

Intermittent Fasting

Intermittent fasting (IF) has gained significant attention as a potent weight loss strategy. Unlike traditional diets that focus on what to eat, intermittent fasting focuses on when to eat. By cycling between periods of eating and fasting, this eating pattern aims to optimize metabolic health, promote weight loss, and potentially extend longevity. Let's explore how intermittent fasting can help you shed pounds and improve your overall health [1].

What is Intermittent Fasting?

Intermittent fasting is an eating pattern that alternates between periods of eating and fasting. There are several popular methods, including:

- 16/8
