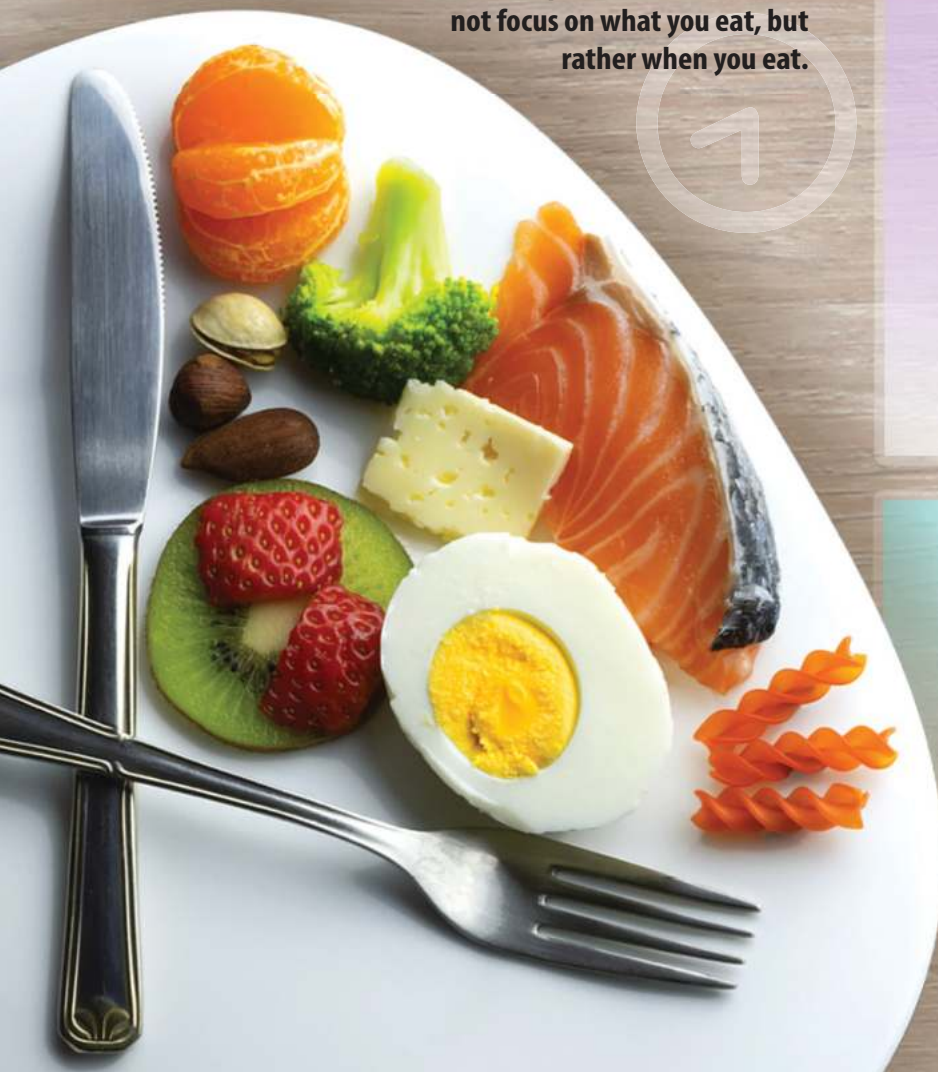




*With bathing-suit weather almost upon us, many are turning to ways to lose weight and shape up. Some are trying intermittent fasting, but is it safe, and does it work?*

# A CLOSER LOOK AT INTERMITTENT FASTING

Intermittent fasting is a pattern of alternating between eating and not eating (fasting) for a certain period of time. It does not focus on what you eat, but rather when you eat.



## THESE ARE SOME OF THE MOST PRACTICED METHODS OF INTERMITTENT FASTING:

### 5:2 FASTING

You eat a normal diet for five days and fast for two days. On the two fasting days, you limit your intake of food to one 500-600 calorie meal. (You would choose your days of fasting or eating based on your preferences). It's important to note that the "normal diet" referenced should be a balanced, healthy diet. Consuming high-calorie junk food will sabotage your weight loss goals.

### 16:8 FASTING

On this plan you eat during an eight hour period, then fast for sixteen hours. For example, you might skip breakfast and eat between 11-7 pm. Or, since breakfast is an important meal, you might eat between 8 am and 4 pm, then fast the rest of the time. As with 5:2 fasting, the eating hours timeframe is up to you. One benefit of this method is that you can time it so that many of your non-eating hours occur while you are sleeping.

### ALTERNATE-DAY FASTING

This approach calls for eating a normal diet one day, and on the next day, you completely fast or just eat just one small meal (less than 500 calories).

**With all of the intermittent fasting methods, beverage consumption is limited to zero-calorie beverages such as black coffee, tea, and plain water.**

*Intermittent Fasting continued.*

## WHAT ABOUT FASTING FOR LONGER PERIODS, SUCH AS 24-, 36-, 48-HOURS OR MORE?

Going for longer periods without food are not beneficial and could even be dangerous. Going without eating for these longer periods might encourage your body to start storing fat as the body's response to starvation.

## HOW DOES IT WORK?

According to neuroscientist Mark Mattson (who has studied intermittent fasting for 25 years), intermittent fasting works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat. His research shows that it can take two to four weeks before your body becomes accustomed to intermittent fasting.

## ARE THERE BENEFITS OF INTERMITTENT FASTING OTHER THAN WEIGHT LOSS?

Many clinical trials, like that of the New England Journal of Medicine, have shown that intermittent fasting can improve health conditions such as diabetes, cardiovascular disease, obesity, cancers, and neurological disorders.

## IS INTERMITTENT FASTING SAFE FOR EVERYONE?

Intermittent fasting is not recommended for the following:

- people with a history of eating disorders.
- people who take certain medications.
- children and teens under age 18.
- women who are pregnant or breastfeeding.
- those with type 1 diabetes.

If you have a medical condition or are not sure if you should try intermittent fasting, check with your doctor before starting it.

Fasting is common in many religions including Christianity, Buddhism, Hinduism, Islam, and Judaism as a part of the religious practice (not to lose weight). In fact, fasting is not a new trend; Hippocrates, regarded as the father of medicine, believed that fasting helped the body heal.

# SUGAR-FREE Spring Sorbet

*Get in the spirit of  
Spring with this simple,  
3-ingredient sorbet!*

### Ingredients

12 oz Raspberries (fresh or frozen)  
1/2 tsp Lemon juice  
2 tbsp Monkfruit blend sweetener  
(plus a little water as needed)



### Instructions

If using fresh berries, freeze them. It works best to arrange the berries in a single layer, and freeze until solid (3-4 hours).

Using a food processor or blender, combine and blend the frozen raspberries, lemon juice, and sweetener until smooth. You may need to scrape the sides periodically.

If the sorbet is too thick, add water to thin out. You can also adjust the level of sweetener to your taste, and add nuts or coconut flakes to take it up a notch!

