

intermittent fasting prediabetes

intermittent fasting prediabetes: A Comprehensive Guide to Reversing Insulin Resistance and Improving Metabolic Health

intermittent fasting prediabetes represents a powerful dietary strategy for individuals looking to manage and potentially reverse insulin resistance, a hallmark of prediabetes. This approach, focusing on when you eat rather than strictly what you eat, has garnered significant attention for its potential to improve blood sugar control, promote weight loss, and enhance overall metabolic function. Understanding the nuances of intermittent fasting (IF) in the context of prediabetes is crucial for safe and effective implementation. This article will delve deep into how IF works, its specific benefits for prediabetic individuals, various IF protocols, important considerations, and how to integrate it into a healthy lifestyle to foster long-term metabolic well-being.

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What is Prediabetes and Insulin Resistance?

Prediabetes is a serious health condition where blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. It is characterized by impaired insulin function, known as insulin resistance. Insulin is a hormone produced by the pancreas that acts like a key, allowing glucose (sugar) from the bloodstream to enter cells for energy. In insulin resistance, the body's cells don't respond effectively to insulin. This means glucose can't enter the cells easily, leading to a buildup of sugar in the blood.

The pancreas attempts to compensate by producing more insulin. However, over time, the pancreas may not be able to keep up, and blood sugar levels will continue to rise. This chronic state of elevated blood sugar and insulin can damage blood vessels and organs, increasing the risk of developing type 2 diabetes, heart disease, and stroke. Factors contributing to insulin resistance include genetics, sedentary lifestyle, excess body weight (particularly around the abdomen), and an unhealthy diet high in processed foods and sugar.

The Link Between Prediabetes and Chronic Diseases

The progression from prediabetes to type 2 diabetes is not inevitable, but without intervention, it is common. Prediabetes itself is not just a warning sign; it can already be causing subtle damage to the

cardiovascular system. Studies have shown that even in the prediabetic stage, there is an increased risk of heart attack and stroke. This underscores the importance of proactive management and lifestyle changes to prevent the escalation of the condition and its associated health complications. Early detection and intervention can significantly alter the trajectory of metabolic health.

How Does Intermittent Fasting Impact Insulin Sensitivity?

Intermittent fasting (IF) can profoundly influence insulin sensitivity by creating periods of lower insulin levels in the body. When you eat, your body releases insulin to help manage the incoming glucose. By restricting your eating window, you give your body extended periods without food, allowing insulin levels to drop significantly. This period of lower insulin helps to reduce the "demand" on your cells and can make them more responsive to insulin when you do eat.

During fasting periods, your body also begins to tap into its stored energy reserves, primarily glycogen and then fat. This process, known as metabolic switching, can lead to a decrease in blood glucose and a reduction in the overall burden on your insulin system. Over time, consistently giving your body these breaks from processing food can help reverse the insulin resistance that characterizes prediabetes, making your cells more efficient at taking up glucose.

The Role of Blood Glucose and Insulin Levels

When you consume carbohydrates, your blood glucose levels rise, signaling your pancreas to release insulin. Insulin then facilitates the uptake of glucose by cells for energy or storage. In prediabetes, this process is less efficient. Intermittent fasting intervenes by limiting the frequency of these blood glucose spikes and subsequent insulin surges. By having longer periods between meals, blood glucose naturally lowers, and the pancreas can rest. This break allows insulin receptors on cells to become more sensitive, meaning less insulin is needed to get glucose into the cells effectively.

Benefits of Intermittent Fasting for Prediabetes

The benefits of intermittent fasting for individuals with prediabetes are multifaceted, targeting key physiological processes that contribute to metabolic dysfunction. Primarily, IF can significantly improve insulin sensitivity, which is the root of prediabetes. By allowing for extended periods without food intake, the body's reliance on insulin decreases, giving the cells a chance to become more responsive to this crucial hormone. This improved sensitivity directly leads to better blood sugar regulation.

Furthermore, intermittent fasting often leads to a caloric deficit, which can result in weight loss, especially visceral fat, which is strongly linked to insulin resistance. Losing even a modest amount of weight can have a substantial positive impact on metabolic health. IF also promotes cellular repair processes, such as autophagy, which may contribute to overall cellular health and improved metabolic function.

