



# **17 Reasons Why Almost All Adults Should Practice Intermittent Fasting**

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**Get Healthy, Get Fit & Live Your Life!**



## **Welcome!**

The *Weekday Fast* plan is based on the concept of Intermittent Fasting. (Don't be scared by the term "fasting" - I never ask you to go more than 16 hours without eating. We're talking – skip breakfast here folks. It's easy.) Let's explore 17 reasons why I believe ALMOST ALL ADULTS should practice intermittent fasting.

### **1) Fasting helps your BRAIN.**

According to very promising studies, fasting helps combat diseases like Alzheimer's and dementia. Alzheimer's or a related disease currently affects nearly 44 million people worldwide but what is really scary is by some estimates only one in four people affected have been diagnosed.

In studies, mice that were put on a junk food diet (high in fat and sugar) developed learning problems at an early age. The classic test for mice is how fast they learn a maze and then remember how to negotiate it. In one study, mice were put on a typical western diet - high in carbohydrates, sugar and fat - and allowed to eat whenever they wanted. By the time they were the equivalent of middle aged in humans, these mice started to develop early onset learning and memory problems. In contrast, mice who were put on calorie restriction and timed their intake of food performed markedly better, and did not start to develop memory problems until the equivalent of old age in humans! Fasting mice increased their production of BDNF (brain-derived neurotrophic factor) which stimulates stem cells to develop into new nerve cells in the hippocampus.

### **2) Fasting helps your MOOD.**

You may think that fasting will leave you irritable or short tempered, but in fact the reality is just the opposite. Like any habit, it will take you a few days or weeks to adjust, but once you do you will find that while fasting you feel more energetic and positive. Part of the reason for this is that when you are fasting, you know you are doing something good for all the reasons listed here, so you feel good about yourself. But like mice, fasting humans increase their production of BDNF (brain-derived neurotrophic factor), which has been shown to have the same effects as an anti-depressant. Scientists believe within a few weeks of beginning an intermittent fasting regimen, your anxiety will go down and mood will go up.

### **3) Fasting helps prevent DIABETES.**

Diabetes and other blood sugar related problems have reached epidemic levels. The number of people with type 2 Diabetes is approaching 300 million, and - read this carefully - the number has increased by 1000 percent in the last 20 years. Yes - there are more than TEN TIMES the number of Diabetics that there were 20 years ago.

By this point nearly everyone has heard the explanation of how insulin goes up in your blood when you eat and especially when you eat anything with a high glycemic index. On the other hand, when you are fasting, your insulin levels drop, because the body is not digesting food. When your insulin level is high, you store fat, but when they are low, fat is burned for fuel. But when your insulin level is ALWAYS high, because we eat all time and especially when we eat lots of sugar and other carbohydrates, your body rebels and starts to become desensitized to the elevated levels of insulin - resulting in Diabetes.

#### **4) Fasting helps prevent HEART ATTACKS and STROKES.**

Everyone has heard that we need watch our cholesterol levels. Ideally, we want to INCREASE the amount of HDL ("good cholesterol") and reduce the amount of LDL ("bad cholesterol"). Intermittent fasting has been shown to improve total and LDL cholesterol, blood triglycerides, inflammatory markers and blood sugar levels. After 10-12 hours of not eating, your body starts looking for new energy sources (stored fat!) and also draws LDL from the cells. Lower LDL means lower chances of heart attacks and strokes - it's that simple.

#### **5) Fasting reduces BLOOD PRESSURE.**

Research on this is just starting, but initial studies show that intermittent fasting can reduce blood pressure. I have personal experience in this. I was diagnosed with high blood pressure when I was in my mid 30's. (If you want to see an emergency room staff start hopping, walk in with a blood pressure of 205/170.) Since then I have been on a variety of drugs to keep it in check. Before I started practicing intermittent fasting, I was taking three pills a day to control it. Now I am down to one, and when I hit my target weight in a few months, my doctor said I can likely go completely off my blood pressure medication. Unquestionably my weight loss has much to do with this, but I believe intermittent fasting in and of itself has helped too.

#### **6) Fasting helps prevent CANCER.**

One of your body's normal functions is to replace dead and old worn-out cells with new ones. In most cases this is a good thing, but Cancer cells are a different breed. They thrive on sugar, and when insulin is high and blood sugar is high, Cancer cells thrive. By contrast, your immune system fights Cancer cells when it is in high gear, as it is when you are in a fasted state. In fact, your immune system fights off viruses and does a better job of healing your body in general when the body is not busy devoting all it's energy to digestion and fat storage!

For people who have already developed Cancer, there is good news too. Chemotherapy is an effective treatment for many Cancers, but the side effects can be horrific. New research shows that fasting around the time of Chemo treatments not only helps the effectiveness of the treatment, but also dramatically reduces the side effects!

#### **7) Fasting helps reduce INFLAMMATION.**

Inflammation is a new buzz word in the health circles. We now know that reducing the amount of inflammation in the body is one of the best things we can do for our health. In fact, many cardiologist believe that elevated levels of inflammation markers are strongly correlated with increased heart attacks and strokes! Many doctors recommend a daily low-dose aspirin regimen because it helps reduce inflammation. But unsurprisingly, people who practice intermittent fasting show lower levels of inflammation markers in their blood

## **8) Fasting helps with ASTHMA.**

Guess what else is caused by inflammation? You guessed it - Asthma! After a few weeks of being on an intermittent fasting regimen, many people report their asthma is dramatically reduced. Since asthma is largely a disease of inflammation of the lungs, this not surprising, is it?

## **9) Fasting helps with ECZEMA and PSORIASIS.**

Once again, irritated skin is often just inflammation. In several studies, patients who were put on intermittent fasting regimens reported dramatic improvement in their eczema and psoriasis. In fact, inflammation is the cause of a variety of other problems. Fasting is the simplest, healthiest way to reduce the inflammation in your body!

## **10) Fasting increases levels of HGH!**

Human Growth Hormone can naturally increase as much as 4-5 times when your body is in a fasted state. Higher levels of this hormone facilitate fat burning and muscle gain, and have many other benefits.

## **11) Fasting will help you LIVE LONGER!**

Humans have a long life span, so we don't have any studies on humans to confirm this yet, but studies on rats have promising results regarding intermittent fasting and life span. In one of them, rats that were intermittently fasted lived 83% longer than rats who were not! Clearly reducing all the ailments above through fasting, our average life span will increase, but once again, fasting seems to have an effect in and of itself.

## **12) Fasting will help you LOSE WEIGHT.**

As I like to say - Weight loss is the happy result of intermittent fasting. When your body returns to a healthy state, your body returns to a healthy weight!

## **13, 14, 15, 16 & 17) Fasting is easy, costs nothing, there are no pills, powders or elixers, you DON'T have to give up any of the foods you love, and you can start TOMORROW!**

Are you an adult? Are you a human? Are you alive? AWESOME! - You should be practicing intermittent fasting! (After checking with your doctor first of course. My attorney made me say that.)

**QUESTIONS?** Email me ([markus@weekdayfast.com](mailto:markus@weekdayfast.com) - I read and respond to my emails!), connect on [Facebook](#), or check out the latest at [WeekdayFast.com](http://WeekdayFast.com)!

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