

A type of scheduled eating plan where you simply restrict your normal daily eating to a 6-8 hour window of time, without cutting calories.*

BENEFITS

INCREASES

- Insulin and leptin sensitivity, reducing the risk of chronic disease, from diabetes to heart disease and even cancer
- Ghrelin levels, also known as "the hunger hormone," to reduce overeating
- Ability to become "Fat Adapted", which increases your energy by burning stored fat

DECREASES

- Triglyceride levels, decreasing *
 your risk of heart disease
- Inflammation and free radical
 damage
 - Weight gain and metabolic
 disease risk

EATING





RECOMMENDED SCHEDULE

Streaming Top Shows Intermittent Fasting Compare

JG Myers

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