Improving Blood Sugar Control

One of the most direct benefits of intermittent fasting for prediabetes is enhanced blood sugar control. By reducing the frequency of food intake, IF helps to minimize blood glucose spikes that occur after meals. This leads to lower average blood sugar levels and reduced HbA1c, a marker of long-term blood sugar control. The periods of fasting allow the body to utilize stored glucose, further contributing to stable blood sugar levels and reducing the overall glycemic load on the system.

Promoting Weight Loss and Fat Reduction

Intermittent fasting can be an effective tool for weight management, which is critical for managing prediabetes. By limiting the eating window, individuals often naturally consume fewer calories without feeling overly deprived. This calorie deficit, combined with the body's increased reliance on fat stores for energy during fasting periods, can lead to significant weight loss. The reduction of excess body fat, particularly visceral fat (fat around the organs), is strongly associated with improved insulin sensitivity and a lower risk of progressing to type 2 diabetes.

Enhancing Autophagy and Cellular Repair

Autophagy is a cellular "clean-up" process where the body removes damaged cells and regenerates newer, healthier cells. Intermittent fasting has been shown to stimulate autophagy. For individuals with prediabetes, this can be beneficial as it may help to repair damaged cells, including those involved in insulin signaling and glucose metabolism. This cellular renewal process can contribute to a more robust and resilient metabolic system.

Popular Intermittent Fasting Methods for Prediabetes

Several intermittent fasting protocols can be adapted for individuals with prediabetes, each offering a different approach to time-restricted eating. The most suitable method often depends on individual lifestyle, preferences, and ability to adhere to the schedule. Consistency is key for reaping the metabolic benefits. It is essential to choose a method that is sustainable long-term to achieve lasting improvements in blood sugar control and insulin sensitivity.

The choice of IF method should also consider the individual's dietary quality during eating windows. Focusing on nutrient-dense foods is paramount for maximizing the health benefits and supporting overall well-being.

The 16/8 Method

The 16/8 method, also known as Leangains, involves fasting for 16 hours each day and restricting eating to an 8-hour window. This is one of the most popular and accessible IF protocols. For example, one might finish dinner by 7 PM and then not eat again until 11 AM the next day, creating

a 16-hour fast. This method allows for three meals within the 8-hour eating window and can be easily integrated into most daily schedules. It provides ample time for the body to enter a fasted state, allowing for improved insulin sensitivity and blood sugar regulation.

The 5:2 Diet

The 5:2 diet involves eating normally for five days of the week and restricting calorie intake to about 500-600 calories on two non-consecutive days. On the "fasting" days, individuals consume a significantly reduced amount of food, focusing on nutrient-dense, low-calorie options. This approach can be effective for creating a weekly calorie deficit and promoting weight loss, which is beneficial for managing prediabetes. The flexibility of having normal eating days can make this method more sustainable for some individuals.

Eat-Stop-Eat

Eat-Stop-Eat involves a voluntary fast for 24 hours once or twice per week. For instance, one might finish dinner on Monday and not eat again until dinner on Tuesday. This method provides longer periods of fasting, which can be more potent in stimulating metabolic changes like improved insulin sensitivity and autophagy. However, it requires greater discipline and planning, and individuals should ensure they are adequately hydrated and nourished on non-fasting days.

Getting Started with Intermittent Fasting for Prediabetes

Embarking on intermittent fasting for prediabetes requires careful planning and a gradual approach to ensure safety and effectiveness. It's crucial to consult with a healthcare professional or a registered dietitian before starting, especially if you have any pre-existing medical conditions or are taking medications. They can help tailor a plan that suits your individual needs and monitor your progress closely. Start with shorter fasting periods and gradually increase them as your body adjusts.

Focusing on nutrient-dense foods during your eating windows is as important as the fasting itself. This ensures you are providing your body with the essential vitamins, minerals, and fiber it needs to thrive, even when consuming fewer meals. Hydration is also paramount during fasting periods; water, herbal teas, and black coffee are generally permissible.

