These notes are a preview. Slides are limited

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Confused?

https://www.youtube.com/watch?v=5Ua-WVg1SsA&feature=youtu.be

“Good news. Your cholesterol has stayed the same, but the research findings have changed.”
Important Things About Research

- Where did it come from?
  - Accreditation of author
  - Sample size
  - Study design
  - Correlation doesn’t mean causation
* 5:2 (Michael Mosley) Diet most commonly known in the media
  * 2 days on “fasting” 500 calories for women and 600 calories for men (~25% of usual calorie intake)
  * Now the new “Fast 800”

* Overnight fasting:
  * With most IF protocols
    * Overnight fast: 16, 24, or 36 hours
    * Feeding window 4, 8, or 12 hours
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Intermittent Fasting: Longevity

Cell stress (Fasting) → Less glucose → Replacement of damaged cells & increased production of antioxidants

Body Fusion Nutrition & Dietetics
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Telo-what?
Question...

WHAT HAPPENS AFTER THE FAST?
Even 9-11 hours of fasting still has positive implications for health
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Coconut Oil

- Marketed as a “healthy oil” although... 92% saturated fat which Heart Foundation associates with increased heart disease risk
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Why we should **NOT** listen to anecdotal evidence: Be skeptical

https://www.youtube.com/watch?v=AdJFE1sp4Fw
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Modern Paleo was against dairy, grains and legumes (low carb, high protein/fats)
The ketogenic diet is a low carbohydrate (<20g), high fat and adequate protein diet.
Veganism/Plant based diet

What is a vegan diet??
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37 experts from 16 countries have set scientific targets that call for nothing short of a revolution in our farm-to-fork practices.
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Detox Diets
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