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Intermittent Fasting: What is it? Is it really worth it? And is it safe?

*Hi Everyone! Are you aware of the current trending topic in the world? Hope you could hear about that. That is **Intermittent Fasting**..... But do we understand how it works and is it worth it? Here we will know about it... Digest the following for a better understanding of it.....*

1) What is Intermittent Fasting?

- *In simple terms, it is your eating plan that switches between fasting and eating on a regular schedule.*
- *Usually, we focus on what to eat but fail to focus on when to eat. **Intermittent fasting tells us about when to eat. With intermittent fasting, we only eat at a specific time.***
- *For example, a person can eat only during an eight-hour period each day and fast for the remainder. Or a person can eat only one meal a day two days a week.*

2) Is it really worth it?

- *Research evidence shows that intermittent fasting has many health benefits, such as reducing the risk of being obese, type II diabetes, heart disease, and other illnesses. Also, it helps to reverse these health issues.*
- *In addition, it helps to boost your memory and physical performance.*

3) How does it work?

- *You can practice different ways of intermittent fasting, but in all ways ensure that you are following a regular period to eat and fast.*
- *The choices depend on you but you have to follow the regular period between eating and fasting.*

- The following steps tell us how intermittent fasting works in our body;
 - After hours without food, our body exhausts its sugar stores and starts burning fat. This is called “*metabolic switching*”.
 - This process helps to burn the excess calories (specially from fat) in our body, thus helping to maintain the body weight.
 - *With intermittent fasting, we have long periods of fasting (for example 16 hours fasting) after the last meal therefore, our body starts to burn fat for energy and this process continues for a long period until the next meal.*
 - Since intermittent fasting prolongs fat burning in our body this helps to reduce the excess fat accumulation in our body, resulting in reduced body weight.
- **“Following intermittent fasting”** is one of the best-proven ways to manage your body weight and to prevent non-communicable diseases (NCDs), such as obesity, heart disease, and diabetes in your life.

4) **How to plan it to follow in your daily life?**

- Since individual health condition differs from person to person getting advice from healthcare professionals is important before starting intermittent fasting to ensure safety and avoid unnecessary discomforts.
- After consulting with a healthcare professional, you may choose your schedule for intermittent fasting either **a daily approach or a 5:2 approach.**
 - a) **Daily approach:** restricts daily eating to one six- to eight-hour period each day. For example, eating for 8 hours and fasting for 16 hours each day (16/8 fasting).

- b) **5:2 approach:** eating regularly five days a week and other 2 days limiting your meal intake to 500 to 600 calories. For example, you may eat normally every day of the week except Sunday and Wednesday, which would be your calorie restriction day (500 to 600 calories).

Mond ay	Tuesd ay	Wednes day	Thursd ay	Frida y	Saturd ay	Sunday
Normal eating	Normal eating	Calorie restriction to 500 to 600 calories	Normal eating	Normal eating	Normal eating	Calorie restriction to 500 to 600 calories

5) Is intermittent fasting safe?

- Intermittent fasting is not suitable for everyone. Below listed people are vulnerable to intermittent fasting, so need medical screening before starting it;
 - Children and teens under age 18,
 - Pregnant and breastfeeding mothers,
 - People with a history of eating disorders, and type 1 diabetes.

Taken home messages

- **Intermittent fasting is not new in this world. This was already practiced in prehistoric times but later disappeared from our practice.**
- Intermittent fasting tells us when to eat and how long we have to fasting”. We can choose our schedule based on our preferences.
- Enjoy the numerous health benefits of following intermittent fasting with precautions.

References

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கட்டுப்பாடான வேளையுணவு (Intermittent Fasting):

உணவு சட்டகத்தின்படி குறித்த வேளைகளில் மாத்திரம் உணவு உட்கொண்டு மற்ற வேளைகளில் உண்ணாதிருத்தல் ஒரு பயனுள்ள முறையாகும். உடலின் எடை குறைதல், நீண்ட ஆயுள் சாத்தியப்பாடு, இரத்தத்தில் சர்க்கரை அளவு குறைவதால் நீரிழிவு நோயிலிருந்து பாதுகாப்பு, இதய நோய் ஆபத்து குறைப்பு, சிந்திக்கும் ஆற்றல் அதிகரிப்பு முதலியன இதனால் ஏற்படும்.

தகவல்: இணையம்