

Unveiling the Science Behind Intermittent Fasting

Key Takeaways

1

IF is not a diet but an eating schedule, consistency matters more than perfection.



2

Fasting can improve insulin sensitivity, support fat loss, and enhance cellular repair.



3

Not everyone should fast, personalization and safety come first.



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4

Avoid jumping into long fasts and focus on whole, balanced meals.



5

Make it sustainable: start small, stay hydrated, and listen to your body.



Need a bit more help?

Connect with your coach for personalised nutrition strategies and tailored support to optimise your intermittent fasting journey!



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