Consulting Healthcare Professionals

Before initiating any new dietary regimen, particularly one involving fasting, it is essential to seek guidance from qualified healthcare professionals. This includes your primary care physician, an endocrinologist, or a registered dietitian nutritionist. They can assess your current health status, identify potential risks or contraindications, and help you create a safe and personalized intermittent

fasting plan. They can also monitor your blood glucose levels and other relevant biomarkers throughout your IF journey.

Gradual Implementation and Adjustment

The key to successfully adopting intermittent fasting for prediabetes is a gradual transition. Instead of jumping into prolonged fasts, start with a more manageable window, such as 12 hours of fasting. As your body becomes accustomed to this schedule, you can slowly extend the fasting period to 14 or 16 hours. Pay close attention to how your body responds, noting any changes in energy levels, hunger, and blood sugar readings. Adjust the fasting and eating windows as needed to find what works best for your well-being and lifestyle.

Prioritizing Nutrient-Dense Foods

During your designated eating periods, making conscious choices about the foods you consume is vital for maximizing the benefits of intermittent fasting for prediabetes. Focus on whole, unprocessed foods that are rich in nutrients. This includes plenty of vegetables, fruits, lean proteins, healthy fats, and whole grains. Limiting your intake of refined sugars, processed carbohydrates, and unhealthy fats will further enhance your efforts to improve insulin sensitivity and blood sugar control.

Potential Challenges and How to Address Them

While intermittent fasting offers significant advantages for prediabetes management, it's essential to acknowledge potential challenges that may arise during the transition. Hunger is often the most common hurdle. During the initial stages, you might experience increased hunger pangs as your body adjusts to a new eating schedule. Staying well-hydrated with water or herbal teas can help curb hunger. Engaging in light physical activity or distractions can also be effective.

Another challenge can be fatigue or irritability, particularly in the first few days. This usually subsides as your body adapts. Ensuring adequate sleep and managing stress are also crucial for overall well-being and adherence to the IF protocol. For some, social events or irregular work schedules can pose difficulties, requiring flexibility and planning.

Managing Hunger and Cravings

Hunger and cravings are natural responses when changing eating patterns. To manage them effectively during intermittent fasting, focus on consuming satiating foods during your eating windows. Proteins and healthy fats tend to keep you fuller for longer. High-fiber foods, such as vegetables and whole grains, also contribute to feelings of fullness. Staying adequately hydrated is paramount; sometimes thirst can be mistaken for hunger. Drinking water or unsweetened herbal teas can help alleviate hunger pangs. Planning your meals ahead of time can also prevent impulsive, unhealthy food choices when hunger strikes.

Overcoming Fatigue and Irritability

Initial fatigue and irritability are common side effects as your body adapts to intermittent fasting. This is often due to fluctuations in blood sugar and the body's adjustment to using fat for energy. Ensuring you are getting enough quality sleep is critical. Prioritize sleep hygiene and aim for 7-9 hours per night. Gentle exercise, like walking or yoga, can also boost energy levels rather than depleting them. If fatigue is persistent or severe, it may indicate that the fasting window is too long or that your nutritional intake during eating periods needs adjustment.

Combining Intermittent Fasting with Other Lifestyle Changes

Intermittent fasting is most effective when integrated into a holistic approach to health and wellness. While IF can profoundly impact insulin sensitivity and blood sugar, it works best in synergy with other healthy lifestyle habits. Regular physical activity is a cornerstone of managing prediabetes, as it directly improves insulin sensitivity and helps with weight management. Combining IF with exercise can amplify these benefits, leading to more robust metabolic improvements.

A balanced, nutrient-rich diet during eating windows is equally important. Focusing on whole foods, limiting processed items, and managing portion sizes will support your fasting efforts and contribute to overall health. Adequate sleep and stress management are also vital components that support hormonal balance and metabolic function, making the journey with intermittent fasting smoother and more effective.

