

The Wellness Express™



Jump on the train to good health

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The Surprising Health Benefits of Intermittent Fasting

Presented by:

Introduction

Fasting - abstinence from all or certain kinds of food or drink for a set period - has been prescribed by natural health practitioners, including many chiropractors, for decades. New research is providing valuable information about this traditional health practice, showing us the many (often surprising) ways fasting can benefit our health and well-being. Intermittent fasting is a special type of fasting that involves alternating between periods of fasting and non-fasting (water consumption is allowed and encouraged during the fasting period; tea and coffee may also be allowed in some cases).

The schedule for intermittent fasting can range from every other day (also known as alternate day fasting) to once every other week (for a 16- to 24-hour period) and depends on your specific health goals. You should always consult your chiropractor before starting a fast. Your chiropractor possesses advanced nutrition knowledge and can counsel you on all aspects of fasting, including helping you determine whether you are a good candidate for this natural health approach. In this edition of the Wellness Express, we take a closer look at intermittent fasting and its wide-

ranging effects on human health.

Decreased Cardiovascular Risk

Your cardiovascular system (i.e., your heart and blood vessels) may significantly benefit from intermittent fasting. Intermittent fasting (also known as reduced meal frequency) boosts cardiovascular function and helps minimize several risk factors for coronary artery disease and stroke, including high blood pressure, states a 2005 study published in the *Journal of Nutritional Biochemistry*.¹ The authors of this study also note that the cellular effects of intermittent fasting and caloric restriction on the cardiovascular system (and the brain) are comparable to those of regular physical activity (i.e., exercise).

Chronic heart failure is a leading cause of death in many countries around the world. According to a 2009 study published in the *Journal of Molecular and Cellular Cardiology*, long-term intermittent fasting and caloric restriction help accelerate the recovery in individuals with chronic heart failure.² Persistent intermittent fasting, note the study authors, helps boost blood vessel density around damaged heart tissue and dramatically improves the long-term survival rate following chronic

Exercise of the Week

Pelvic Rotations – Knees Together

Difficulty: Easy

(Consult your chiropractor before starting this or any other exercise.)

Start: Lie down on back with legs bent to 90 degrees and feet on floor. Place arms out to side, palms up.

Exercise: Bring knees together. Then, let legs roll all the way to side so that knee rests on floor. Hold for 30-60 seconds, and then return to starting position. Switch sides, and repeat 2X per side.



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heart failure.

Reduced Weight & Decreased Diabetes Risk

Intermittent fasting is a powerful health technique and eating strategy to help you lose weight and reduce your chances of chronic disease, including diabetes. A 2013 study published in the *British Journal of Diabetes & Vascular Disease* states that intermittent fasting encourages weight loss in obese individuals and that limiting calories in this specific way can reverse type 2 diabetes.³ The authors also state that intermittent fasting is a cost-effective way to achieve these results and is associated with a low risk of side effects or adverse results. Another study, published in 2005 in the *Journal of Applied Physiology*, reports that intermittent fasting improves the action of insulin (i.e., how quickly glucose or sugar is removed from the bloodstream) in healthy men.⁴ **Note:** If you are a diabetic interested in intermittent fasting, you should *always* consult your physician before trying this treatment approach.

Improved Cognitive Function

Some studies indicate that intermittent fasting and caloric restriction help improve cognitive function—awareness, reasoning, perception, and judgment. According to a 2009 study published in the journal *Proceedings of the National Academy of Sciences*, caloric restriction (i.e., a diet low in calories) contributes to enhanced memory performance in healthy elderly individuals. The authors of this study note that improved insulin sensitivity and decreased inflammation may be responsible for this result.

Improved Longevity

Intermittent fasting and caloric restriction are thought by some researchers to play an important role in longevity, or lifespan. A 2006 study published in the journal *Ageing Research Reviews* states that intermittent fasting and caloric restriction can lengthen the health-span of your nervous system by protecting your neurons (i.e., nerve cells) against genetic and environmental factors that would otherwise cause their death during aging.⁶ Other reasons that intermittent fasting may help you live longer include reduced inflammation throughout your body, decreased free radical damage, and increased human growth hormone (HGH) production—HGH plays a role in slowing the aging process.

Considerations

Fasting, including intermittent fasting, may not be appropriate for everyone. Ask your chiropractor if fasting is right for you and your specific health goals and concerns. Your chiropractor can answer any questions you might have about fasting, including the conditions under which this therapeutic activity can best be performed.



Quote to Inspire

“He that lives upon hope will die fasting”

Benjamin Franklin

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