



Intermittent Fasting – How to Get STARTED

September 2020

One of the oldest therapies on earth is fasting which this review summarizes the benefits. The combination of reducing calories and stimulating a metabolic switch from food to fast stimulates a regenerative process that helps reduce inflammation, repair the nervous system, improve insulin function and impair cancer growth. With the epidemic diseases associated with too many calories, any therapy that will encourage reducing this excess is going to have significant benefits for many people.

Intermittent Fasting:

There are few therapies that research has found to both prolong quality of life , while also positively treating many diseases. Fasting has been found to benefit **diabetes, heart disease, memory loss, weight and even cancer**. The benefit comes from both reducing calories and encouraging the body to switch between fasting and eating.

Fasting can be challenging at first and is best used as a gradual process adopted over time (see below). The keys to being successful are *Commitment & Consistency*.

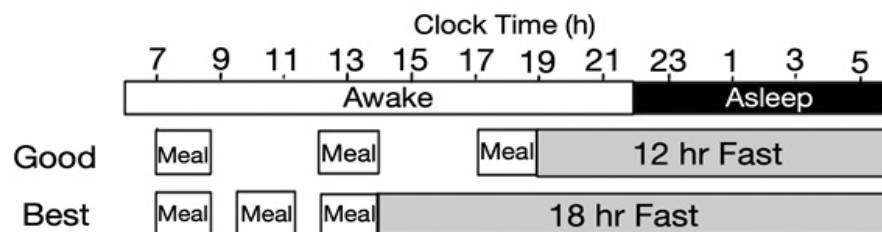
Time Restricted Feeding Methods:

A Good Way to Start

At least 12 hours of fasting is needed for benefit. You can start avoiding food for a 12-hour period of time such as 7 pm to 7 am. This is likely the easiest and least intrusive to common eating patterns.

The Best Method

Fasting 16-18 hrs. a day has been found to be most effective in improving health. This requires food to be consumed within 6-8 hrs. a day.



5:2 Intermittent Fasting Method

Similar to the 6-8 hrs. of restricted feeding, fasting two days a week and eating regularly for 5 days may better suite your needs and has also been found to be effective. The end goal is to reduce to 500 calories a day for two days a week. Calculating calories in this way can be made easier with a phone app. Two of the most useful are [My Fitness Pal](#) or [Lose It!](#) Many choose two days to fast as far apart as possible such as Mondays and Thursdays.



GORDON C GUNN, MD, FACOG

CONCIERGE PERSONALIZED CARE
GYNECOLOGY • HORMONE THERAPY
INTEGRATIVE MEDICINE

Working Your Way Up

When starting this therapy, many people can experience hunger, irritability and difficulty concentrating. But these symptoms often resolve during the first month of intermittent fasting.

<u>Month</u>	<u>Time-Restricted Feeding</u>	<u>5:2 Intermittent Fasting</u>
1	10 hr. feeding pattern 6 days/week	1000 Calories 1 day/week
2	8 hr. feeding pattern 5 days/week	1000 Calories 2 days/week
3	6 hr. feeding pattern 5 days/week	750 Calories 2 days/week
4 (Goal)	6 hr. feeding pattern 7 days/week	500 Calories 2 days/week

Try balancing each meal with a good variety of healthy whole foods, such as:

- **Fruits:** Apples, bananas, berries, oranges, peaches, pears, etc.
- **Veggies:** Broccoli, cauliflower, cucumbers, leafy greens, tomatoes, etc.
- **Whole grains:** Quinoa, rice, oats, barley, buckwheat, etc.
- **Healthy fats:** Olive oil, avocados and coconut oil
- **Sources of protein** (amino acids): Meat, poultry, fish, legumes, eggs, nuts, seeds, etc.

Remember! You are learning a new nutritional lifestyle – a new way of eating.

Nutrition is only one of your **Four Lifestyle Cornerstones** that largely determines the quality and duration of your *HealthSpan*, along with **Exercise, Sleep and Stress Management with Meditation.**

It is important you have a monthly office visit to review your progress, including any changes in your body weight and periodic blood tests to make sure you are progressing in a healthy manner. With time it may also be possible to reduce and even eliminate some of your medications!

Gordon Gunn, M.D.

References:

- **“Fast. Feast. Repeat.”** A Complete Guide to Intermittent Fasting. Gin Stephens, 2020
- *New England Journal of Medicine.* 381;26. December 26, 2019
- <https://www.medscape.com/viewarticle/922135> (Copy and Paste)
- <http://courses.highintensityhealth.com/store/Erz3c6GX> [Web site for a deep dive into I.F.]