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## Fasting for 30 days benefits

Hi i want to know if 1 exercise a day (e.g 1 rep pushups) instead of a full strength training has the same benefits as doing the same workout but including other exercises in the same setting. In other words is spreading the exercises through out the week has the same benefits as doing all workouts in 1 day. Thanks. So rather than take the claims at face value, we decided to dive into them and explore whether 10 touted benefits of IF are legit, or the science doesn't yet stack up.1. Weight LossMost people start IF to lose weight. And that claim seems to hold up, at least in the short term. According to an article published in August 2015 in the Journal of the Academy of Nutrition and Dietetics, there's a chance that any version of IF may contribute to weight loss. The researchers looked at data from 13 studies and found that average weight loss ranged from 1.3 percent for a two-week trial to 8 percent for an eight-week trial.That's probably welcome news if you're hoping to fast for weight loss, but the fact that those studies were short term means it's unclear if IF is sustainable and can help you keep extra pounds off in the long run.The other catch: The amount of weight lost doesn't seem to be any more than what you'd expect from another calorie-restricted diet, and depending on how many calories you're eating each day, you could even end up gaining weight. After all, the diet doesn't restrict high-calorie foods.When the diet is done properly, IF can be as effective as normal caloric restriction, Dr. Lowden says. Some people, especially busy people who don't have time to devote to meal planning, might even find a time-restricted diet easier to follow than something like the keto diet or the paleo diet, she says.RELATED: 'Intermittent Fasting Helped Me Lose 48 Pounds — Here's What I Ate (and When)'2. Reduced Blood Pressure IF may help lower high blood pressure in the short term. A study published in June 2018 in Nutrition and Healthy Aging found 16:8 significantly decreased the systolic blood pressure among the 23 study participants. The link has been shown in both animal and human studies, according to a review published in March 2019 in Nutrients. And, an October 2019 study published in the European Journal of Nutrition found IF led to even greater reductions in systolic blood pressure than another diet that didn't involve defined eating times.Having a healthy blood pressure is important — unhealthy levels can increase your risk for heart disease, stroke, and kidney disease.But so far the research shows these blood pressure benefits last only while IF is practiced. Once the diet ended and people returned to eating as normal, researchers found the blood pressure readings returned to their initial levels.3. Reduced InflammationAnimal studies have shown that both IF and general caloric restriction can reduce inflammation levels, though clinical trials are few and far between. The authors of a study published in Nutrition Research wanted to know if that link existed among humans, too. The study involved 50 participants who were fasting for Ramadan, the Muslim holiday, which involves fasting from sunrise to sunset, and eating overnight. The study showed that during the fasting period, pro-inflammatory markers were lower than usual, as was blood pressure, body weight, and body fat.RELATED: What Is an Anti-Inflammatory Diet?4. Lower CholesterolAccording to a three-week-long study published in Obesity, alternate-day fasting may help lower total cholesterol as well as LDL cholesterol when done in combination with endurance exercise. LDL cholesterol is the “bad” cholesterol that can raise your risk of heart disease or stroke, according to the Centers for Disease Control and Prevention. The Obesity researchers also noted that IF reduced the presence of triglycerides, which are fats found in the blood that can lead to stroke, heart attack, or heart disease, according to the Mayo Clinic. One caveat here: The study was short, so more research is needed to understand whether the effects of IF on cholesterol are long lasting.5. Better Outcomes for Stroke SurvivorsHealthier cholesterol levels and lower blood pressure (two benefits noted above) play a major role in helping reduce your risk of stroke. But that's not the only possible stroke-related benefit of IF. An article in Experimental and Translational Stroke Medicine found that IF and calorie reduction in general may provide a protective mechanism for the brain. In cases where stroke occurs, it seems eating this way prestroke may ward off brain injury. The researchers say future studies are needed to determine whether following IF post-stroke can aid recovery.6. Boosted Brain FunctionDr. Gottfried says IF may improve mental acuity and concentration. And there's some early research to support that idea: A study on rats published in February 2018 in Experimental Biology and Medicine found it may help protect against the decline in memory that comes with age. According to Johns Hopkins Health Review, IF can improve connections in the brain's hippocampus and also protect against amyloid plaques, which are found in patients with Alzheimer's. This study was done only in animals, though, so it's still unclear whether the