

It's Not a Piece of Cake⁵⁶

accessible⁴⁵). Secondly, the levels of human growth hormone⁴⁶ increase dramatically (this also improves fat loss and muscle gain⁴⁷). Thirdly, the body's cells change during periods of fasting, leading to important cellular⁴⁸ repair processes. The respected⁴⁹ *American Heart Association* states that intermittent fasting can help you lose weight, lower your insulin resistance⁵⁰ and decrease the risk of cardiometabolic⁵¹ diseases⁵² in the short term⁵³. Its long-term⁵⁴ sustainability⁵⁵ however, is still unknown.

Sadly, it's probably not as simple as some promoters of intermittent fasting would have us believe. There is little definitive⁵⁷ scientific research⁵⁸ into the subject, and there is limited evidence⁵⁹ that intermittent fasting leads to permanent⁶⁰ weight loss. Although religious fasting is an ancient tradition and intermittent fasting for weight loss was first recorded in medical journals⁶¹ in 1915, we still don't know the long-term effects of the practice, as no continuous⁶² studies have been performed⁶³. Followers⁶⁴ of the intermittent fasting regimes⁶⁵ do often lose weight, but on the same scale as people following other calorie-reduced diets. Additionally⁶⁶, when intermittent fasting is not maintained for a long period of time, all weight lost is usually regained⁶⁷ soon after the diet is ended.

Hungry for Success

With the lack of scientific research into the subject, plus the limited recorded⁶⁸ results, it's a bit of a surprise that intermittent fasting is so popular. Most people attribute this to⁶⁹ celebrity endorsements of the regimes. Although the 5:2 diet started in the UK in 2012, more and more stars have recommended the diets recently. Some of the famous people who claim they follow an intermittent fasting diet include: Jack Dorsey (Twitter CEO⁷⁰), Jennifer Aniston, Kourtney Kardashian, Benedict Cumberbatch, Jennifer Lopez, Jimmy Kimmel, Gary Vee and Wim Hof. People who are more sceptical⁷¹ about the

45 accessible 'ek'sesabl dɒstəpni

46 human growth hormone 'hju:mən grəʊθ 'hɔ:məʊn

47 ludzki hormon wzrostu (HGH)

48 muscle gain 'mʌsl geɪn przystoś masy mięśniowej

49 respected 'rɛspɛktɪd szanowany

50 insulin resistance 'ɪnsjʊlɪn rɪ'zɪstəns

51 cardiometabolic 'kɑ:dɪəʊ 'metə'bɒlɪk

52 diseases 'dɪ'zɪz schorzenie

53 in the short term 'ɪn ðə ʃɔ:t tɜ:m na krótką metę

54 long-term 'lɒŋ tɜ:m na dłuższą metę, długofalowy

55 sustainability 'sə'steɪnə'bɪlətɪ zdolność utrzymania

56 a piece of cake 'ə pi:s əv keɪk łatwizna, kaszka

57 definitive 'dɪ'fɪnətɪv pełny, ostateczny

58 scientific research 'saɪən'tɪfɪk rɪ'sɜ:tɪ badanie

59 evidence 'eɪdəns dowód, dowody

60 permanent 'pɜ:mənənt stały

61 medical journal 'medɪkəl 'dʒɜ:nəl czasopismo

62 continuous 'kən'tɪnjuəs stały, ciągły

63 to perform sth 'tu pɜ:fɔ:m 'sɒmɪŋg wykonać coś,

64 przeprowadzić

65 follower 'fɒləʊə(r) fan, zwolennik

66 regime 'reʒɪm reżim

67 additionally 'ədɪʃənəl co więcej, ponadto

68 recorded 'rɪkɔ:dɪd zanotowany, odnotowany

69 to attribute sth 'tu ə'trɪbjʊt 'sɒmɪŋg to

70 CEO (Chief Executive Officer) 'si:ʃi 'i:zəʊ tʃi:f

71 sceptical 'skeptɪkəl 'skeptyczny (UK)