

# Beginner's Guide to INTERMITTENT FASTING

## 间歇性禁食 初学者指南



### A Natural Approach to Health

Intermittent fasting, often abbreviated as IF, is a dietary strategy that we recommend for many of our clients. But what exactly is intermittent fasting, and why is it beneficial? Intermittent fasting is not a diet in the traditional sense, where you restrict specific foods or count calories. Instead, it is a pattern of eating that focuses on when you eat rather than what you eat. This approach is deeply rooted in the natural rhythm of the human body, aligning with our innate cycles of fasting and feasting.

Think of it this way: Your body has its own internal clock, and intermittent fasting is all about synchronizing your meals with that clock. It is not complicated at all, and you don't need a degree in nutrition to get started.

The essence of intermittent fasting revolves around alternating periods of fasting and eating. During the fasting periods, you consume little to no calories, allowing your body to rest and repair. Then, during the eating periods, you provide your body with the nourishment it needs to function optimally.

### Some Benefits of Intermittent Fasting

When you fast, your body starts a series of processes to help you make the most of this downtime. It cleans up cellular debris, optimizes energy utilization, and supports various physiological functions. It is like your body is spring cleaning – getting rid of the old to make way for the new.

Here are some benefits of intermittent fasting:

**1. Weight Management.** IF is not just about shedding pounds; it is about doing it in a way that aligns with your body's natural processes. Studies have shown that intermittent fasting can be more effective for long-term weight loss than traditional calorie-restricted diets.

Let us start with the basics. When you consume food, your body breaks down carbohydrates into glucose, which is used for energy. Any excess glucose that is not immediately needed gets stored as fat. So, the more frequently you eat, the more opportunities your body has to store fat.

Intermittent fasting operates on a simple principle: it regulates the time window during which you can eat. By doing so, it effectively reduces the number of hours you spend consuming calories. This time restriction serves as a natural health strategy for weight management, and here is why:

When you fast, your body's insulin levels drop. Insulin is a hormone responsible for storing fat. With lower insulin levels, your body becomes more inclined to use stored fat for energy. It is like shifting your body's fuel source from the food you eat to the fat you have stored. This process is essential for weight loss and weight management.

### 自然健康的途径

间歇性禁食，通常简称为IF，是我们为许多客户推荐的一种饮食策略。间歇性禁食究竟是什么，为什么对我们有益呢？间歇性禁食不是传统意义上限制特定的食物或计算卡路里的饮食。相反的，它是一种进食模式，关注您什么时候吃而不是您吃了什么。这种方法深深植根于人体的自然节律，与我们与生俱来的禁食和进食周期一致。

可以这么想吧：您的身体有自己的生物时钟，间歇性禁食正是为了让您的饮食与生物时钟同步。它一点都不复杂，也不需要营养学学位，任何人都可以做到。

间歇性禁食的本质围绕着禁食和进食的交替时期。在禁食期间，您不摄入卡路里，让您的身体得到休息和修复。然后，在进食期间，您可以为您的身体提供所需的营养，这样就能够以最佳状态运作。

### 间歇性禁食的一些好处

当您禁食时，您的身体将会启动一系列的程序来帮助您充分利用这段休息时间。它可以清理细胞残留物，优化能量利用，并支持各种生理功能。这就像您的身体进行春季大扫除一样，除旧更新。

以下是间歇性禁食的一些好处：

**1. 体重管理。**这不仅仅是为了减肥；更重要的是以一种与您身体自然过程相致的方式进行。研究表明显示，在长期减肥方面，间歇性禁食比传统的卡路里限制饮食更有效。

让我们从基础开始。当您吃食物时，您的身体会将碳水化合物分解成葡萄糖，被用作能量。任何不需要的多余葡萄糖都会被储存为脂肪。所以，您吃得越频繁，您的身体储存脂肪的机会就越多。

