

FASTING, yes so fast!

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In my medical practice, I am always trying to ways to help patients reset their bodies and their minds. The mind and body are closely related, and we have to have a healthy vessel to have a healthy mind. Instead of dramatically changing WHAT people eat, I challenge my patients HOW they eat. Simple things are often the most profound, and are both easier and more fundamental for sustaining change.

This is where intermittent fasting comes in. Fasting has been found across many cultures in different spiritual contexts. The underlying benefit is decreasing inflammation. Inflammation occurs every time you eat, as you release insulin to start breaking down food, especially carbohydrates. When you try intermittent fasting, you are limiting the time frame when you eat, and hence less inflammation. My personal time frame is from 12pm to 6pm. I eat within a 6 hour time frame, and the rest of the day I fast and consume water and liquids (mainly teas). Inflammation has a role in many medical issues, including pain, endocrinology issues (including diabetes), mental health issues (including mood disorders and even psychosis), autoimmune issues and other illnesses. With a narrow feeding period, we cut down inflammation, are able to get a better handle on health, while more efficiently digesting and absorbing our food. There is a link to a lecture by Dr Jason Fung, a nephrologist (kidney doctor), on the science and benefits of intermittent fasting benefits. He has helped many people improve Diabetes Type 2 (insulin-dependent), to lose weight, and address other medical issues.

So the next time you want to try something simple for your health, Don't be SLOW to try intermittent FASTing!

Links:

1. <https://www.youtube.com/watch?v=6aiR1mFD7Gw>