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Functional Medicine

**TWEET GM #02**

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Titre

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## **INTERMITTENT FASTING PROTECTS AGAINST OBESITY AND SYNDROME X**

By intermittent fasting, I especially refer to "time restricted feeding", i.e. eating only during an 8-hour window within our 24-hour circadian cycle. I far prefer that approach to popular 5/2 strategy, which consists in eating very little amount of calories during two days per week but eat normally rest of the week. Active people who need full energy and focus struggle less if they can manage two good meals every day, one slightly late (what we can call a brunch) and another one corresponding to early dinner. You do not get there overnight as it takes time to adapt. In case of headaches when fasting for 16 hours, you can consider black coffee with coconut oil. Intermittent fasting improves diversity of the intestinal microbiota, exerts positive impact on many metabolic markers, and helps melt abdominal fat!