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Fasting has been used in medicine for thousands of years of physical, mental and spiritual clarity lushavor. That 'the most powerful methods for the health of men known as' referred to, and now, something to enjoy renewed popularity, but a little periodical form fasting. Rather than post for several days (or weeks), at a time, intermittent fasting is to take short positions regularly. Usually, it will be about 24 hours, once or twice a week. During this time you drink water only. You can add some green tea if you want, as it can enhance the benefits - but that's all. Water or juice? some people do 'juice fasts', but the definition of a true fast is water only.

The juice fast is the pro's and con's. On the one hand, it offers a variety of nutrients that are easily assimilated, and can help in the purification process which brings about fast. On the other hand juice contains a lot of sugar, which raises insulin levels, all potential health risks that this entails. So fast water is the preferred option. With intermittent fasting will automatically reduce the amount of calories you take in during one week, which means that you will lose weight easily and effectively. But intermittent fasting has many additional health benefits that go far beyond that obtained from simply losing some weight. Intermittent fasting against. Calorie restriction. Another way to reduce calorie intake is called calorie restriction.

Here, you reduce the amount of calories you consume in about 25 - 30% lower than what you need to maintain your normal weight. Article Writing calorie restriction has been shown to increase life expectancy, but this practice is changing, people are very underweight, their metabolism slows down the right, and some of the hormones they produce unhealthy levels of the following. In addition, it is a tragic follow-up. Intermittent fasting, however, you will get benefits of caloric restriction in the same life expectancy, greater health benefits above plus a full range. It is very easy to follow too. While going without food for 24 hours may seem difficult, and may in fact hard at first to try it, you'll find that after you do this a few times it is very. In fact you will grow to look forward to your fast. And on a non-fasting days you can eat pretty much what you want, so you'll never feel hungry or deprived or unsatisfied. A liberating experience. In addition to extensive health and longevity benefits you get from intermittent fasting, you get something else too - freedom! you lose the fear of missing the strange food, you think you might fall, or die of hunger. You will not. Missing an occasional meal, even if you do not do periodic fasting is not harmful. Actually it is quite useful as it gives the digestive system break. Understanding and embracing it fully release. You will never again control the food. .

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