The Importance of Regular Physical Activity

Regular physical activity plays a crucial role in combating insulin resistance and managing prediabetes. Exercise increases glucose uptake by muscles, even without insulin, and improves the body's sensitivity to insulin over time. When combined with intermittent fasting, the benefits can be amplified. For instance, exercising during a fasted state can encourage the body to tap into fat stores for energy more readily. Aim for a mix of aerobic exercises, such as brisk walking, jogging, or swimming, and strength training to build muscle mass, which further aids in glucose metabolism.

Creating a Balanced and Nutritious Diet

The quality of food consumed during your eating windows is paramount when practicing intermittent fasting for prediabetes. Prioritize whole, unprocessed foods that are rich in essential nutrients. This includes a wide variety of vegetables, fruits, lean proteins (such as chicken, fish, and beans), healthy fats (like avocados, nuts, and olive oil), and whole grains (like quinoa and oats). Limiting processed foods, sugary beverages, refined carbohydrates, and unhealthy fats will significantly enhance your efforts to improve insulin sensitivity, stabilize blood sugar levels, and promote overall metabolic health.

Who Should Exercise Caution with Intermittent Fasting?

While intermittent fasting can be a powerful tool for managing prediabetes, it is not suitable for everyone. Certain populations and individuals with specific health conditions should exercise extreme caution or avoid IF altogether. This includes pregnant or breastfeeding women, individuals with a history of eating disorders, and those who are underweight or have nutritional deficiencies.

People taking certain medications, particularly those for diabetes or blood pressure, should consult their doctor before starting IF, as adjustments may be necessary to prevent hypoglycemia or other adverse effects. Individuals who experience severe hypoglycemia, have type 1 diabetes, or have active medical conditions should seek medical advice before considering intermittent fasting.

Individuals with Specific Medical Conditions

Intermittent fasting may not be appropriate for individuals with certain pre-existing medical conditions. People with a history of hypoglycemia or recurrent low blood sugar episodes should be particularly cautious, as fasting can exacerbate these issues. Those with type 1 diabetes generally should not practice intermittent fasting without strict medical supervision, as it can lead to dangerous blood sugar fluctuations. Additionally, individuals with kidney disease, liver disease, or gastrointestinal disorders should consult their healthcare provider before attempting IF.

Those Taking Certain Medications

For individuals managing prediabetes with medication, consulting a healthcare professional is essential before starting intermittent fasting. Certain diabetes medications, such as insulin or sulfonylureas, can increase the risk of hypoglycemia (low blood sugar) when combined with fasting. Doctors may need to adjust medication dosages or timing to ensure safety and prevent adverse reactions. Similarly, individuals taking medications for blood pressure or other chronic conditions should discuss potential interactions with their doctor.

Pregnant or Breastfeeding Women and Individuals with Eating Disorders

Intermittent fasting is generally not recommended for pregnant or breastfeeding women due to the increased nutritional demands of pregnancy and lactation. Adequate and consistent nutrient intake is crucial for both maternal and fetal health. Furthermore, individuals with a history of or current eating disorders should avoid intermittent fasting. IF can potentially trigger or worsen disordered eating patterns and should be approached with extreme caution and professional guidance.

Frequently Asked Questions about Intermittent Fasting and Prediabetes

Q: Can intermittent fasting completely reverse prediabetes?

A: While intermittent fasting can significantly improve insulin sensitivity and help individuals achieve remission from prediabetes, it is not a guaranteed cure. The reversibility of prediabetes depends on various factors, including the duration and severity of the condition, as well as consistent adherence to a healthy lifestyle that includes IF, a balanced diet, and regular exercise. Many individuals experience a normalization of blood sugar levels and a reversal of insulin resistance, effectively managing their prediabetes without progressing to type 2 diabetes.

Q: What is the safest way for someone with prediabetes to start intermittent fasting?

A: The safest way for someone with prediabetes to start intermittent fasting is by consulting with their healthcare provider or a registered dietitian. They can help assess individual health status, identify any potential risks, and recommend a suitable fasting protocol. Beginning with shorter fasting windows, such as 12 hours, and gradually increasing the duration as the body adapts is a recommended approach. Prioritizing nutrient-dense foods during eating periods and staying well-hydrated are also crucial safety measures.

