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Intermittent fasting: Five ways to get back on track after indulging in festive delicacies

Ravi Teja Mandapaka and Keerthi Badri

Abstract

The modern-day pandemic and epidemic has excruciatingly impacted public health. With lockdown being imminent and eternal, it's very important think about lifestyle diseases like diabetes and obesity on a very serious note. Continuous energy restriction (CER) with a through lifestyle intervention is a mainstay in the treatment of obesity, but this approach is known for its weight loss at regular intervals. This said, in the most recent times, researchers curtailed towards a controlling intake of energy to particular periods in a day or extending the duration of fasting between two meals (intermittent energy restriction, IER). In this short review, we present an integrated approach on prospective benefits of intermittent fasting and five correct ways to return to normal metabolic life, after an excess of food and drink during festive seasons.

Keywords: Intermittent fasting, fasting, obesity, calorie restriction, metabolism, insulin resistance, weight loss

Introduction

Henry Rollins, an American musician and actor once said, "Each year, every city in the world that can should have a multiday festival. More people meeting each other, digging new types of music, new foods, and new ideas. You want to stop having so many wars? This could be a step in the right direction." To bring it into an Indian context, the more you are together as human unit, the healthier and the happier you are.

Festivals and occasions across the globe involve gatherings of food and drink and joy and laughter. Once we are done with them and professional normalcy returns, we should stress on the importance of leading a healthy meal life. Healthy meal implies, timely eating in required quantities but not in overabundance. One good way to get back to the normal routine is to have a proper dietary plan away from confectionaries, cholesterol foods and alcoholic beverages. But to get back to healthy eating, it is advisable to limit the consumption of aforementioned foods like high sugar and cholesterol products.

On the other hand, intermittent fasting has attained huge popularity in the most recent times. More than a method of fasting, it is seen as a style of living. It is a method of eating where one shuffles between regular eating and fasting and is all about when not to consume your diets. Unknowingly, a majority of us fast during our sleep (prolonged time where we don't consume any solid or liquid food). Intermittent fasting can also be practiced by avoiding breakfast, lunch or dinner. Unfortunately, many of us see this as a way to reduce weight but do not realize that it's a way of living in itself. For your quick and easy reference, a pictorial representation of intermittent fasting has been given below.

Advantages of intermittent fasting

- Aids in cellular repair and expression of genes
- Increases the longevity of life and your lifespan
- Decreases the risk of cancer and type II diabetes
- Reduces weight and fat near your bellies
- Increases cardiovascular health
- Easier and convenient than dieting

It is not as easy as it may seem, but if you are an individual poised towards reducing weight and leading maintaining a healthy life style, following are tips are what we personally feel will get you started on your journey to a healthy life.

Eat home cooked food

Festivals is mostly about eating outside and trying as many cuisines in a short period of time. That said, this is certainly not the life pattern to be continued on long-term basis. Eating meals in controlled portions and foods that are very familiar with your digestive system will help you keep in good shape and prevent falling sick.

Practice mindful eating

Always, at any time of the day, eating food slowly focusing on chewing of it but not its stuffing allows your brain to understand and reach fullness better than that of fast eating. One advantage with mindful eating we have is, it keeps our weight in balance and also prevents excess eating.

Reduce the intake of carbohydrates and confectionaries

In many parts of our country India, starting a meal with a sweet is a common practice. But, to maintain an ideal weight and health, it is advisable to focus diets rich in complex carbohydrates such as peas, beans, whole grains and vegetables. These in addition to green leafy vegetables and fruits will help metabolize excess sugars and maintain a healthy equilibrium in our body.

Drink water in regular intervals

The temple they call human body consists nearly 75% of water and aids in the transportation of nutrients internally. Water will not only help you by digesting the foods you take, but also helps you feel full or complete for a much longer time. Drinking water will also help recover from your alcoholic hangovers during festivals and maintains active energy levels.

Include fiber foods in your diets

Once back home away from the indulgence of calorie-less foods, it's very important to focus on consuming sugary foods with dietary fats in them. Foods like oats, green leafy vegetables, cauliflower, broccoli etc. will help you attain satiety. Decreasing the use of vinegar while cooking will help you maintain standard blood sugar levels.

Stick to a standard sleeping time

Often and most of the times in the one of the most neglected parts of our day-to-day lives is maintaining a good sleeping time. Sleeping helps your mind and body get back to its normal energy levels. Always remember, only when both the mind and body are healthy, our lives will be good and beautiful.

Exercise

Last but not the least; you must focus on getting back to exercising and leading an active social life. Exercising helps your bodies digest and metabolize the nutrients efficiently. We understand the body might be sore and lethargic due to the food and drink of your festivities, and hence, it is advised to start slowly by walking and jogging before your take it to a next level.

The above being said, there is never a magic or a miracle diet. The aforementioned tips can only assist you getting back to normalcy and take yourselves to that feeling of fresh all over again. We are confident; these tips will aid you in preventing from taking wrong decisions going forward and maintain healthy habits throughout.

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