

Types of Intermittent Fasting



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Lei Shi



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The Model of Ramadan Diurnal Intermittent Fasting: Unraveling the Health Implications, volume III MoezAlIslam Ezzat Faris, Faiza Kalam, Ahmed S. BaHammam, Meghit Boumediene Khaled, Hamdi Chtourou, Dana N. Abdelrahim, 2025-04-28

Intermittent fasting IF is rapidly gaining interest across scientific disciplines and also in the general community. The practice of IF is a safe and costless measure that offers health improvement and disease prevention in particular in the context of chronic metabolic diseases. One of the most commonly practiced models of IF at the global level is the religious form of obligatory intermittent fasting observed annually in the month of Ramadan by about 1.5 billion Muslim people. A growing body of literature accumulated during the last two decades provides evidence that observing this one-month religious fasting lasting between 12-17 hours a day depending on the location and season provides metabolic and physiological benefits. The many health benefits of Ramadan Intermittent Fasting (RIF) include improvements in body weight, body composition, reducing complications of metabolic syndrome, improving lipid profile and other cardiometabolic risk factors. Further, RIF helps improving glucose homeostasis, ameliorating inflammatory and oxidative stress markers, and modulating gene expression of various components of the anti-inflammatory and antioxidant defense systems. Despite being the most extensively studied form of IF, many gaps remain in our understanding of the versatile effects of RIF in healthy people, including athletes. Further, it is unclear how the observance of RIF affects patients with illnesses such as diabetes, cardiovascular disease, and cancer. More information is needed on the effects of RIF on different body systems and the possible epigenetic changes produced by this religious practice. A better understanding of RIF will help to optimize the practice of RIF, maximize its health benefits, and guide healthcare providers to better advise their chronically ill patients on matters related to Ramadan fasting.

Weight Loss Habits Kathleen Kelly, 2020-07-30

You want to shed those additional pounds without depriving yourself. You want to feel good in your body without resorting to some unhealthy dieting and nutrition habits. You want to change your unhealthy dieting habits and discover unique, highly beneficial intermittent fasting advantages. If your answer to these questions is yes, you are definitely in the right place. The truth is that every single person is beautiful, no matter his or her shape. Even though if you struggle with additional pounds, you are still amazing just the way you are. However, in addition to making you feel better, shedding those additional pounds can also bring amazing both physical and mental health benefits. Feeling good in your body means that you know your qualities and that you have self-confidence, and struggling with those few extra pounds may make you feel less confident or less attractive. This two-book bundle can help you on your weight loss journey as inside you will discover healthy, completely natural weight loss strategies and tricks. There is also a complete beginner's guide to intermittent fasting for those who want to try this amazing dieting plan for losing weight and improving health state in general. There is also an interesting Keto Diet 30-day challenge you can try to truly kick start your weight loss progress. Inside You Will Discover The importance of healthy dieting habits and nutrition. What is exactly good nutrition and why it matters.

What are health benefits of good nutrition and how it affects your health What is the connection between illness and your food choices What is intermittent fasting and its health benefits How intermittent fasting works and how to start your intermittent fasting journey What are factors affecting weight loss and weight gain How to properly embrace healthy weight loss habits How to overcome weight loss plateau Different dieting and exercise tips in addition to your Keto Diet 30 day challenge And much much more Get this book NOW learn how to heal your body and lose those additional pounds all naturally without depriving yourself

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