

**Safety and Education**  
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**Intermittent Fasting**

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**5 Reasons to Try Intermittent Fasting**

Bicycling.com

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**Introduction**

Science has discovered health benefits linked to whole-day, alternate-day, and time-restricted fasting, says Carolyn Williams, Ph.D., the registered dietitian that helped develop the book ***The Men's Health Guide to Intermittent Fasting***.

Scientists speculate that the benefits of short-term fasts may come from the structured break they provide to around-the-clock eating.



Check out the potential upsides of intermittent fasting:



**1. Intermittent fasting can target belly fat**

According to a report in Cell Metabolism, overweight people who ate during any 10-hour timeframe (and not the other 14) saw a reduction in waist circumference and visceral abdominal fat after 12 weeks.

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**2. Intermittent fasting may reduce your risk of diabetes**

The study referenced above also demonstrated the potential of intermittent fasting to reduce risk of metabolic diseases, such as type 2 diabetes and heart disease.





### **3. Intermittent fasting may lower high blood pressure**

In another study, participants who practiced 16:8 intermittent fasting without calorie counting significantly reduced their systolic blood pressure compared to a control group after 12 weeks.

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### **4. Intermittent fasting can fight inflammation**

Inflammation is your body's natural way of fighting off infection, illness, and injury. But there's another type of inflammation, a chronic inflammation that can silently trigger heart disease and diabetes.

Several studies have shown that intermittent fasting may induce an anti-inflammatory effect that reduces risk of those metabolic diseases.





## 5. Intermittent fasting may help you live longer

Studies suggest that intermittent fasting may be much easier to maintain than extreme calorie cutting, and may boost lifespan, too. In one study comparing rats who were given unrestricted access to food to rats who were fed every other day, the rats who fasted lived 83 percent longer than those who gorged themselves.

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OK riders, I guess all of that is something to think about. If you are contemplating intermittent fasting, it's probably best to consult your physician first, especially if you have chronic health conditions.

If you wanna learn more about this topic, I've included information below on how to get ***The Guide to Intermittent Fasting***.

See you next week.

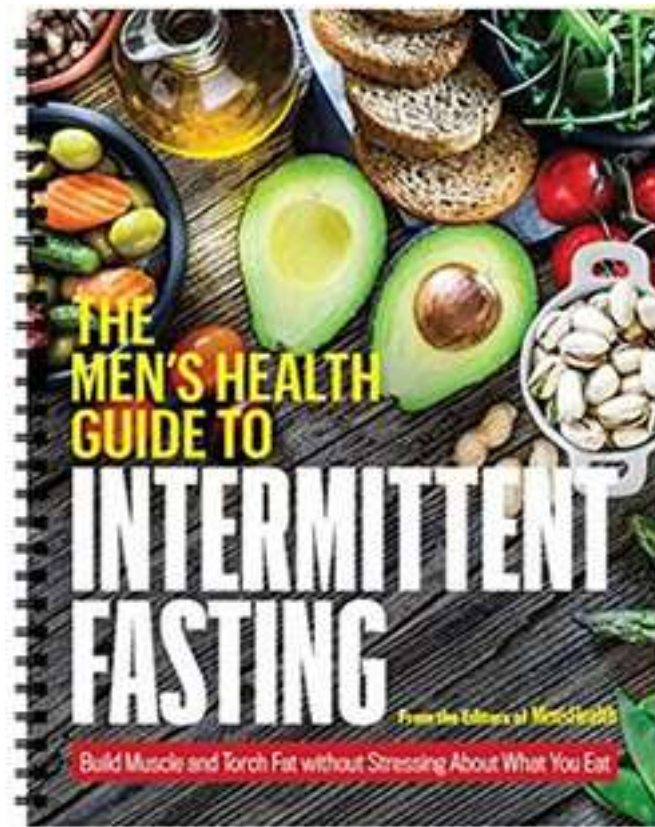
Until then, make every ride epic.

Darryl

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**WANT TO LEARN MORE ABOUT FASTING?**

***The Men's Health Guide to Intermittent Fasting*** is packed with essential information for anyone (not just guys!) who wants to start fasting and start feeling great.



**You'll discover:**

- **FASTING GUIDELINES:** What you can and can't eat during your fast and how to pick a schedule
- **HOW TO GET STARTED:** Tips for switching to a 16:8 plan and beating cravings
- **40+ FILLING RECIPES:** Delicious brunch, dinner, and bonus keto recipes
- **FASTING HACKS:** The three types of food that'll keep you full, how to undo a slip-up, exactly how much protein, carbs, and fat you need, and so much more
- **COOK-FRIENDLY FORMAT:** Spiral binding lays flat and stays open while cooking