

## **Balance the Fasting/Feeding periods in a 24-hour day cycle**

A balance of fasting/feeding periods in a 24-hour day cycle is as essential to the prevention and cure of obesity as is the holistic foods. The traditional commercial dieting programs have failed to cure obesity because these programs have not given any consideration to the fasting/feeding periods. These programs have preached just the opposite, frequent meals with prolonged feeding periods. During the fasting period, insulin levels remain low, which means no fat storage. Fasting has many advantages over lowcalorie diet programs:

- \* Balanced fasting/feeding programs are easy to implement in comparison to low-calorie diet plans. There is no restriction of food amount at a given meal time. The body, therefore, does not go into the starvation mode of slow down.

- \* The rule in the low-calorie diet plans is to eat less food at each meal and modify the proportion of macronutrients-low carbohydrate, low or high fat and high protein diets. The rule in fasting/feeding plans, on the other hand, is to reduce the number of eating opportunities. There is no restriction on food amount or macronutrients. The only requirement is low glycemic, natural, holistic foods.

- \* There are several variations to fasting/feeding programs applicable to the individual needs and liking.

- \* Fasting/feeding programs in contrast to dieting programs cost nothing.

- \* Fasting/feeding programs are convenient – No special shopping for foods, eat traditional holistic meals. A significant advantage is fewer eating opportunities, so less time spent in the kitchen for preparing meals.

- \* Fasting/feeding program can fit into any cultural tradition- Rice eater or wheat eater, vegetarian or vegan.

- \* Food allergies do not prohibit an individual from adopting a fasting/feeding program.

Since there is no restriction on the amount of food consumed at each meal in the fasting/feeding programs, the body does not get into rejection mode of starvation. Additionally, there is no nutrient deprivation, provided meals eaten are holistic.

### **Fasting and overall health**

For thousands of years, fasting has been an essential health-promoting ritual in many religions and cultures. Intermittent fasting promotes health in general. It is not just the digestive system which benefits from rest and rejuvenation; other organ systems also get the benefit. The cell which is the basic unit of any organ system in the body does not get bombarded by a consistent supply of glucose coming from frequent eating.

Digestion and assimilation of food require energy, and after a heavy meal, almost 60% of the body's energy gets diverted to processing the big meal. When one starts with a fasting program, there may be weakness, fatigue, irritability, lightheadedness, and headaches for a few days. These symptoms quickly disappear. In addition to curing obesity, fasting/feeding programs help in preventing other diseases:

- Type2 diabetes
- Digestive disorders
- Heart ailments – Lowering of cholesterol, high blood pressure.
- Rheumatoid arthritis – Reduces pain and inflammation in the joints.
- Psychological – Helps to overcome depression, anxiety, hyperactivity, insomnia.
- Immunological – Strengthening of the immune system with a lower risk of getting upper respiratory infection and cancer prevention. Almost 12 cancers (breast, uterine and colon) have been shown to be associated with obesity by the center of disease control, USA.
- A higher level of mental performance – Ancient Greek philosophers such as Socrates and Plato, did regular fasting to increase their mental performance. Fasting forces the body to use stored fat for energy. The fat is broken down into ketone bodies for energy. The ketone body energy is considered “superfood” for the brain. It sharpens the intellect, memory and produces a feeling of euphoria.
- Fasting, in general, improves both mental as well as physical health, while also increasing vigor and vitality.