

Intermittent Fasting

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Abstract

It has been observed in the research work that "Intermittent Fasting" is a useful tool that can help to maintain body weight as well as it helps to prevent various kinds of diseases. It helps to indicate how one person can maintain the diet pattern and get relief from the diseases. Various food habits and unhealthy lifestyles can change the pattern of life and it indicates how a better and healthy lifestyle can be maintained to set free from the disease condition. This is an important resistant method that can make life disease free and healthy.

1. Introduction

Diet is defined as the process to lose body weight by following the diet chart suggested by the doctor, the methods of diet can be different types. The more popular and scientifically approved method is intermittent fasting. It is the type of fasting where people generally use the technique of how to manage to eat at a specific time of the day. It is more about eating one meal a day at a specific time. In this way, one can burn stored fat, and manage weight loss through a scientific process and consultation with a doctor. Achieving the body positivity goal following the intermittent diet people also improves their mental health. People can take supplements also in this journey of diet. Intermittent dieting is not new, it comes from ancient times by evolving its types before people have to go through a diet due to insufficient food. In the modern era, people have to follow a diet for various reasons such as religion, lack of time, and disease. It is regarded as a life hack as it makes life simple as it requires less time to plan meals after meals and prevents wasting time making food. This article will mainly discuss intermittent fasting associated with various diseases and lifestyles.

2. Literature Review

Intermittent fasting is a periodic gap between a person's meals, one can take one meal a day or can take one main meal in two days. In this technique, people learn how to manage and control their times of eating and long-lasting fast. In this process, they gain different health benefits and can avoid different fatal diseases (Longo *et al.* 2021). It has been seen that intermittent fasting can be in helpful curing various kinds of diseases, such as diseases that are proportionally and directly associated with diabetes, lipid and glucose metabolism, vascular dementia, and many more.

Glucose in association with intermittent fasting:

It has been stated that intermittent fasting is an important and basic treatment that reduces the risk of metabolic syndromes such as lipid, and glucose metabolism (Yoon *et al.* 2019). It should be that intermittent fasting helps to improve the metabolism level of an individual who is suffering from a metabolic problem. This fasting pattern must help to resist the secretion of Insulin, which is responsible for increasing the level of glucose in the bloodstream.

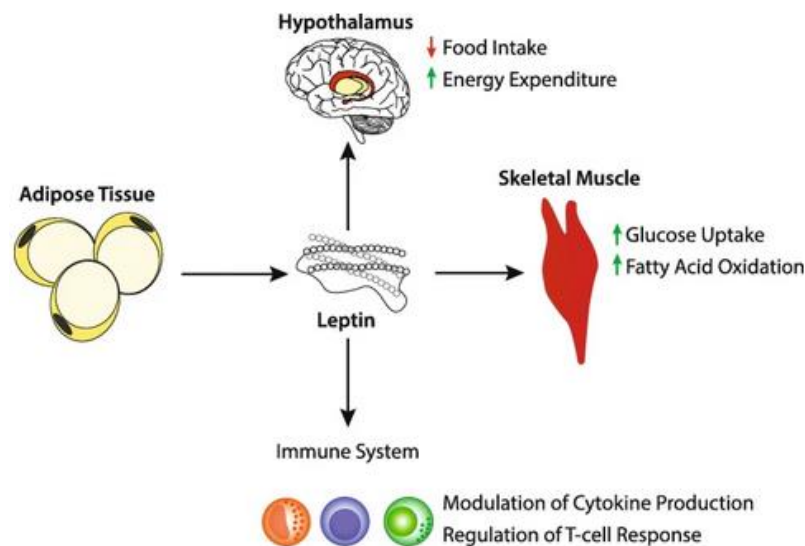


Figure 1: Blood glucose association with fasting

(Source: Yoon *et al.* 2019)

It helps to reduce or maintain the amount of Insulin and helps to maintain the blood glucose level. It is a key weapon in blood glucose and lipid metabolism as it helps to regulate the secretion of the hormones that are associated with these metabolism systems. It acts as a resistance that can be maintained by diet. It also helps to prevent some chronic diseases, actually intermittent fasting works as a preventive measure to get free from some diseases, for example, diabetes can be prevented with the help of this.