Q: How often should I monitor my blood sugar when doing intermittent fasting for prediabetes?

A: The frequency of blood sugar monitoring for someone with prediabetes practicing intermittent fasting should be determined by their healthcare provider. Generally, frequent monitoring is recommended, especially during the initial stages of IF or if taking diabetes medication. This allows for tracking how fasting affects blood glucose levels and for making necessary adjustments to the fasting schedule or diet to prevent hypoglycemia or hyperglycemia.

Q: What are the best foods to eat during my eating window when I have prediabetes and am intermittent fasting?

A: During your eating window, focus on nutrient-dense, whole foods that are low in refined sugars and unhealthy fats. Excellent choices include plenty of non-starchy vegetables (leafy greens, broccoli, peppers), lean proteins (fish, chicken breast, tofu, legumes), healthy fats (avocado, nuts, seeds, olive oil), and moderate amounts of complex carbohydrates from sources like quinoa, oats, and sweet potatoes. These foods help promote satiety, provide essential nutrients, and support stable blood sugar levels.

Q: Will intermittent fasting cause me to lose weight, and is weight loss important for prediabetes?

A: Yes, intermittent fasting can often lead to weight loss by helping individuals naturally reduce their overall calorie intake. Weight loss, particularly the reduction of visceral fat (fat around the abdominal organs), is very important for managing prediabetes. Excess body fat, especially visceral fat, is strongly linked to insulin resistance. Losing even a modest amount of weight can significantly improve insulin sensitivity and blood sugar control, reducing the risk of progressing to type 2 diabetes.

Q: Can I drink coffee or tea during my fasting periods?

A: Yes, plain black coffee and unsweetened tea (herbal or regular) are generally considered acceptable during fasting periods. These beverages contain virtually no calories and can help with satiety, making the fasting window more manageable. However, it is important to avoid adding sugar, cream, milk, or artificial sweeteners, as these can break your fast and impact your blood sugar levels.

Q: What if I feel dizzy or unwell during my fasting period?

A: If you experience dizziness, lightheadedness, extreme fatigue, or other concerning symptoms during a fasting period, it is important to break your fast immediately. Consume a small, balanced meal or snack. If these symptoms are frequent or severe, it's crucial to consult your healthcare provider, as it may indicate that the fasting protocol is not suitable for you, or that adjustments to your diet, hydration, or medication are necessary.

Q: How long does it typically take to see improvements in blood sugar levels with intermittent fasting for prediabetes?

A: The timeline for seeing improvements in blood sugar levels with intermittent fasting for prediabetes can vary significantly among individuals. Some people may notice positive changes within a few weeks, while others might take a couple of months to experience significant improvements. Factors such as the individual's starting blood sugar levels, adherence to the fasting schedule, dietary choices during eating windows, and overall lifestyle play a crucial role in the pace of improvement. Consistent monitoring and patience are key.

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intermittent fasting prediabetes: Prediabetes: A Complete Guide, Second Edition Jill Weisenberger, 2023-05-02 Prediabetes can be scary, but it's also an opportunity—an opportunity to reset, improve your health, and get yourself in better shape than ever. Learning you have prediabetes is scary, but it comes with a silver lining: It means you've caught the condition just in time, before it's too late. Your best chance to reverse prediabetes starts now. Prediabetes: A Complete Guide, Second Edition reveals to you in detail what these actions are and empowers you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals. This new, updated edition of the original, reader-approved guide includes even more proven tools to make healthy eating easier than ever—including simple tips for foolproof meal planning, plus even more tasty recipes and meal ideas to cover breakfast, lunch, dinner, and snack time. This comprehensive guide leads you through dozens of concrete steps you can take to reverse prediabetes, reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. You'll learn to: Identify your risks for developing type 2 diabetes Set personalized and meaningful behavioral goals Eat for weight loss and greater insulin sensitivity Tweak your favorite recipes to include wholesome foods Start or improve upon an exercise plan Reduce sedentary time Organize and track your progress with tools included in the book Taking an individualized approach to your lifestyle “reset,” it allows you to choose your own path to wellness, and maintain a healthful lifestyle so that you can feel better than you have in years.

