

INTERMITTENT FASTING



DECIPHERED

**AN INTRODUCTORY GUIDE TO UNCOVERING
THE TRUTH OF INTERMITTENT FASTING**



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Introduction

There is no denying it. Obesity has reached epidemic proportions and is prevalent in most of the Western nations. In fact, it is starting to spread to Asia too and people are increasingly becoming overweight and obese.



So, why is this happening? Why are there more overweight people now than ever before?

There are a few reasons for this. The first reason is our diet. Far too many people are addicted to junk food, processed food, white flour products, etc.

All these foods cause blood sugar levels to spike and this in turn leads to fat storage and insulin insensitivity.

A sedentary lifestyle is the second reason. With the advent of technology, many manual tasks have become easier and less demanding.

- Need to go to the supermarket that's a 20 minute walk away?
- Get the car instead of walking.
- Need to go up to level 3 in your office building?
- Take the elevator instead of the stairs.

All these activities that burn calories are avoided and replaced with easier alternatives. As a result, people are much more prone to gaining weight.

It's so much simpler to watch TV with a bag of potato chips than to go for a run. It's so much easier to drink a bottle of processed apple juice than eating a raw apple.

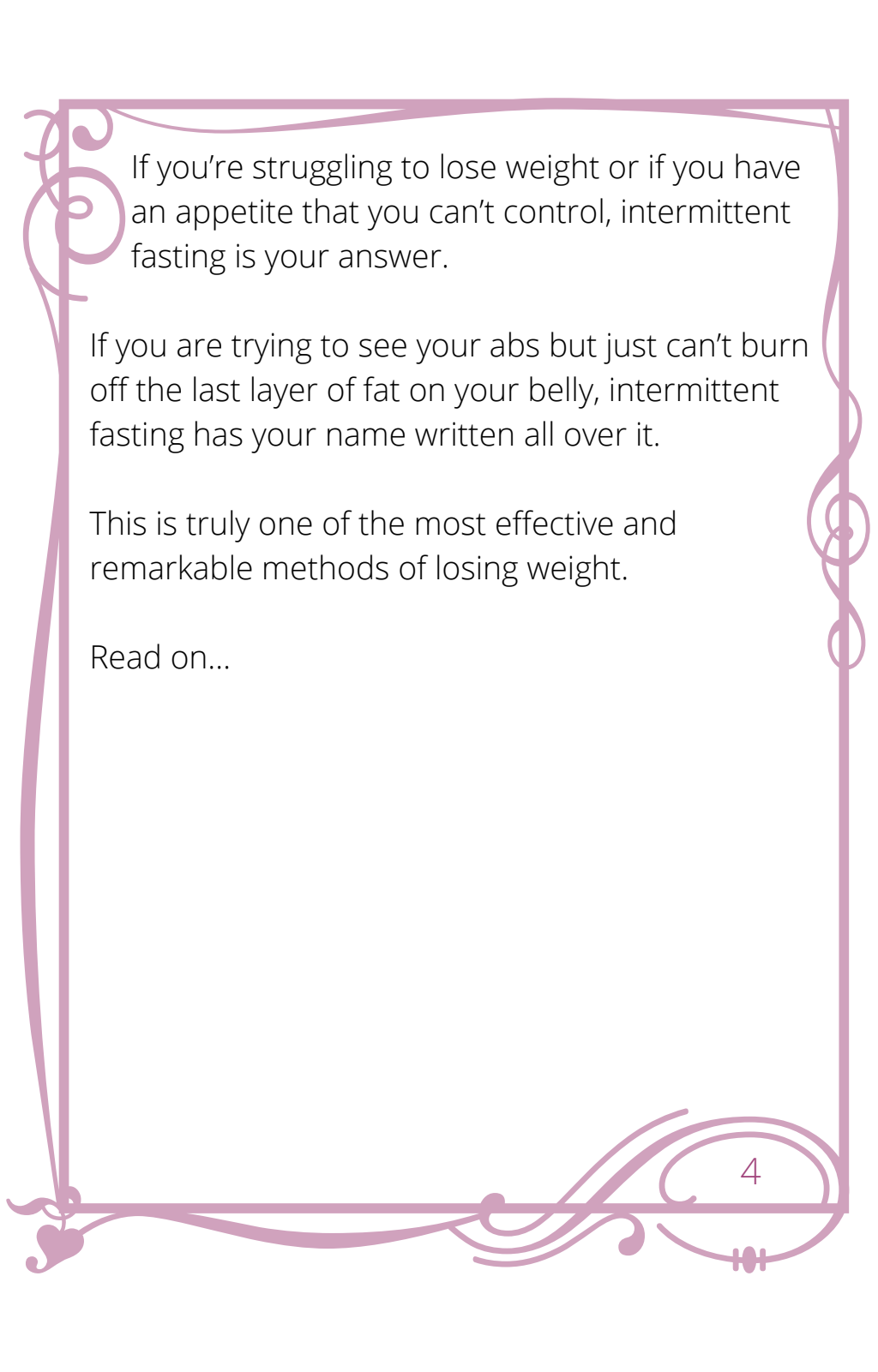


It's all these little actions that matter.

To exacerbate the situation, in the US, junk food is often cheaper than healthy, nutritious food. Low income families are able to easily purchase junk food but struggle to pay for “real food”. This is one reason why obesity affects the low income families much more.

There is one cure to reversing weight gain and obesity. In fact, it is so powerful that people are able to lose weight even on a junk food diet just by adopting this method.

