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Intermittent Fasting: Pros and Cons
How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Pros
Ability to stay lean while being somewhat loose with your diet.




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Pros
Simplistic and pretty convenient – in your fasting period, you simply do NOT eat. Not much to think about.




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Pros

At the cellular level, good for both fat-burning and longevity/health.



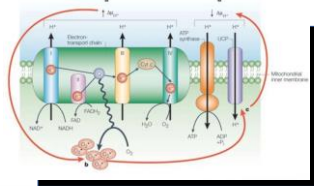
Stempfel, M. C., Krueger, C. M., & Vornoff, K. A. (2013). Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardioprotection to ADF with a low-fat diet. *Metabolism*, 62(1), 133-141.

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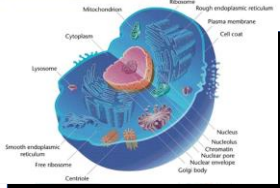


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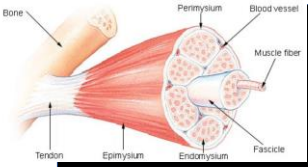


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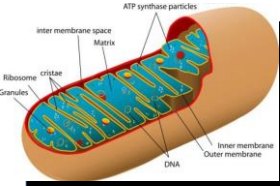


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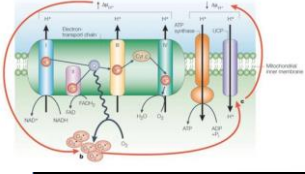
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Eating time	Fasting regimen	Delayed disease onset	Lifespan extension
24 hours - All 24h		-	-
15 hours - Meal fast		+	+
8 hours - CR		+++	+++

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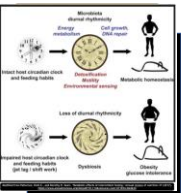
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Testosterone

rel. Range

Season Jan. June Jan.

7:30:00

4:00 16:00 4:00

day-time

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Cortisol

DIURNAL CORTISOL - NORMAL

ng/mL

Time of Day

03:00 06:00 09:00 12:00 15:00 18:00 21:00 03:00

High Avg Low

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Growth Hormone

GH (ng/L)

14 12 10 8 6 4 2 0

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Clock Time (Hours)

Subject 11 Subject 12

Sleep Constant Routine No Fasting 14 Fasting 14

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Pros

While fasted, energy is high, as is mental focus and sharpness.



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Pros

Greater fat burning and accelerated fat loss, even when total daily calorie intake remains the same.



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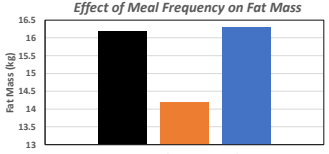
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Effect of Meal Frequency on Fat Mass



Meal Frequency	Fat Mass (kg)
Baseline	~15.8
1 meal/day	~14.2
3 meals/day	~16.2

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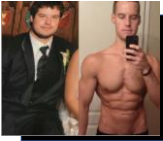
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Cons
 Not optimal if mass-gaining is the primary goal.



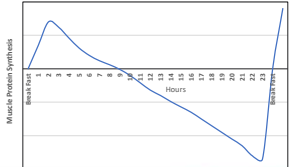
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Muscle Protein Synthesis IF Paradigm



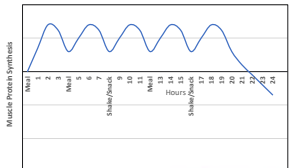
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Muscle Protein Synthesis Normal Meal Paradigm




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Cons
 Tricky to do if you train first thing in the morning.




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Cons
 Training in a fasted state isn't ideal for optimizing performance.




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FAQs
 What hours should I select for my feeding and fasting windows?



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Fasting Time (hr)	Feeding Time (hr)
12	12
13	11
14	10
15	9
16	8

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FAQs

What's the best IF method?

- 16:8, 18:6, or 24 hours fasts?

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FAQs

What can I drink during my fast?

- Water
- Black coffee
- Green or Black Tea

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FAQs
 What supplements can I use during my fast?



2009 - 423 pounds
 2019 - 159 pounds

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No BCAAs!!!


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FAQs
 How should I break my fast?

- Low-carb meal
- High-carb meal



Phillard, H., Sallis, B., & Neuler, P. D. (2003). Effect of short-term fasting and refeeding on transcriptional regulation of metabolic genes in human skeletal muscle. *Diabetes*, 52(5), 657-662.

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Group	Transcription Level (approx.)
Control	1.0
Fasted	5.0*
CHO Refed	1.5
FAT Refed	4.5*

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Thank you.

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