intermittent fasting prediabetes: Fasting and Hormone Regulation Jade Summers, 2024-09-13 Unlock the secret to balancing your body's most powerful messengers—your hormones—through the ancient practice of fasting. In *The Hormonal Symphony of Fasting: Balancing Your Inner Orchestra*, you'll discover how fasting can harmonize your metabolism, boost mental clarity, and transform your health. □ Why this book? Dive deep into the science of fasting and hormone regulation. Explore how fasting affects insulin, HGH, cortisol, and more. Learn about ancient traditions and modern scientific discoveries on fasting. Discover practical fasting protocols that fit your lifestyle. □ Highlights: Balance your hormones: Learn how fasting optimizes insulin and other key hormones. Boost your metabolism: Discover the powerful effects of autophagy and fat burning. Improve mental clarity: Harness fasting for sharper focus and brain health. Ancient wisdom, modern science: Explore fasting through both historical and scientific lenses. Practical guidance: Implement fasting protocols tailored to your goals and lifestyle. Whether you're new to fasting or an experienced practitioner, this book is your guide to mastering the art of balancing your inner hormonal orchestra.

intermittent fasting prediabetes: Integrative Medicine, eBook David P. Rakel, Vincent Minichiello, 2022-08-12 Written by physicians who are experts in both traditional and complementary medicine, *Integrative Medicine*, 5th Edition, uses a clinical, disease-oriented approach to safely and effectively incorporate alternative therapies into primary care practice. Drawing on available scientific evidence and the authors' first-hand experiences, it covers therapies such as botanicals, supplements, mind-body, lifestyle choices, nutrition, exercise, spirituality, and other integrative medicine modalities. This highly regarded reference offers practical guidance for reducing costs and improving patient care while focusing on prevention and wellness for a better quality of life. - Explains how to make the best use of integrative medicine and the mechanisms by which these therapeutic modalities work, keeping you at the forefront of the trend toward integrative health care. - Templated chapters make it quick and easy to find key information such as dosing, pearls, the Prevention Prescription, and Therapeutic Reviews that incorporates the Evidence vs Harm Icon. - Uses the reliable SORT method (Strength of Recommendation Taxonomy) to provide evidence-based ratings, grading both the evidence and the relative potential harm. - Thoroughly updated, ensuring that you remain well informed regarding the latest evidence. - Contains 10 new chapters covering clinician resilience, supporting immunity, NASH/fatty liver, hair loss, rethinking the movement prescription, compassion practices, prescribing low-dose naltrexone, psychedelics, tapering off PPIs and opioids, as well as an expanded osteopathy chapter. - Covers timely topics aimed at reducing the epidemics of polypharmacy and opioid overuse, as well as supporting

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intermittent fasting prediabetes: What You Need to Know about Diabetes Tish Davidson, 2020-06-26 This accessibly written book provides a broad introduction to diabetes-its signs, symptoms, and effects on the body; how it can be managed and prevented; and the issues and controversies that surround this all-too-common condition. Today, nearly one in 10 Americans has diabetes, and complications from diabetes are now the seventh leading cause of death in the United States. Rates of type 2 diabetes are on the rise, despite the fact that it's considered a highly preventable condition. *What You Need to Know about Diabetes* is a part of Greenwood's Inside Diseases and Disorders series. This series profiles a variety of physical and psychological conditions, distilling and consolidating vast collections of scientific knowledge into concise, readable volumes. A list of top 10 essential questions begins each book, providing quick-access answers to readers' most pressing concerns. The text follows a standardized, easy-to-navigate structure, with each chapter exploring a particular facet of the topic. In addition to covering basics such as causes, signs and symptoms, diagnosis, and management options, books in this series delve into issues that are less commonly addressed but still critically important, such as effects on loved ones and caregivers. Case illustrations highlight key themes discussed in the book and are accompanied by insightful analyses and recommendations.