Increase body metabolism power:

Intermittent fasting can help in increasing body metabolism power and can burn stored body fat. In this process, people can manage to stay fit and get into their perfect body shape. It is a more effective way to lose weight rather than to remain completely fast without eating anything. A few different ways can be found in this intermittent diet process. Many people do intermittent fasting twice a week or many follow alternating day fasting. There are still some

debates about whether there is a better way of fasting as it varies from person to person. Many fat metabolism hormones like insulin can be controlled by this method. It says that insulin is a fat metabolism hormone that tells our body when to store body fat and when to start breaking it down. It can be controlled by this diet and increase the metabolism function. It shows that fasting also can help in increasing body growth hormones in the blood.

Increase in physical strength:

It is proven that intermittent fasting can also help in increasing a person's physical power. One can feel more energetic and feel more positivity around them. Intermittent diets help in improving the function of the heart and blood side by side maintaining muscle functions by burning extra calories (De Cabo *et al.* 2019). Fasting puts the human body under minimum stress that makes cells and muscles adapt their enhancement rate.

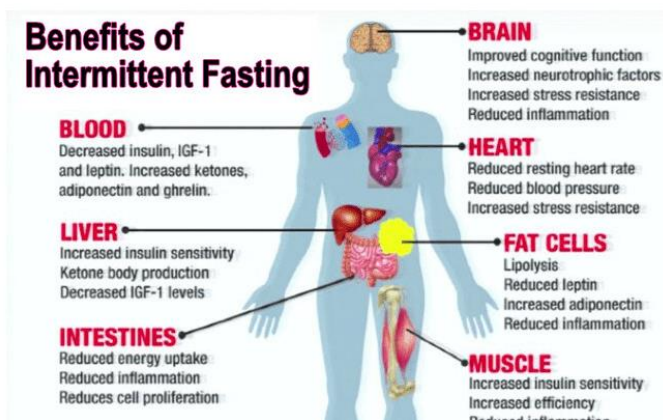


Figure 2: Intermittent fasting helps cure numerous health risks

(Source: De Cabo *et al.* 2019)

It does not make any direct help to athletes and can be effective in normal people rather than athletes. It can improve their physical efficiency which helps them in their day-to-day work. Intermittent fasting also helps in repairing cells by removing extra waste materials from the body.

Increase in body positivity:

Eating habits and an intermittent diet help a person to stay fit and increase the body positivity around them. It is a type of eating and time gap between a person's meal that shows meaningful benefits in body and mind. Harmful fat in the body is visceral fat that prevents the body from doing normal metabolism. The body loses its normal metabolism rate and stops to burn extra stored fat, and the person becomes an adolescent (Sabiston *et al.* 2020).

ADOLESCENT HEALTH

Factors that Influence Adolescent Health

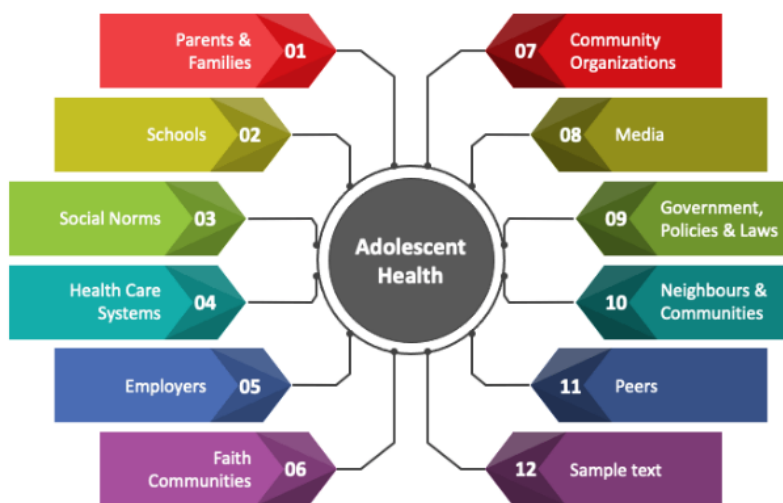


Figure 3: Factors that influence adolescent health

(Source: Sabiston *et al.* 2020)

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An intermittent diet helps in this sector and lowers the visceral fat in the body and increases the body metabolism power that helps in digestion. In other words, it helps to stay fit by increasing digestion power (Zang *et al.*, 2022). The people who do intermittent diets can lose faster than the people who do nothing but a hunger diet. People who eat two meals per day by maintaining their diet lose more weight than the people who eat nothing and go on an eternal hunger.