It is called intermittent fasting. We'll refer to it as IF from now on to make things easier. Unlike diets such as the Atkins diet or lemonade diet, intermittent fasting is a very unique method that doesn't concern itself with the food consumed. It is more focused on meal timings.



If you're struggling to lose weight or if you have an appetite that you can't control, intermittent fasting is your answer.

If you are trying to see your abs but just can't burn off the last layer of fat on your belly, intermittent fasting has your name written all over it.

This is truly one of the most effective and remarkable methods of losing weight.

Read on...

What is Intermittent Fasting?

Intermittent fasting, just like its name suggests, is a cyclical diet that involves a period of fasting followed by a period of non-fasting. The non-fasting period may vary depending on the type of intermittent fasting you engage in.

There are several types of intermittent fasting. This report will highlight a few of the popular ones and recommend the easiest type to follow to ensure that your life does not become miserable.

The intermittent fasting can be broken down into 2 “windows”.

- Fasting window
- Eating window

During the fasting window, you will not be allowed to consume any food. You can only drink water. No calories should be consumed during the fasting window.

During the eating window, you will be allowed to eat and will need to consume all your calories for the day during this window.

Intermittent fasting does not concern itself with what you eat. The diet is secondary. What really matters is that you **MUST** be compliant during the fasting period. This is when the body will utilize its fat stores for energy.

The principle of fasting is that when your stomach is empty, the body will not have food for fuel and will tap into its fat stores for fuel. This is imperative in burning fat successfully.

Many people struggle to lose weight because their insulin stores are full and the body burns food as fuel. The body never

gets a chance to access the fat stores. As a result, even with exercise, the visible changes are slow to come.

