly reducing visceral fat, the benefits might stem more from the overall healthy eating pattern like a Mediterranean diet rather than restricted timing itself.

So however, whatever program you choose, The key is consistency and for a lot of people intermittent fasting will work very well for weight law schools.