Different challenges related to intermittent fasting:

Many challenges can face by individuals to stay long-term in any process. In this context, a person can face different challenges while on this

intermittent fasting journey. Staying on long hours of fasting that individual will feel hungrier. At the time of the break of fasting, they will take more food as well as more calorie intake. That will harm them more rather than benefit them, there is no benefit to doing a diet in this way. One should avoid stress-related work or that will make them more anxious and irritated. At the time of eating, they should count their calorie intake and should limit the per-day calorie intake ratio. In the plate of food, that person should take in mind that there is a proper ratio of protein, carbohydrate, and fat. Choosing proper nutrition-based food is a major challenge that can be faced by that person. There is not a single way to do intermittent fasting but various ways.



Figure 4: The 5:2 method in Intermittent diet

(Source: Horne *et al.* 2020)

It is more necessary to manageable eat on those non-fasting days, then the best result will be seen by that person. For a person, suffering from diabetes, a pregnant woman, or any sick person, it is very difficult and challenging for them to follow the rule of intermittent fasting (Horne *et al.* 2020). It will be not so best to choose favorite foods or take options in choosing food options in intermittent fasting. In intermittent dieting practice, it is more important to stay dehydrated or it will show more adverse effects. Intermittent dieting can show a promising result to that person, following the rules wholeheartedly. Intermittent dieting is also related to brain functioning. It has been seen that in the intermittent

dieting process one has more brain functioning and better memory than any other.

3. Method

In this research study work, the random sampling method is used, Random sampling method is a process of data collection method, in which samples are selected randomly and a descriptive method is used as the research approach (Giannakou *et al.* 2020). It is obvious that a wide range of people is selected from a specific zone, 30 samples are collected and 3 groups are divided. The age range of the samples is 30- 60 years. This kind of research study approach is quite easy and not time-

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consuming at all. The data that is collected for the research study work, with the help of primary data. Primary data is the basic data that is collected by doing the field work or by investigating for gathering the information for the research study work. In this "Random Sampling method" is used as the data collection method. It has been seen that data is collected by providing an online open-ended questionnaire and this is the most useful weapon for collecting the information. On the other hand, the deductive method is used as the research philosophy and it is also an important tool that is used in this, this kind of research philosophy is easy to access and also legal and authentic by nature, it is a useful part of the research study work. In the research study work, 30 samples are selected first then they are rechosen based on their answer, and the rest criteria are selected for the "Interview Method" for gaining the proper knowledge for the help of research study work (Dong *et al.* 2020). In this research study work 10 samples are selected for gathering the proper knowledge of the research study work, all the information that is provided in the research study work is authentic by nature, and all data are true and this will help to conduct the research study work smoothly. Time limitation and financial problems or foundation is the main burden. Apart from this kind

of problem, the research study was quite interesting and enjoyable.

4. Analysis and Discussion

Different research has shown that an intermittent diet shows a noticeable change in a person's life. It helps to manage to stay fit by just following a minimum healthy diet chart. It will always work if any person follows the doctor's way rather than their method. Before starting intermittent dieting, it will always be beneficial to discuss it with the doctor and take their opinion about it. Intermittent dieting varies from person to person, following the doctor's chart of dieting makes a helpful and nutritious dieting process (Enriquez *et al.* 2021). It is always recommendable to talk and discuss this with a personal doctor of that person, who wants to follow this intermittent diet. It can be stated as dangerous thus any diabetic person, child, pregnant woman, or sick person started their method of the intermittent diet without consulting a doctor. There are proper ways to start anything, all ought to follow that process to notice any difference in the result of that process. Intermittent dieting relates to many things, such as weight loss, reducing heart-related issues, detoxing body tissues, and body positivity sustainably.

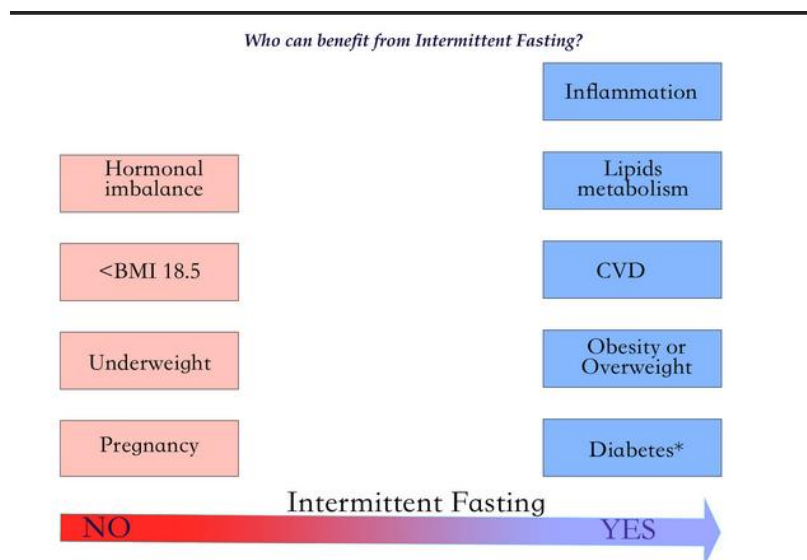


Figure 5: Intermittent Diet

(Source: Moro *et al.* 2020)

