

New Study Reveals the Surprising Benefits of Daily Fasting

The first study to look at 16:8 intermittent fasting benefits on weight loss for obese individuals has uncovered some exciting results.

Intermittent fasting—only eating within a certain window of time each day—has been used in the natural health community for some time now and is a common practice among our Keto Zone members. This new pilot study further demonstrates the power of intermittent fasting for weight loss.

OBESE INDIVIDUALS FOLLOW 16:8 FASTING DIET

The study involved 23 volunteers with:

- an average body mass index (BMI) of 35 (over 30 is considered obese)
- an average age of 45
- sedentary to light daily activity levels

They also did not use medications to lower weight, glucose or lipids, and had maintained the same weight for at least three months.

For 12 weeks, the study volunteers followed a 16:8 diet of intermittent fasting:

- **Between 10am and 6pm each day**, they could eat any type or amount of food they wanted and didn't count calories. This was their 8-hour eating window.
- **Between 6pm and 10am**, the participants did not consume any calories. They were encouraged to drink plenty of water and only have no-calorie drinks like black coffee and tea. This was their 16-hour fasting window.

The researchers then compared the dieters' results of this 12-week with a matched control group from a former weight loss trial looking at a different type of fasting.

INTERMITTENT FASTING BENEFITS WEIGHT LOSS AND MORE

Comparing the results of the two fasting groups, researchers found the intermittent fasting group:

- **Naturally ate less calories**—about 350 fewer on average
- **Lost weight**—about three percent of their total body weight
- **Improved their blood pressure**—with systolic numbers decreasing by around seven mmHg

The researchers also measured things like cholesterol, insulin resistance, cholesterol and belly fat mass. These were similar to the control group.

According to Krista Varady, corresponding study author and associate professor of kinesiology and nutrition in the UIC College of Applied Health Sciences, these results from 16:8 fasting match up with former research on alternate day fasting.

Alternate day fasting usually involves fasting for one day, then eating what you want the next day.

INTERMITTENT FASTING BENEFITS ON METABOLIC HEALTH

These results are an exciting scientific look at 16:8 intermittent fasting benefits, especially for obese individuals who struggle to lose the weight or keep it off.

Not only can intermittent fasting help with weight loss, it can help improve many factors of metabolic health, including the risk of type 2 diabetes and heart disease.

Research shows even a small amount of weight loss like what the subjects experienced through 16:8 fasting can improve

metabolic health.

KETO DIET AND INTERMITTENT FASTING: MATCH MADE IN HEAVEN

As you read above, the study participants were allowed to eat any type of food they wanted during the “feeding” period. Imagine how much more amazing their results would have been with optimal nutrition during that time!

Ready to supercharge your weight loss results and get back on track? Combine intermittent fasting benefits with the Keto Zone diet to burn more fat and transform your health. Grab the book [here](#) and join our online community of Keto Zone dieters! {eoa}

Don Colbert, M.D., has been board-certified in Family Practice for over 25 years and practices anti-aging and Integrative medicine. He is a New York Times best-selling author of books such as The Bible Cure Series, What Would Jesus Eat, Deadly Emotions, What You Don't Know May Be Killing You and many more, with over 10 million books sold. He is the medical director of the Divine Health Wellness Center in Orlando, Florida, where he has treated over 50,000 patients.

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