

WELLNESS FOR LIFE



*9 Health Benefits
Of intermittent
Fasting*

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9 Health Benefits Of Intermittent Fasting

1. **Cellular Repair** - Intermittent fasting (IF) gives the body time to focus completely on repairing and recycling old cells. This process is called autophagy. In fact, research shows the benefits of fasting for Alzheimer's patients (1).
2. **Weight Loss And Belly Fat Loss** - IF can boost your metabolism and help you lose weight and belly fat (2). Plus, losing weight with IF causes less loss of muscle than straight-up calorie restriction.
3. **Hormone Regulation** - IF causes an increase in human growth hormone levels (3). And this promotes fat burning and muscle gains.
4. **Lowers Your Risk Of Type 2 Diabetes** - IF can lower blood sugar levels and decrease insulin resistance (4).
5. **Increases Longevity** - Studies in rats have shown intermittent fasting extends the lifespan (5).
6. **May Help Prevent Neurodegenerative Diseases** - Animal studies show that intermittent fasting may offer protection against neurodegenerative diseases, including Alzheimer's, Parkinson's, and Huntington's (6).
7. **Reduces Oxidative Stress And Inflammation** - Studies show that intermittent fasting can protect your body against the harmful effects of oxidative stress and inflammation (7).
8. **Reduces Cholesterol Levels** - IF was shown to decrease triglycerides and LDL cholesterol (8).
9. **May Prevent Cancer** - Several studies have indicated that IF may help prevent cancer (9). Evidence also suggests it may decrease the side effects of chemotherapy.

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I wrote an eBook all about my experience with intermittent fasting. This method allowed me to burn fat, lose weight (effortlessly), and be healthy....**without feeling hungry – it even [cured my reactive hypoglycemia](#).**

If you'd like to learn how I accomplished these great results, you can check out my book [HERE!](#)

If you're just getting started with intermittent fasting you'll wanna check out the [Quick Guide To Intermittent Fasting For Beginners](#).