benefit holds true for humans.RELATED: 3 Key Nutrients for Better Brainpower7. Cancer ProtectionSome studies have shown that alternate-day fasting may reduce cancer risk by decreasing the development of lymphoma, limiting tumor survival, and slowing the spread of cancer cells, according to a review of studies published in The American Journal of Clinical Nutrition. The studies that showed the cancer benefit were all animal studies, though, and more studies are needed to confirm a benefit for humans and understand the mechanism behind these effects.8. Increased Cell TurnoverGottfried says the period of rest involved in intermittent fasting increases autophagy, which is “an important detoxification function in the body to clean out damaged cells.” Put differently, a break from eating and digestion gives the body a chance to heal and get rid of junk inside the cells that can accelerate aging, she says.A study published in May 2019 in Nutrients found that time-restricted feeding, which the researchers defined as eating between 8 am and 2 pm, increased the expression of the autophagy gene LC3A and the protein mTOR, which regulates cell growth. This study was small, involving only 11 participants for four days. Another study, published in August 2019 in Autophagy, also noted that food restriction is a well-recognized way to increase autophagy, specifically neuronal autophagy, which may offer protective benefits for the brain. There were some limitations with this study as well, though: It was done on mice and not humans.RELATED: What to Know Before You Try a Detox Cleanse9. Reduced Insulin ResistanceGottfried proposes that intermittent fasting may help stabilize blood sugar levels in people with diabetes because it resets insulin, though more research is needed. The idea is that restricting calories may improve insulin resistance, which is a marker of type 2 diabetes, according to a study published in April 2019 in Nutrients. Fasting, such as the kind of fasting associated with IF, encourages insulin levels to fall, which may play a role in reducing the risk for type 2, the study notes. “I have colleagues at other facilities who have seen positive results especially in improvements in insulin needs for diabetics,” Lowden says.The aforementioned study published in Nutrition and Healthy Aging investigated this effect in humans, and while a 16:8 approach did result in reductions in insulin resistance, the results were not significantly different from the control group. And again, this study was small.Registered dietitians advise people with diabetes to approach intermittent fasting with caution. People on certain medications for type 2 diabetes or those on insulin (whether to manage blood sugar for type 2 or type 1 diabetes) may be at a greater risk for low blood sugar, which can be life-threatening. Check with your doctor before trying intermittent fasting if you have any type of diabetes, they advise.10. Lower Risk of Cardiovascular IssuesPer the aforementioned Nutrients study, when insulin levels fall, so does the risk of dangerous cardiovascular events, such as congestive heart failure, which is important for patients with type 2 diabetes because they are two to four times more likely to die from heart disease than adults without diabetes, according to the American Heart Association.The Nutrients study noted that while experts aren't human studies to confirm the benefit, observational studies have shown IF may deliver both cardiovascular and metabolic benefits. Lowden suspects that changes to metabolic parameters, such as lower levels of triglycerides and a decrease in blood sugar levels, are the result of losing weight and would be achieved no matter how the weight was lost, whether through IF or a low-carb diet, for example.RELATED: 10 Popular Low-Carb Diets, and Their Pros and Cons11. Increased LongevityThere have been a few animal and rodent studies that have shown IF may extend life span, possibly because fasting seems to build resistance to age-related diseases. A review published in Current Obesity Reports in June 2019 noted that while these findings are promising, it's been hard to replicate them in human studies. Until that happens, it's best to be skeptical about this potential benefit.12. A Better Night's SleepIf you've ever felt like you slipped into a food coma after a big meal, you know that diet can have an impact on wakefulness and sleepiness. Some IF followers report being able to sleep better as a result of following this way of eating. “IF and mealtimes may have an impact on sleep,” Rose-Francis says. Why? One theory is that IF regulates circadian rhythm, which determines sleep patterns. A regulated circadian rhythm means you'll fall asleep easily and wake up feeling refreshed, though research to support this theory is limited, according to an article published in December 2018 in Nature and Science of Sleep. The other theory centers on the fact that having your last meal earlier in the evening means you'll have digested the food by the time you hit the pillow. According to the National Sleep Foundation, digestion is best done when you're upright, and going to sleep with a full stomach can lead to bedtime acid reflux or heartburn, which can make it hard to fall asleep.RELATED: How to Quiet a Racing Mind and Fall Asleep, Tonight What's your view on breakfast? Are you a breakfast lover, a breakfast skipper, or a grab-and-go as you're running out the door breakfast rusher? If you're not a regular breakfast eater, you may want to give it a try. Numerous studies have shown the positive effects of regularly having a healthy breakfast.1. You'll lose excess weight.According to the Mayo Clinic Website, research suggests that consistently eating healthy breakfast may help with losing weight and maintaining weight loss. One possible reason for this is when you eat breakfast, you feel less hungry later in the day, and are therefore less likely to grab a junky snack. 