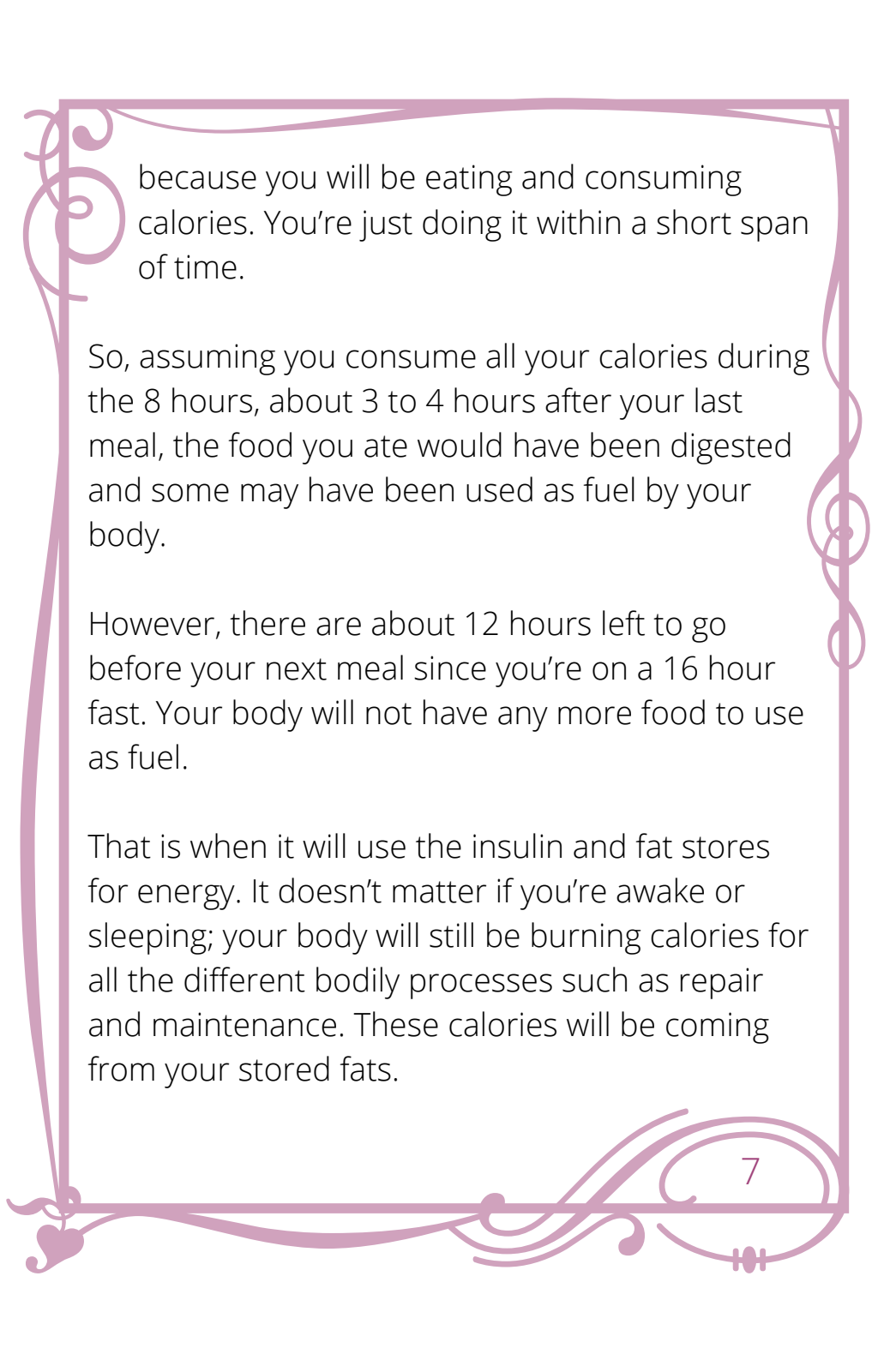
It must be noted that even if you've adopted intermittent fasting, you should strive to be on a caloric deficit to guarantee fat loss. You can find out what your calorie requirements are by visiting

http://www.freedieting.com/tools/calorie_calculator.htm

When you are at a caloric deficit and you combine it with intermittent fasting, your fat is going to melt off faster than what you ever thought possible.

Let's look at an example. If you have an 8-hour eating window and a 16 hour fasting window, you will need to consume all your calories for the day during the 8 hours.

The beauty about IF is that your body will not go into "starvation mode"

