

# INTERMITTENT FASTING BENEFITS



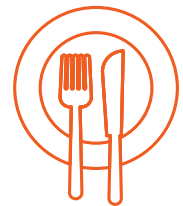
## STAY SHARP & ENERGIZED

During the fasted state, the body generates ketones, which help to fuel the brain and may promote better cognition and energy.



## SLEEP

A time-restricted eating schedule may improve sleep quality by as much as 23%, resulting in more restful shut-eye.



## APPETITE & SATIETY

Intermittent fasting may decrease appetite and increase satiety, and new research shows that a time-restricted eating plan that starts earlier in the day may be most effective in doing so.



## AGING

Time-restricted eating may activate aging-related hormones that protect against cell damage, tumor growth and disease.



## EXERCISE PERFORMANCE

Working out on a time-restricted eating plan won't negatively impact exercise and muscle performance and may actually help with gains in resistance training by encouraging more fat burn. PLUS! It may even spike the urge to get moving.



## METABOLISM

Time-restricted feeding may help boost the liver's metabolism of fat, protein and carbs by stimulating proper digestion, storage and use of energy and nutrients.

## DIGESTION & GUT HEALTH

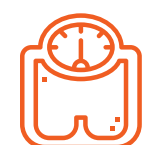
Time-restricted eating may increase microbiome diversity (aka - gut bacteria), which means better metabolism of food and nutrients, and improved digestion.

## IMMUNITY



Intermittent fasting may trigger stem cell generation of new white blood cells that boost immunity against inflammation, colds, flus and other illnesses.

## WEIGHT LOSS



The time-restricted eating approach may indirectly decrease energy intake and lead to weight loss without actually requiring any calorie counting or meal logging.