间歇性禁食的运作原理很简单：它调节您可以进食的时间窗口。通过这样做，它会有效地减少了您摄入卡路里的时间。这种时间限制是体重管理的自然健康策略，原因如下：

当您禁食时，您身体的胰岛素水平会下降。胰岛素是一种负责储存脂肪的激素。随着胰岛素水平的降低，您的身体会更倾向于使用储存的脂肪来获取能量。这就像将您的身体燃料来源从您吃的食物转移到您储存的脂肪上。这个过程对于减重和体重管理至关重要。

间歇性禁食就像为您的新陈代谢按下重置按钮。它会让您的消化系统休息，和让您的身体使用储存在体内的脂肪来获取能量。结果呢？随着时间的推移，您会逐渐减掉多余的体重并保持健康的重量。

Intermittent fasting is like pressing a reset button for your metabolism. It gives your digestive system a break, allowing your body to dip into its fat reserves for energy. The result? You gradually lose excess weight and maintain a healthy weight over time.

Moreover, intermittent fasting does not just focus on weight loss; when combined with exercise it emphasizes body composition improvement. This means that you not only shed excess fat but also preserve and build lean muscle.

So, if you are looking to maintain a healthy weight and build lean muscle, intermittent fasting with exercise is a powerful tool in your arsenal.

**2. Reduces Oxidative Stress and Inflammation.** Oxidative stress is like the wear and tear that occurs in your body due to the natural process of oxidation. It is necessary but needs to be balanced. When there is an excess of oxidative stress, it can lead to cell damage, aging, and various diseases, including chronic inflammation.

Chronic inflammation is your body's defence mechanism, but when it is constantly activated, it can lead to health problems. Think of it as a fire that never goes out. It is linked to various diseases, from heart conditions to cancer.

When you fast, your body initiates a process called autophagy. This is like a cellular cleanup crew that removes damaged components and regenerates new, healthy ones. It is a natural health approach that can significantly reduce oxidative stress.

Intermittent fasting also promotes the production of antioxidants. These are like your body's defence shields against oxidative stress. They neutralize harmful molecules and keep your cells protected.

**3. Improves Blood Sugar Levels.** First, let us understand the basics. When you eat, your body breaks down carbohydrates into glucose, which is then used for energy. But here is the catch: too much glucose in your bloodstream is not good for you. This is where insulin, a hormone produced by your pancreas, comes into play. Insulin acts like a key, allowing glucose to enter your cells, where it can be used for energy or stored for later.

The problem arises when there is an excessive amount of glucose in your blood, which can lead to insulin resistance. This is a condition where your cells do not respond well to insulin, causing your pancreas to produce even more of it. It is like your cells saying, "We can't accept any more keys; we have too many already." As a result, your blood sugar levels remain elevated, and you are at risk of developing type 2 diabetes.

Now, this is where intermittent fasting steps in as a natural health approach to blood sugar regulation. When you fast, your body's insulin levels drop. With fewer keys (insulin) in the bloodstream, your cells become more sensitive to the ones that are still there. It is like a reset button for your insulin response.

Imagine this: during your fasting periods, your body gets to work on optimizing various processes, including insulin sensitivity. It is like tuning a musical instrument to make it play in harmony. This means that when you do eat, your body can use insulin more efficiently to manage the glucose in your blood.

The practical result? Lower and more stable blood sugar levels. By practising intermittent fasting, you give your body a chance to regulate blood sugar naturally and holistically.