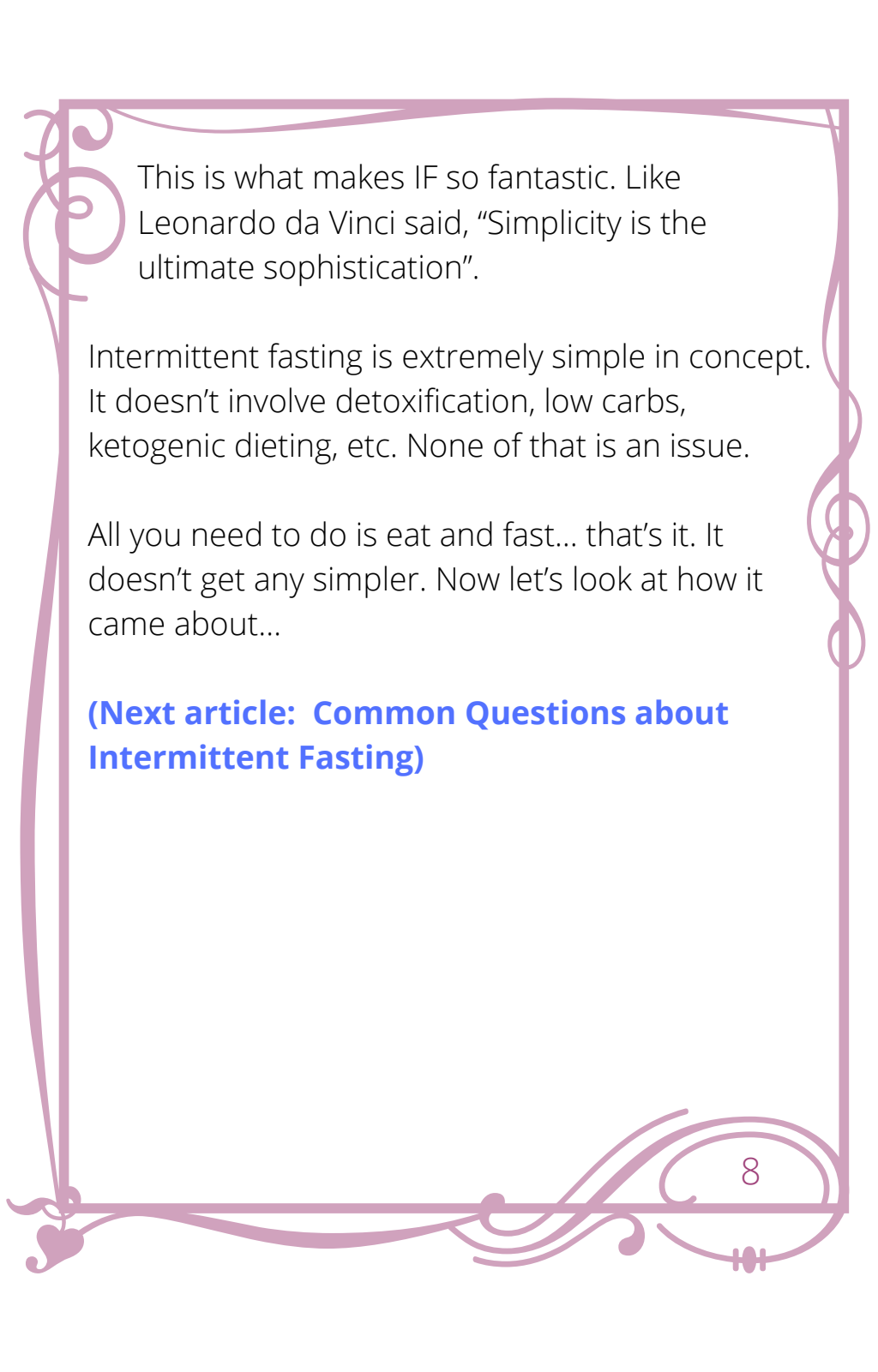


because you will be eating and consuming calories. You're just doing it within a short span of time.

So, assuming you consume all your calories during the 8 hours, about 3 to 4 hours after your last meal, the food you ate would have been digested and some may have been used as fuel by your body.

However, there are about 12 hours left to go before your next meal since you're on a 16 hour fast. Your body will not have any more food to use as fuel.

That is when it will use the insulin and fat stores for energy. It doesn't matter if you're awake or sleeping; your body will still be burning calories for all the different bodily processes such as repair and maintenance. These calories will be coming from your stored fats.



This is what makes IF so fantastic. Like Leonardo da Vinci said, “Simplicity is the ultimate sophistication”.

Intermittent fasting is extremely simple in concept. It doesn't involve detoxification, low carbs, ketogenic dieting, etc. None of that is an issue.

All you need to do is eat and fast... that's it. It doesn't get any simpler. Now let's look at how it came about...

(Next article: Common Questions about Intermittent Fasting)