



Intermittent FASTING

A type of scheduled eating plan where you simply restrict your normal daily eating to a 6-8 hour window of time, without cutting calories.

BENEFITS

Increases:



Insulin and leptin sensitivity, reducing the risk of chronic disease, from diabetes to heart disease and even cancer.



Ghrelin levels, also known as "the hunger hormone", to reduce overeating.



Ability to become "Fast Adapted", which increases your energy by burning stored fat.

Decreases:



Triglyceride levels decreasing your risk of heart disease.



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Weight gain and metabolic disease risk.



EATING

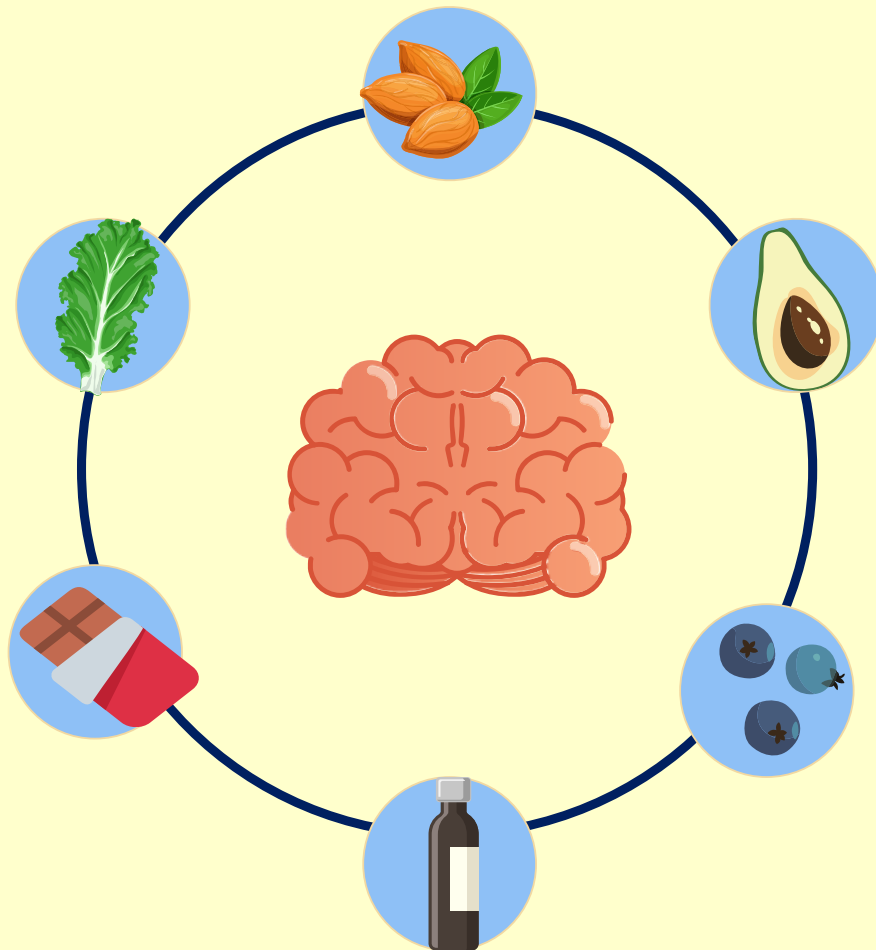


GENIUS FOODS

FOR BRAIN HEALTH

HEALTHY FOOD

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