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There are many methods involved in this time-restricted dieting process. They are: eating meals following the time gap, diet method 5:2, fasting following the alternate day, and eating stop then eat process (Moro *et al.* 2020). Discussion about eating meals following the time gap, people have to follow the time when they are about to eat and not. Like people can eat after a 12 hours gap of one main meal. Eat stop then eat, this process mainly includes fasting for 24 hours following once or twice per week. Diet method 5:2 involves, one can eat normally on the 5 days of the week but in the rest, 2 days have to take the minimum number of calories (500-600 cal) (Holmer *et al.* 2021). Fasting following the alternate day, people have to follow their diet goal regularly. People following the process of fasting the alternate day have to minimise their calorie intake and strictly follow what to eat and what not. In the 16:8 diet process, people have to go through fasting 16 hours a day, and then the next 8 hours can eat (Anic *et al.* 2022). The intermittent diet also includes minimising the eating

habits involving eating raw fruits and vegetables during the time of day and large meals at night. This habit of eating resulting many benefits for all.

Researchers linked numerous health benefits with intermittent type of dieting. Some benefits can be concluded that it can help in following a sustainable life-changing process. People can try to eat different kinds of food according to their choices as it can't include so much calorie count. Following an example- a person eats something at 7 p.m. and has to eat nothing till in the morning. In this way that person can do fasting for nearly 12 hours, can be sustained from wasting food, and burn more calories (Varady *et al.* 2022). Some people can face many problems following this schedule, especially people who cannot go without breakfast or evening snacks. They have to take many more times to adopt this diet system. This lifestyle can benefit the person as well as the environment, it is a popular and acceptable method for this.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MIDNIGHT							
4 AM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
8 AM							
12 PM	FIRST MEAL	FIRST MEAL	FIRST MEAL	FIRST MEAL	FIRST MEAL	FIRST MEAL	FIRST MEAL
4 PM	LAST MEAL BY 8 PM	LAST MEAL BY 8 PM	LAST MEAL BY 8 PM	LAST MEAL BY 8 PM	LAST MEAL BY 8 PM	LAST MEAL BY 8 PM	LAST MEAL BY 8 PM
8 PM							
MIDNIGHT	FAST	FAST	FAST	FAST	FAST	FAST	FAST

Figure 6: The 16:8 method in Intermittent diet

(Source: Boscaini *et al.* 2021)

In recent times people are more concerned about their diet results and want to follow that wholeheartedly. The intermittent diet helps people to achieve their body goals and helps in maintaining heart issues, lowers the fat stores unwanted fat stored in muscles (Brzuszkiewicz *et al.* 2022). Losing unwanted body fat through intermittent diet also includes removing detox from body muscles (Boscaini *et al.* 2021). Eventually, all this leads to an increase in the life span of any person. Talking

about the advantages of intermittent diet there are lots to talk about but there are some disadvantages also. The side effects of intermittent fasting are, it increases hunger due to less intake of calories making one more wanting of food (Varady *et al.* 2021). That causes a further high intake of calories and the resultant opposite. People also go through severe headaches and blackouts, due to less sugar intake in their blood. Major symptoms like diarrhea and constipation can be shown relating to digestive

issues. Low intake of sugar results in low blood sugar related to mood swings, can't concentrate on work, get easily irritated and tired. A balanced diet

plays a significant role in the intermittent dieting journey.

