

# Reboot#5

## The intermittent fasting health benefits.

### What is (intermittent) fasting?

To fast means to abstain or deprive one's self of the typical food behaviour and timing.

Faith is the number one reason for fasting, followed by weight management.



### How do you fast?

Consume more sustainable, more enduring food choices before missing a typical meal or two.

Choosing pre fasting meals higher in protein with saturated fat mixed with a higher fibre choice will drive the slowest metabolic breakdown of food and energy.

The suppressed appetite will lead towards healthy ketosis.

### What are the main benefits

Fasting drives a similar metabolic effect to the (longer DTI) enduro-training session. You leave your metabolism no other option but to break down stored fat (ketones) as your preferred fuel source, a result derived from lower blood glucose.

### The Key Benefits

- ✓ Boost cognitive performance.
- ✓ Fat metabolism.
- ✓ Reduce inflammation.
- ✓ Improve gut health – like a mini clean out reboot.
- ✓ Decrease the risk of metabolic diseases.

### How long should fast?

It depends. However, the Reboot program reports significant health benefits fasting from lunch to breakfast three times during the last phase.