

# Unveiling the Science Behind Intermittent Fasting

Intermittent fasting has become one of the most talked-about health trends — but what does the science actually say? In a world full of fad diets and quick fixes, it's easy to get lost in the hype. This session will cut through the confusion and help you understand what intermittent fasting really is and how it works.

We'll explore the core principles behind different fasting methods, the effects on metabolism, weight management, and overall health. You'll also learn about the potential risks, common myths, and how to decide whether it's right for your lifestyle.

By the end of the session, you'll have a clear, science-backed understanding of intermittent fasting — empowering you to make informed choices and build habits that support your long-term well-being.

## Learning Objectives

- Learn the history behind intermittent fasting and the various fasting windows
- Recognise the benefits of intermittent fasting
- Learn the downsides of intermittent fasting
- Learn sustainable approaches for long term health

## Content Outline

### History & Types of Intermittent Fasting

#### The Science and Benefits

- The Benefits of Intermittent Fasting
  - Weight Loss
  - Changes in Hormone Levels and Fat Burning
  - Autophagy and Cell Repair
  - Improves Heart Health
  - Reduces Risk of Type 2 Diabetes
  - Longevity

#### The Downside of Intermittent Fasting

- Who Should Avoid
- Common Mistakes and How to Fix Them

#### Sustainable Approaches for Long-Term Success