2. You'll be inspired to make healthy choices all day.By eating a healthy breakfast, you're setting yourself up to feel good choices throughout the day. I've found this to be true for me. When I start my days off with a healthy, nutrient-dense breakfast, I feel inspired to continue making good choices for the rest of the day. When I rush through my morning routine and skip breakfast or make unhealthy choices in the morning, I'm much more likely to let good habits slide later in the day.If you're crunched for time, here are some ideas for breakfasts during busy mornings. Another helpful article, found here, has recommendations for healthy breakfasts for busy families. Skipping breakfast means a missed opportunity to consume your daily requirement for important vitamins and minerals. Breakfast doesn't need to be fancy or time-consuming. Often a simple, quick, healthy breakfast will provide you with the vitamins and minerals your body needs to function ideally.4. You'll have more energy.Eating a nutritious breakfast fuels your body. The Harvard Health Publications describe that different foods are converted to energy at different rates by our bodies. While some foods cause a quick boost of energy, other foods provide longer lasting reserves you'll need throughout your day. For helpful advice on choosing healthy foods that will help you feel your best, you can search for a Registered Dietician online at the website for the Academy of Nutrition and Dietetics. 5. You'll possibly decrease your risk of having a heart attack.A 2013 Harvard study found that men who regularly skip breakfast had a 27% higher risk of heart attack or death from coronary heart disease than men who ate breakfast. Men who didn't eat breakfast were typically hungrier later in the day and ate more food at night, which could be associated with several risk factors for these ailments.According to this article, the American Dietetic Association claims kids who are breakfast eaters have better concentration, problem-solving skills, and eye-hand coordination. These are good reasons to make healthy breakfasts a priority for the entire family. 7. You'll start your day with a better mindset.Sitting down and savoring a healthy breakfast can help start your day with a refreshed, calm, collected mindset. Enjoying a healthy breakfast as part of your morning routine can set an excellent tone for the rest of your day. Starting your day with a healthy breakfast has the potential to improve your mood. If you've ever felt “hangry” – the hungry/frangry combination, you know what I mean. Eating breakfast can decrease your “hangriness.” When you're not focusing on feeling hungry, your mood is likely to improve.As with any lifestyle change, developing the habit of consistently eating healthy breakfasts takes time. You will need to do some experimenting to figure out what works best for your family. Trying new recipes to increase your interest in breakfast, planning your breakfasts ahead of time, and stocking your kitchen with healthy choices can help make breakfast time a success. What is your favorite healthy breakfast?Featured photo credit: Oatmeal, Part 2/Rachel Hathaway via flickr.com When was the last time you read a book, or a substantial magazine article? Do your daily reading habits center around tweets, Facebook updates, or the directions on your instant oatmeal packet?If you're one of countless people who don't make a habit of reading regularly, you might be missing out.Reading has a significant number of benefits, and here're 10 benefits of reading to get you to start reading.VIDEO SUMMARY1. Mental StimulationStudies have shown that staying mentally stimulated can slow the progress of (or possibly even prevent) Alzheimer's and Dementia, since keeping your brain active and engaged prevents it from losing power.Just like any other muscle in the body, the brain requires exercise to keep it strong and healthy, so the phrase “use it or lose it” is particularly apt when it comes to your mind. Doing puzzles and playing games such as chess have also been found to be helpful with cognitive stimulation.2. Stress ReductionNo matter how much stress you have at work, in your personal relationships, or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story. A well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax.3. KnowledgeEverything you read fills your head with new bits of information, and you never know when it might come in handy. The more knowledge you have, the better-equipped you are to tackle any challenge you'll ever face. Additionally, here's a bit of food for thought. Observational studies have shown IF may deliver both cardiovascular and metabolic