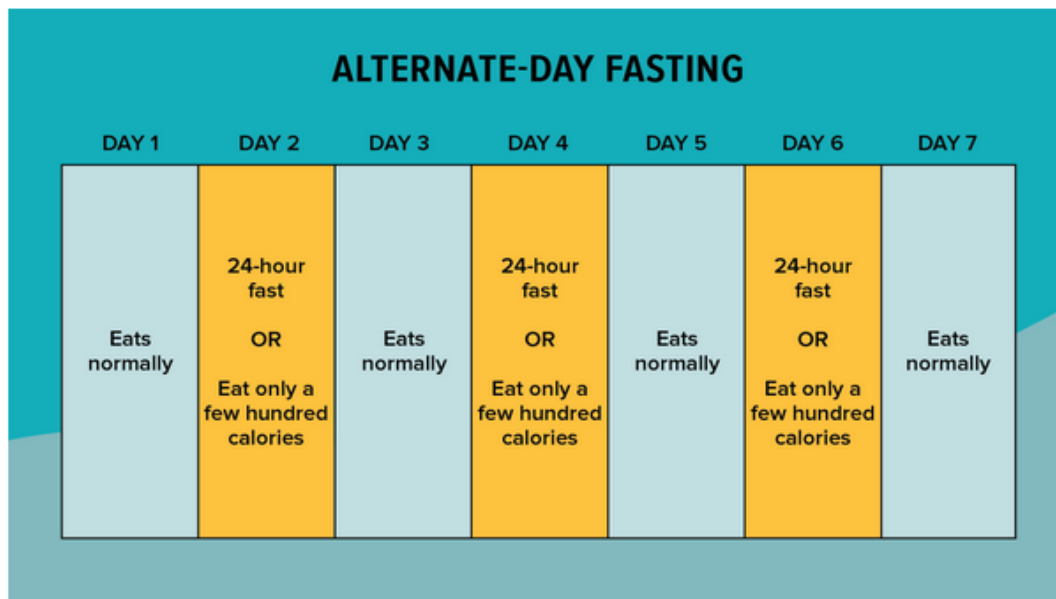


Figure 7: An Alternating Day Fasting Method

(Source: Kord-Varkaneh *et al.* 2023)

There should be more green vegetables and lots of different drinks, especially herbal drinks. Many diseases related to being overweight one can easily avoid those diseases by staying fit. The more interesting factor of intermittent diet is that person can increase their life span which is very rare in today's scenario. The technique of yoga and mind control has proven beneficial in the intermittent diet process. Some types of intermittent dieting are not so suitable for a person who has a medical history of stress and anxiety such as the method of 16:8. The method of 16:8 is also not suitable for a person who has diabetes (Kord-Varkaneh *et al.* 2023). One can overcome any neurological abnormalities by protecting the nerves. A maximum number of weight loss plans related to the body mass of that particular person; diet chart can vary. One should not follow others' weight loss plans in intermittent fasting. The weight loss plan can vary for different genders and ages also.

5. Conclusion and Recommendation

From the above article, it can be concluded that modern-day people are crazy about staying fit

following dieting methods, and intermittent diet is one of the best diet methods these days. In one word, an intermittent diet is a program related to weight loss. An intermittent diet works as people reduce their calorie intake in their daily life. It can also be severe for that person, sudden sugar fault in the blood leads to sudden blackouts in respect of place, and can cause fainting anywhere anytime. Intermediate fasting has many health benefits such as curing several hearth related issues, weight loss, boosting confidence, and an increase in performance. Being overweight is related to different cancer symptoms by generating cell deformation. Intermittent dieting helps a person to stay fit and makes the cells and muscles more functioning. People tend to rush things; they want the results of everything as soon as possible. In this dieting process rushing is not a good sign, they have to wait for betterment in the result.

It can be recommended that people with diabetes, pregnant women, children, and any below-average weighted person can go through high-risk factors unless they take suggestions from doctors. People with a medical history of low blood sugar can show

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adverse effects. It is best to discuss intermittent diet with any nutritionist and try to follow their diet plan. Intermittent diet charts vary from person to person based on their body needs and characteristics. People should take time to adopt a new routine of diet plans so that they don't see any adverse effects but good ones. Before making any diet, plan people should consider whether they truly need that diet plan or not. It is always not good to go with the current flow thinking before doing any work is always beneficial. One should start their journey of an intermittent diet following fewer hours of dieting plans, such as first trying to do 12 hours of fasting then 16 hours, and so on. In this way, they can train their body to adjust following their new dieting plan. The plan of longer fasting involves skipping breakfast and eating the main meal during the day following little snacks and nothing after that. It is proven that it is better to do 12 hours of fasting than to do 16 hours of fasting. People should start making their diet chart according to their body weight, body size, and body length, and more importantly, keep in mind their medical history. In the intermittent dieting process, it is not acceptable to eat takeaway food. Takeaway food consists of more calories than homemade food, which will be harmful in this journey. There should be proper research food of what to eat and what not. There are many different ways to do an intermittent diet, choose wisely.

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