

What is Intermittent Fasting and How to Do It

On 14th of December 2024, I was walking home from work, minding my own business when suddenly heard a little girl say, “Daddy, look at this fat fat fatty?” I quickly looked across my shoulder, curious to see the fatty.

To my surprise- or not, the girl’s index finger was dead locked on my face. Yes, without any doubt, I was the fatty here. Her father who at the time was holding his face in shame immediately apologized, and I responded with a slight smile, “it’s okay, I understand, really.” But no, I was not okay, not for the entire week, as the word ‘fatty’ rang in my head constantly, reminding me that I had a weight problem.

After going through a roller coaster of emotions for the entire week, I decided to seek some help and manage my weight problem before running into another insensitive child from work. In just three months, I had reduced more than 10 Kgs and weight 83 Kgs from 93.

I had never felt that good for years and I remember wanting to feel that way forever.

I bet you probably think I visited a sensei in the middle of the jungle and did a whole 90’s action movie exercise catalogue. No, what worked for me was intermittent fasting, which is basically voluntary fasting whereby instead of focusing on what you eat, you focus on when you eat.

Before you accidentally enter a hunger strike, allow me to explain what I mean by intermittent fasting and how to do it the right way.



What is Intermittent Fasting, why does it Work?

Intermittent fasting is basically choosing to vary your periods of eating and voluntary fasting. The goal here is limiting your body's calorie intake to lose some weight. In a recent [study](#), it was discovered that intermittent fasting helped subjects reduce between 10-15kgs of excess weight in three months.

Intermittent fasting works because the less you eat, the faster you shed off more weight. It is built around the principle of calorie deficit. [Mark Matson](#), a neuroscientist at John Hopkins states that through evolution, the human body can endure going without food for many hours, or even several days.

When you choose the intermittent fasting route, you basically choose to restrict food intake in your body. This means that your body is forced to more efficiently tap the fat store for energy. "While glucose from carbohydrates is our most direct fuel source, we burn fat for energy when glucose isn't available," notes Melinda Gong, a registered dietician at UC Davis Health, noted in a [UC Davis Health](#) article.

How to Fast Intermittently

There is no perfect way to fast intermittently, as the weight loss approach depends on what works for you best. However, according to diet experts, one method is to fast daily for a set amount of time. Gong recommends [fasting for 12 hours](#), considering that an average person sleeps for at least 7 hours.

Another form of intermittent fasting is alternate day fasting. This is whereby you can eat whatever you want five to six days of the week and choose one or two days to fast. If you choose this latter method, remember to take plenty of water and broth to avoid becoming dehydrated.

Is Intermittent Fasting the Right Solution for You?

The right answer to this question depends on you and how committed you are to losing some weight. However, it is important that you know what you want to achieve and how you want to achieve it.

One of the key problems people who try intermittent fasting face is sustaining the practice. If you are not disciplined enough, you can regain weight and you are back to step one. However, if you can maintain eating sensible amounts of foods and choose to consume a balanced diet, then intermittent fasting is for you.

Take a moment to reflect on your eating habits. Write down whatever foods you consume within the day and think of how much you can cut-off. Reflecting on your dietary habits will not only prepare you for the intermittent fasting journey, but also help you keep track of the milestones.

What are the Key Benefits of Intermittent Fasting

While the obvious answer here is losing weight, intermittent fasting has far many benefits than what meets the eye. Losing weight means you get to avoid the risk of health conditions related to poor diet.

Health studies show that people with optimal weight stand less chance of developing such health conditions as diabetes, cardiovascular problems, and some cancers. Having a good weight also means good physiological and psychological functionality.

Through intermittent fasting you develop positive eating habits as you get to appreciate how diet affects your general wellness. It allows you to make changes, opting for foods that improve your wellness and discarding foods that undermine your happiness.

Where Can You Get Information About Intermittent Fasting

Because we have different occupations and health statuses, it is important to choose the most appropriate intermittent fasting routine that works for you. There are several online resources out there that can help you choose a plan that is specifically customized for you. The following are online resources for intermittent fasting:

Applications

- **Zero**: This is a customizable fasting plan application with progress tracking and educational content. It is a great resource for your intermittent fasting plan because of its user-friendly interface and its science-backed insights designed to help you stay on track.
- **Fastic**: This application also includes personalized fasting plans with such features as hydration reminders and community support. You can opt for this application because it focuses on holistic health, including hydration and mindfulness.
- **Life Fasting Tracker**: This is another application developed for custom fasting schedules. It includes social sharing features that make it an ideal tool for fasting goals. You can consider this tool for your weight loss journey because of its highly customizable features that can be integrated with Apple Health.

Websites

- **Healthline**: You can also use this resource, which is a website platform customized for intermittent fasting. It features articles, guides, and schedules for beginners and advanced users.
- **Dr. Jason Fung's Blog**: This website offers expert advice on intermittent fasting, weight loss, and metabolic health, making it a great resource to start your weight loss journey. Users who have utilized this platform noted that the website is a great resource because of the in-depth resources.

Online Calculators and Tools

- **Omni Calculator**: This tool is designed with features meant to calculate fasting windows, calorie intake, and weight loss projections. Using it can help you determine the best fasting schedule based on your goals and lifestyle.
- **Fastient**: This is another online calculator that helps you track your fasting schedule and mood to help you achieve an optimized plan. Its users have reported that it's a great resource because of its ability to analyze and track fasting habits.

YouTube Channels

- **Thomas De Lauer**: This YouTube channel is among the best resources available for your intermittent fasting journey. The creator provides science-backed advice and practical tips that can help you lose weight efficiently.
- **Dr. Eric Berg DC**: This YouTube creator also runs a channel that focuses on intermittent fasting, keto diet, and holistic diet. The source is great for intermittent fasting because Dr. Eric simplifies complex health topics and also offers his users actionable advice they can implement.

Online Communities for Support

- **Reddit**: There are several reddit forums that feature discussions, success stories and advice from people who have gone through the intermittent fasting journey. Such a subreddit as r/intermittentfasting contains people's real-life experiences and thus, a great resource for weight reduction.
- **Facebook Groups**: You can consider joining Facebook pages that are dedicated to intermittent fasting. Such a group as "intermittent Fasting for Beginners" or "Intermittent Fasting Lifestyle can provide relevant insights for your weight loss.

Books and E-Books

- **The Complete Guide to Fasting by Jason Jung**: This book includes a comprehensive guide to fasting protocols and benefits. The information can help you plan and also set goals in your weight loss journey.
- **"Delay, Don't Deny by Gin Stephens**: This is a good read for anybody who would like to know about intermittent fasting and its benefits.

Intermittent fasting has helped many people deal with weight problems and can also help you as long as you do it correctly. If you are not sure of how and where to start, consider consulting a dietician for guidance.

At the end of the day, being overly obese is a problem that can only go away by doing something about it. With intermittent fasting, you not only get to improve your health status, but also avoid getting your ego bruised by a random little girl on your way home.