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Subject: Weight Loss Tip?

Weight loss and managing your diabetes are closely connected.

Recently, I’ve been hearing tons of buzz about something called “intermittent fasting.” Have you heard about this?

The idea is that if you incorporate small bouts of fasting into your diet on a regular basis, you have a better chance at losing weight and keeping it off.

It goes back to the ways that our bodies are designed to use calories. Ancient man went through long stretches without eating.

The theory is that our bodies are designed to use what food we get and continue to utilize calories, even from hours or days ago, as we go through our day.

Normally, I’m anti-fasting. I believe that the only thing that fasting does for your diet… is kill it! Your energy is low, your temptations are higher, and it’s pretty hard to say no when someone waves a cupcake in front of your face if you haven’t eaten in 12 hours.

None of that is good for your blood sugar level…

But this isn’t fasting in the traditional sense. You’re allowed to continue to eat vegetables, broth, and drink coffee, tea and water.

Sounds a little out there to me! Still, it’s always interesting to see what’s new in the diet world.

If you want to check out a little more info on Intermittent fasting, check out this great article on the ins and outs of this new diet trend.

Click here to read this article NOW [http://www.lifehack.org/articles/lifestyle/intermittent-fasting-the-ultimate-weight-loss-hack.html]

The more you know….