intermittent fasting prediabetes: Take Control of Your Diabetes Risk John Whyte, MD, MPH, 2022-03-08 From the Chief Medical Officer at WebMD, the world's largest provider of trusted health information, learn how to reduce your diabetes risk and change your mindset from I hope I don't get diabetes to I can prevent diabetes. You have diabetes. Three words no one ever wants to hear, yet each year, over a million people in the United States alone do. So now what? *Take Control of Your Diabetes Risk* shares straightforward information and equips you with strategies to help you on a journey to better health, including: Knowing the causes of the different types of diabetes Learning

the role food, exercise, and sleep play Understanding the relationship between diabetes, heart disease, and cancer You have the power to reclaim your life after a prediabetes or diabetes diagnosis--and this book will show you just how easy it is.

intermittent fasting prediabetes: Introduction to Science of Fasting for Healthy Body

Ram Babu Sao, 2025-05-20 Fasting has been used for the body to get rid of waste buildup and also for religious and spiritual purification for centuries. Nearly every religious text from the Old and New Testaments of the Upanishads as well as Bible to the Quran, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God. Fasting advocates and claims that the practice can effectively treat serious health conditions, like diabetes, constipation, arthritis and colitis to heart disease and depression. In his practice, he has seen fasting, combined with improving the diet before and afterwards, which eliminates lupus, arthritis and chronic skin conditions like psoriasis and eczema. He says he has also seen fasting heal the digestive tracts of those with ulcerative colitis and Crohn's disease, and lower blood pressure. Fasting followed by a vegetarian diet interferes with the immune system's activities, especially if the immune system is overreacting, as it does with, and other auto-immune diseases. He cites half a dozen studies published in medical journals ranging from the American Journal of Physiology-Endocrinology and Metabolism to the Scandinavian Journal of Rheumatology. Studies published in The Proceedings of the National Academy of Sciences" and "The Journal of Nutrition in 2003" showed that human beings forced to fast every other day, while eating twice the normal amount of food on non-fasting days, had better insulin control, neuronal resistance to injury, and other health indicators than people fed calorie-restricted diets. Fasting may yield psychological benefits as well. I use very brief fasting with my patients to help them cope with stress and depression, says Agnese Barolo, a life coach in contemplative practices in New Rochelle, N.Y. So, now many are so encouraged that they try longer fasts, she says. There is scientific evidence for the curative powers of fasting, That is a reason every culture in every country has practised some form of fasting for thousands of years. Fasting is not advisable for everyone. But for those whose medical conditions do not respond to other treatments, Fuhrman says, sometimes fasting four to five days a month can help them break to the next level of immune competency. He adds that it will only work if you frame the fast with good nutrition before and after. Fuhrman cautions that certain people should not fast, including: • Pregnant women. • People with wasting diseases or malnutrition. • Those with a history of cardiac arrhythmias. • People with hepatic or renal insufficiency. And anyone who fasts for extended periods should do so only under close medical supervision. "Fasting gives Longer Life". There are hundreds of studies showing that when people are fed fewer calories they live longer, says Fuhrman. Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets are a reliable way to extend the lifespan. The excess calories Americans eat, they shorten their lives, says Fuhrman. If you want to live longer, Fuhrman's best advice is to eat healthy and fast periodically. The time may come, Fuhrman says, when not offering to fast, substantially more effective nutritional approach will be considered malpractice. This book "Introduction to Science of Fasting for Healthy Body" is very fascinating and an exasperating with its simplicity and its vastness. The author says that there is no royal road to a perfect understanding of fasting. One can realize its vast extent of diseases and guiding symptoms. In its present compact form, it contains the maximum number of reliable fasting facts in the minimum space.

intermittent fasting prediabetes: High Intensity Functional Training

Amy M. West, 2025-08-22 High Intensity Functional Training: Clinical Applications in Training, Rehabilitation, and Sport presents a clear definition of high intensity functional training (HIFT) in medical literature while also examining how HIFT can be used as an exercise/training modality, a rehabilitation protocol, and as a competitive sport unto itself. Topics covered move from the data in the research, the implications to specific patients, and rehabilitation outcomes. Chapter authors are all subject matter experts, some of whom have designed and implemented studies regarding this training modality. This comprehensive book provides a solution on training and the sport, and how to best

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