

Can Intermittent Fasting Improve Cardiovascular Health?

Fasting gets back to ancient times when people fasted in the hope of curing many diseases or for religious reasons such as ಏಕಾ ದಶಿ or Ramadan . Today, different forms of fasting remain popular for their possible health benefits, including weight loss and improve cardiovascular health.

One variation of intermittent fasting involves eating only during a certain time window .For example, you would have food only during the hours of 9 AM to 5 PM and then eat nothing during the other 16 hours.

Another approach is an alternate day fasting, which involves fasting or significantly limiting caloric intake for a full day. you choose certain days during the week when you eat nothing or limit your food intake. On the other days of the week you follow your normal eating habits.

Another version of this is 5:2 diet, you eat normally on five days, but restrict your calories on two non-consecutive days

Generally, intermittent fasting has a good safety profile. People with diabetes who is an insulin and certain medication to lower their blood sugar need to be cautious since they may develop significant low blood sugar and reactions. For them fasting isn't dangerous, but it requires careful planning with their doctors to minimize the risk of hypoglycemia

Intermittent fasting, probably helps to improve cholesterol levels and other cardiac risk factors because this practice promotes weight loss When you don't eat for extended period of time, your body switches fuel away from carbohydrate and start burning stored fat.

Intermittent fasting can be challenging in the real world, since it is often difficult to follow a strict eating schedule when you are also juggling various work, family, and social commitments. Intermittent fasting is most successful when people are ready to make strong lifestyle changes.

They use it as a tool to change other lifestyle changes that are affecting their weight and cardiovascular risk. Along with a healthy plant-based diet and regular aerobic exercise and strength building, exercise, and routine preventive care , intermittent fasting can have a safe and effective tool to improve your cardiovascular health.

Researchers found good evidence that intermittent fasting can lower: Waste circumference and weight Fat mass. Triglyceride levels. LDL and total cholesterol level. Fasting insulin level. Systolic blood pressure that is the first blood pressure number in a blood pressure reading

12/27

Dr Keshava Aithal

ಊಃ 8 Double o