

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

Frank Domino



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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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