### **Intermittent fasting could lead to heart problems**

The Internet abounds with all manner of diets and dietary advice. In recent years, much has been written about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, leaving a 16-hour gap without any food. Proponents of this dietary regimen say it improves metabolism and assists in cellular repair. However, a new long-term study has cast doubt on its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people who restricted their eating to fewer than eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who ate over 12 to 16 hours.

The researchers analyzed data from about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenze Zhong said he was taken aback by his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious, personalized approach to dietary recommendations, ensuring they are aligned with an individual's health status and the latest scientific evidence." The Mayo Clinic observed that fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be safer with supervision from your healthcare team."

**Homework:**

1. Write a full sentence answer for each question below.
2. What does the internet abound in?
3. What do proponents of intermittent fasting say it improves?
4. What do proponents of intermittent fasting say it repairs?
5. What has cast doubt on the merits of intermittent fasting?
6. How much greater risk of heart disease might intermittent fasters face?
7. How long did researchers spend on the study?
8. What were the lead researcher's feelings towards his research findings?
9. What kind of approach did the researcher recommend towards fasting?
10. For how long have people been fasting intermittently?
11. Who did the Mayo Clinic say people should get supervision from?

**Free Writing**

Write 7-10 sentences about the topic below:

* Fasting is good for us. Discuss.