benefits. Lowden suspects that changes to metabolic parameters, such as lower levels of triglycerides and a decrease in blood sugar levels, are the result of losing weight and would be achieved no matter how the weight was lost, whether through IF or a low-carb diet, for example.4. Vocabulary ExpansionThis goes with the above topic:The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary.Being articulate and well-spoken is of great help in any profession, and knowing that you can speak to higher-ups with self-confidence can be an enormous boost to your self-esteem. It could even aid in your career, as those who are well-read, well-spoken, and knowledgeable on a variety of topics tend to get promotions more quickly (and more often) than those with smaller vocabularies and lack of awareness of literature, scientific breakthroughs, and global events.Reading books is also vital for learning new languages, as non-native speakers gain exposure to words used in context, which will ameliorate their own speaking and writing fluency.5. Memory ImprovementWhen you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to remember, but brains are marvellous things and can remember these things with relative ease.Amazingly enough, every new memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilizing moods. How cool is that? If you want to learn more about how to increase brain power, boost memory and become 10x smarter, check out this technique!6. Stronger Analytical Thinking SkillsHave you ever read an amazing mystery novel, and solved the mystery yourself before finishing the book? If so, you were able to put critical and analytical thinking to work by taking note of all the details provided and sorting them out to determine “whodunnit”. That same ability to analyze details also comes in handy when it comes to critiquing the plot, determining whether it was a well-written piece, if the characters were properly developed, if the storyline ran smoothly, etc.Should you ever have an opportunity to discuss the book with others, you'll be able to state your opinions clearly, as you've taken the time to really consider all the aspects involved.7. Improved Focus and ConcentrationIn our internet-crazed world, attention is drawn in a million different directions at once as we multi-task through every day.In a single 5-minute span, the average person will divide their time between working on a task, checking email, chatting with a couple of people (via gchat, skype, etc.), keeping an eye on twitter, monitoring their smartphone, and interacting with co-workers. This type of ADD-like behaviour causes stress levels to rise, and lowers our productivity.When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you're absorbing. Try reading for 15-20 minutes before work (i.e. on your morning commute, if you take public transit), and you'll be surprised at how much more focused you are once you get to the office.Additional information: if you find staying focus hard and re trying to improve your focus, it's possible you've been doing it wrong.8. Better Writing SkillsThis goes hand-in-hand with the expansion of your vocabulary:Exposure to published, well-written work has a noted effect on one's own writing, as observing the cadence, fluidity, and writing styles of other authors will invariably influence your own work.In the same way that musicians influence one another and painters use techniques established by previous masters, so do writers learn how to craft prose by reading the works of others.9. TranquilityIn addition to the relaxation that accompanies reading a good book, it's possible that the subject you read about can bring about immense inner peace and tranquility.Reading spiritual texts can lower blood pressure and bring about an immense sense of calm, while reading self-help books has been shown to help people suffering from certain mood disorders and mild mental illnesses. 10. Free EntertainmentThough many of us like to buy books so we can annotate them and dog-ear pages for future reference, they can be quite pricey.For low-budget entertainment, you can visit your local library and bask in the glory of the countless tomes available there for free. Libraries have books on every subject imaginable, and since they rotate their stock and constantly get new books, you'll never run out of reading materials.If you happen to live in an area that doesn't have a local library, or if you're mobility-impaired and can't get to one easily, most libraries have their books available in PDF or ePub format so you can read them on your e-reader, iPad, or your computer screen.There are also many sources online where you can download free e-books, so go hunting for something new to read!There's a reading genre for every literate person on the planet, and whether your tastes lie in classical literature, poetry, fashion magazines, biographies, religious texts, young adult books, self-help guides, street lit, or romance novels, there's something out there to capture your curiosity and imagination.Step away from your computer for a little while, crack open a book, and replenish your soul for a little while.What to Read Next?If you need some ideas about what to read next, here they are:Featured photo credit: Unsplash via unsplash.com

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