

What is intermittent fasting?

Intermittent Fasting (IF) is an eating pattern where you switch between periods of eating and fasting. You are still able to eat a normal amount of food but just in a smaller time frame, which is called your 'eating window.' It is a healthy way towards your weight loss.

Benefits of IF:

- ✓ Weight loss
- ✓ It can reduce insulin resistance, lowering blood sugar by 3-6% and insulin levels by 20-31%
- ✓ Reduces risk of inflammation
- ✓ Reduces "bad" LDL cholesterol, blood triglycerides, inflammatory markers, and blood sugar.
- ✓ Increases the brain hormone BDNF and may aid the growth of new nerve cells

Intermittent Fasting Review Coupon

Michael Carol

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Faithful Intermittent Fasting for Women and Men for Faith, Fitness, and Finances Hareldau Argyle King,2024-12-15
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patients **Younger You** Dr Kara Fitzgerald, 2022-01-18 Based on the groundbreaking study that shaved three years off a subjects age in just eight weeks discover a proven accessible plan to prevent diseases and reduce your biological age It s true getting older is inevitable and your chronological age can only move in one direction But you also have a biological age which scientists can measure by assessing how your genes are expressed through epigenetics Exciting new research shows that your bio age can actually move in reverse and Dr Kara Fitzgerald s groundbreaking rigorous clinical trial proved it s possible By eating delicious foods and establishing common sense lifestyle practices that positively influence genetic expression study participants reduced their bio age by just over three years in only eight weeks Now Dr Fitzgerald shares the diet and lifestyle plan that shows you how to influence your epigenetics for a younger you In *Younger You* you ll learn It s not your genetics that determines your age and level of health it s your epigenetics How DNA methylation powerfully influences your epigenetic expression The foods and lifestyle choices that most affect DNA methylation Simple swaps to your daily routines that will add years to your life The full eating and lifestyle program with recipes and meal plans to reduce your bio age and increase vitality How to take care of your epigenetic expression at every life stage from infancy through midlife and your later decades We don t have to accept a descent into disease and unwellness as we age as inevitable when you reduce bio age you reduce your odds of developing all the major diseases including diabetes cancer and dementia With assessment tools for determining your bio age recipes and plans for putting it all into practice *Younger You* helps you repair years of damage ward off chronic disease and optimize your health for years to come Sculptor and Destroyer Mark P. Mattson, 2023-08-22

The fascinating story of glutamate the neurotransmitter that controls the structure and function of the brain in health and neurological disorders *Sculptor and Destroyer* tells the story of a simple little known molecule that became a master architect and commander of the human brain glutamate Upward of 90 percent of the neurons in the human brain deploy glutamate as their neurotransmitter Other neurotransmitters can only exert their effects on brain function by subtly modifying the ongoing activity of glutamatergic neurons but during brain development glutamate controls the growth of dendrites and the formation of synapses In this eye opening book Mark Mattson explains how the neurotransmitter glutamate controls the structure and function of neuronal networks in the brain thereby mediating the brain s capabilities including learning and memory creativity and imagination Mattson also delves deeply into the dark side of glutamate which he calls the destroyer side He shows how relatively subtle aberrancies in the activity of neurons that deploy glutamate may result in behavioral disorders ranging from autism and schizophrenia to chronic anxiety and depression More dramatically he describes how glutamate can excite neurons to death a process that occurs in epilepsy and stroke and perhaps even more insidiously in Alzheimer s disease Parkinson s disease ALS and Huntington s disease *Sculptor and Destroyer* concludes with a perspective on how knowledge of glutamate s roles in neuroplasticity might be applied to the optimization of brain health throughout our lives Written in engaging approachable prose *Sculptor and Destroyer* will be of interest to anyone in the

fields of neuroscience neurology psychiatry and psychology as well as to anyone with a curiosity about the human brain

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