

## **Is intermittent fasting for you?**

Intermittent fasting is an eating pattern that alternates your diet between periods of eating and fasting. There are several approaches to intermittent fasting that include alternate fasting, regular time-restricted fasting and 5:2 fasting, but not every method works out for everyone.

Despite the many benefits of intermittent fasting in promoting weight loss and disease control, intermittent fasting may not work out for you, and will have its fair share of downsides as well. Here are some of the advantages and disadvantages of intermittent fasting.

### **Advantages of intermittent fasting**

The primary aim of intermittent fasting is to reduce the number of calories you take in, which help in maintaining a healthy weight. This often employs the use of zero calorie beverages and foods with relatively lower calories. Hence, the most evident advantage of intermittent fasting is weight loss and healthy weight management.

Additionally, since you aren't consuming as many calories as you normally would during a fasting period, you are also lowering the risk of diseases that are a result of obesity and overeating. These include but are not limited to diabetes, different kinds of cancer and heart disease.

Furthermore, there is also substantial evidence to prove that an intermittent fasting diet also aids in reducing inflammation and improves conditions that are directly related to body inflammation such as arthritis and alzheimers.

Other advantages that are often associated with an intermittent fasting diet as compared to other diet plans include improved memory, better heart health, stronger tissues and improved physical performance among teenagers and young adults.

### **Disadvantages of intermittent fasting**

Along with the countless benefits of intermittent fasting, there are just as many disadvantages of intermittent fasting for people who belong to sensitive health groups. In such cases, fasting and consuming a reduced diet may not be the best option to reduce the risk of disease.

Some of the most commonly mentioned sensitive groups include people who have blood sugar problems or diabetes, people who have any form of eating disorders and children who are under the age of 18. Pregnant and breastfeeding mothers should also avoid intermittent fasting as it is not the best diet to have during that period.

A number of short and long-term side effects are also associated with intermittent fasting. One should reduce the frequency of intermittent fasting if they face any side effects over a longer period of time. These side effects include fatigue, trouble sleeping (insomnia), headaches, nausea and hunger disorders. It is not uncommon to face any of these side effects, and they usually tend to resolve on their own within a few weeks or a month.

**Final thoughts**

If you are someone that does not have any long-term illness or disease, then intermittent fasting may work great for you in maintaining a healthy body weight, and controlling various illnesses. However, if you belong to any sensitive group and require medical attention from time to time, then an intermittent fasting diet may not be meant for you.