



Weight & Nutrition: Intermittent Fasting 101

Intermittent fasting influences insulin levels and fat metabolism. When done correctly, it can improve metabolic flexibility. When done poorly, it increases stress and overeating. Understanding the basics prevents misuse.

Fasting periods allow insulin levels to fall, enabling fat mobilization for energy. Over time, this improves insulin sensitivity. However, excessive fasting combined with poor sleep or under-eating increases cortisol and rebound hunger.

01 For Example

A patient skips breakfast and then overeats at night, leading to fatigue and cravings. When fasting is structured with adequate protein at meals and consistent timing, hunger normalizes and weight decreases steadily.

02 Try This Today

Measure: Track how many hours you naturally go between dinner and breakfast.

Do: Choose a consistent eating window for the next three days.

Reflect: Ask whether your fasting pattern supports stability or stress.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

