Intermittent Fasting²

into the celebrity -endorsed diet routine that involves maintaining good health? Owen Williams digs his teeth A growing fad or an ancient way of controlling weight and

going for set periods of time without eating.

between the fasting periods) are referred to Periods when eating is allowed (the times refrain from eating or severely restrict When fasting, people cither completely weight loss, and it is always voluntary. most often done for reasons of health and category of its own; it is a lifestyle choice religious reason. Intermittent fasting is a where a person refrains from eating for a (but has similarities to) religious fasting, tional necessity). It is also distinct from choice, but through uncontrollable situation (where food is restricted not through for scheduled amounts of time. It a deliberate routine of not eating

noita to Three Main Courses

stricted feeding, fasting, periodic fasting, and daily time-rebetween eating. They are: alternate-day gnimi ədi ni Vinism paniədib gnizel inəl There are three major types of intermit-

ly fast or eat 25 percent of their regular Adherents of this diet either completeest ratio of fasting days to feast days. the three options as it has the highother day - it is the most extreme of Alternate-day fasting, as the name sug-

days of fasting in a week). common version is the 5:2 diet (five hours (or longer) without food. The most Periodic fasting involves periods of 24

term ism pojęcie, słowo (na coś) bez jedzenia wið aut littig nie jeść, obejść się to go without eating to goo wyznaczony okres czasu piented ev 'teim określony/ set period of time set routine ru: tin tu: rezim 'symbin poprzeć coś, polecić to endorse sth turidiss znakomitość celebrity stlebriti gwiazda, czyms zająć, wgryżć się w coś) w czymś zęby (głębiej się viqotes gramos' eint' eil znow to dig one's teeth into sth ta dig ancient 'einfant starożytny fad fæd chwilowa moda (watrzymywanie się od jedzenia) fasting forsting possezenie οκισεοмλ' sboradyczny intermittent , interment przerywany;

sambin wid samping pomylic cos z czymś to confuse sth with sth ta kan fuzz scheduled 'ledjuid zaplanowany deliberate diliberati celowy

necessity na sesati konieczność uncontrollable, Ankan traviabl niekontrolowany starvation storiverin głód

feast fist uczta 'sʌmθɪŋ określać coś jakimś mianem ze figures et (1):81/11 et nte en tre of refer of severely stiviali poważnie, ciężko voluntary volentri dobrowolny, nieobowiązkowy sometrzymać się od robienia czegoś to refrain from doing sth to riftein from during șobəzə po distinct from sth distinkt from sambin rożny

mainly 'methli glownie to differ to differ to differ to differ to contree of action kase av 'ækin sposob działania main course mem kass danie główne

non-consecutive non kan'sekjotty nie pod rząd calorie intake 'kæleri 'inteik spożycie kalorii squerent edinterent tu: zwolennik, wyznawca stosunek X do Y 'Y ob X signoporography Y of X to oiter skrajny extreme ik, stri: m ekstremalny, co drugi dzień day oil tarnet der alternate-