此外, 间歇性禁食不仅是为了减重; 当与运动结合时, 它强调身体组成的改善。这意味着您不仅可以减掉多余的脂肪, 还可以保持和建立健康的肌肉。

因此, 如果您想保持健康的体重并锻炼健康的肌肉, 间歇性禁食与锻炼绝对是一个强大的工具。

**2.减少氧化应激和炎症。**氧化应激就像是自然氧化过程而在您的身体中发生的磨损。这是必要的, 但需要平衡。当氧化应激过量时, 它可能会导致细胞损伤、衰老和各种疾病, 包括慢性炎症。

慢性炎症是您的身体的防御机制, 但当它不断被激活时, 它可能会造成健康问题。把慢性炎症想象成永远不熄灭的火, 从心脏病到癌症, 它与各种疾病相关。

当您禁食时, 您的身体会启动一种称为自噬的过程。这就像细胞清理兵团, 它会清除损坏的组件并再生新的健康组件。这是一种可以显著减少氧化应激的自然健康方法。

间歇性禁食还可以促进抗氧化物质的产生。它们就像您身体的防御盾牌, 帮助您对抗氧化应激。它们可以中和有害分子, 保护您的细胞。

**3.改善血糖水平。**首先, 让我们了解一下基础知识。当您吃东西时, 您的身体会将碳水化合物分解成葡萄糖, 然后用它作能量。这就是胰岛素, 一种由胰腺产生的激素, 发挥作用的地方。胰岛素就像一把钥匙, 让葡萄糖进入您的细胞, 在那里它可以被用作能量或被储存起来以备后用。

但是当血液中葡萄糖含量过高时, 问题就出现了, 这可能会间接地导致胰岛素抵抗。这是一种您的细胞对胰岛素反应不良的情况, 并导致您的胰腺产生更多的胰岛素。这就像您的细胞在说: “我们不能再接受任何的钥匙了; 我们已经有太多了。”结果, 您的血糖水平继续飙升, 导致您有患上2型糖尿病的风险。

在这方面, 间歇性禁食是调节血糖水平的自然方法。当您禁食时, 您的身体的胰岛素水平会下降。随着血液中的关键(胰岛素)减少, 您的细胞对仍然存在的胰岛素会变得更加敏感。这就像胰岛素反应的重置按钮。

想象一下: 在您禁食的期间, 您的身体开始优化各种过程, 包括胰岛素敏感性。这就像给一个乐器调音让它和谐地演奏。这意味着当您进食时, 您的身体可以更有效地使用胰岛素来管理您血液中的葡萄糖。

结果呢? 取得更低, 更稳定的血糖水平。通过实践间歇性禁食, 您会让您的身体有机会自然而全面地调节血糖。





## A Practical Guide to Intermittent Fasting

**1. Choose Your Fasting Window:** Daily intermittent fasting typically involves a 16/8 method. This means you fast for 16 hours and have an 8-hour eating window. You can adjust the timing to suit your schedule. For example, you might fast from 8 PM to 12 PM the next day and eat from 12 PM to 8 PM.

**2. Start Slow:** If you are new to intermittent fasting, it is wise to ease into it. Begin with a 12-hour fast and gradually increase the fasting period until you reach 16 hours. This gradual approach aligns with our natural health values, promoting a comfortable transition.

**3. Hydration Is Key:** During your fasting hours, stay well-hydrated. You can drink water, herbal teas (unsweetened), and black coffee, as they generally do not interfere with the fasting process. Proper hydration is essential for overall well-being.

**4. Break Your Fast Mindfully:** When it is time to eat, prioritize nutrient-dense foods. Include a balance of proteins, healthy fats and complex carbohydrates. This aligns with a holistic approach to well-being.

**5. Stay Busy:** To make fasting more manageable, stay occupied during fasting hours. Engage in work, hobbies, or physical activities to keep your mind off food. It is like embracing a holistic approach to well-being by staying mentally and physically active.

**6. Listen to Your Body:** If at any point you feel unwell or excessively hungry, it is okay to break your fast. Intermittent fasting should be a natural health approach that complements your well-being, not a source of discomfort.

**7. Consistency Matters:** The key to success with daily intermittent fasting is consistency. Try to stick to your chosen fasting and eating windows as closely as possible to maximize the benefits.

**8. Monitor Your Progress:** Keep track of your well-being as you practise daily intermittent fasting. Pay attention to how your body responds and adjust your schedule or approach if needed. This monitoring aligns with a holistic and natural health perspective.

