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**Is Intermittent Fasting
For Me?**

What is "Fasting"?

When you hear the word "fasting" plus "diet" in the same sentence, you probably think of a "fad" diet.

However, there is now more and more research suggesting that having some "super low-calorie days," or "fasting," mixed with a normal eating plan could improve your health.

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Intermittent Fasting (IF) is a **strategically planned and occasional "starvation."** If you cycle periods of regular eating with fasting, you will severely restrict your calorie intake.

Should I talk to a doctor before trying a fasting diet?

Yes.

Any restrictive diet obviously should be under the guidance of a medical professional—especially if there are medical comorbidities or medications taken for a condition such as diabetes.

Eating time does not mean binge. It does not mean consuming enough calories for a long winter hibernating. It means to think and make wise choices.



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matters of wealth — including your health

