**INTERMITTANT FASTING**

Intermittent fasting, also known as intermittent energy restriction, is an umbrella term for various meal timing schedules that cycle between voluntary fasting and non-fasting over a given period. Methods of intermittent fasting include alternate-day fasting, periodic fasting, and daily time-restricted feeding.

**But**… before embarking on an intermittent fast or deciding how often you should fast, you should speak with a healthcare professional first.

**THE BOTTOM LINE**

Intermittent fasting is a very popular weight-loss method, but its benefits extend beyond that. It can help you live a longer and all-around healthier life too, according to studies, but it doesn’t work for everyone.

If you decide to try intermittent fasting, keep in mind that diet quality is crucial. There are many apps can help with this and even have timers on this (like the FREE Fastic app).

If you’re interested in starting intermittent fasting, consider speaking with your doctor or a nutrition expert today. They can help you determine whether it’s safe for you.