## 间歇禁食的实用指南

**1. 选择您的禁食窗口:**每天间歇性禁食通常包括16/8方法。这意味着您要禁食16个小时，有8个小时的进食时间。您可以调整时间来配合您的日程表。例如，可从晚上8点到第二天中午12点禁食，然后在12点到8点吃东西。

**2. 慢慢开始:**如果您是间歇性禁食的新手，慢慢开始是明智的。从禁食12小时开始，逐渐增加禁食时间，直到您达到16个小时。这种渐进的方法符合我们的自然健康价值观，促进了一个舒适的过渡。

**3. 补水是关键:**在禁食时间，要保持充足的水分。可以喝水、不加糖的花草茶和黑咖啡，因为它们通常不会干扰禁食过程。适当的补水对整体健康至关重要。

**4. 小心打破禁食:**进食时，优先选择营养丰富的食物，包括平衡的蛋白质、健康脂肪和复合碳水化合物。这符合一个整体健康的方法。

**5. 保持忙碌:**在禁食时间保持忙碌，比较容易控制进食的冲动。投入工作、爱好或体育活动，让您的注意力远离食物。这就像通过保持精神和身体上的活跃来采取一种整体的方法来保持健康。

**6. 倾听您的身体:**如果在任何时候您觉得不舒服或太饿了，可以打破禁食。间歇性禁食应该是一种促进健康的自然方法，而不是不适的来源。

**7. 坚持很重要:**坚持是间歇性禁食成功的关键。尽量坚持您已计划的禁食和进食时间，以最大限度地发挥效益。

**8. 监测进展:**间歇禁食时，每天记录您的健康状况。注意身体如何反应，如果需要的话调整您的时间表或方法。这种监测符合整体和自然的健康观点。

## Supplements to Support Your Intermittent Fasting Journey

Intermittent fasting can be a natural health approach to enhance well-being. Here are some supplements that may be of benefit to you as you embark on your intermittent fasting journey:

- **Herbal Matrix Powder/Herbal Klenz:** contains a mix of soluble and insoluble fibres, along with other natural ingredients like apple pectin, butcher's broom, slippery elm and fennel seed. It aids in maintaining regular bowel movements and helps to detoxify the body.
- **Super Green Food ++:** a nutritional supplement rich in phytonutrients, Super Green Food ++ helps prevent nutritional deficiencies. It is a natural health approach to nourishing your body during intermittent fasting and supporting overall well-being.
- **Omega Gold Flaxseed Oil:** a source of essential omega-3 fatty acids, flaxseed oil is crucial for various bodily functions, including heart health and immune support.
- **K-Salt:** provides potassium which is essential for muscle function, heart health and more.
- **ImmuFlora®:** a probiotic and prebiotic blend, ImmuFlora® supports a healthy gut and immune function.
- **Liverin:** contains herbs like milk thistle, dandelion, artichoke, burdock root, and celery seed extract. It is designed to support the liver, which is an essential organ in detoxification.
- **Chromium Picolinate:** helps to improve insulin response and stabilize blood sugar levels, while helping to support healthy weight management and lean body mass.

## 服用补充品来支持间歇性禁食

间歇性禁食是一种可以增强健康的自然方法。当您间歇性禁食时，这里有一些对您有好处的补充品：

- **天然净化粉:** 含有可溶性和不可溶性纤维的混合物，以及其他天然成分，如苹果果胶，金雀花，滑榆树和茴香籽。它有助维持正常的肠道运动，为身体排毒。
- **超级绿食品++:** 富含植物营养素，有助预防营养不足。在间歇禁食期间服用它，能滋养身体，支持整体健康。
- **奥美加黄金亚麻籽油:** 作为必需的奥美加3脂肪酸的来源，亚麻籽油对各种身体功能至关重要，包括心脏健康和免疫支持。
- **钾质:** 提供对肌肉功能、心脏健康等必不可少的钾。
- **免疫激菌植:** 一种益生菌和益生元混合物，免疫激菌植支持健康的肠道和免疫功能。
- **肝脏宝:** 含有乳蓟、蒲公英、朝鲜蓟、牛蒡根和芹菜籽提取物等草药，来支持肝脏健康。肝脏是排毒的重要器官。
- **有机铬(吡啶甲酸铬):** 有助于改善胰岛素反应，稳定血糖水平，同时帮助支持健康的体重管理和瘦体重。

These supplements can be a valuable addition to your intermittent fasting routine, offering support for detoxification, nutrient intake, gut health and overall well-being.

这些产品可以作为间歇性禁食的补充，为排毒、营养摄入、肠道健康和整体健康提供支持。

