

Is intermittent
fasting right for
everyone?



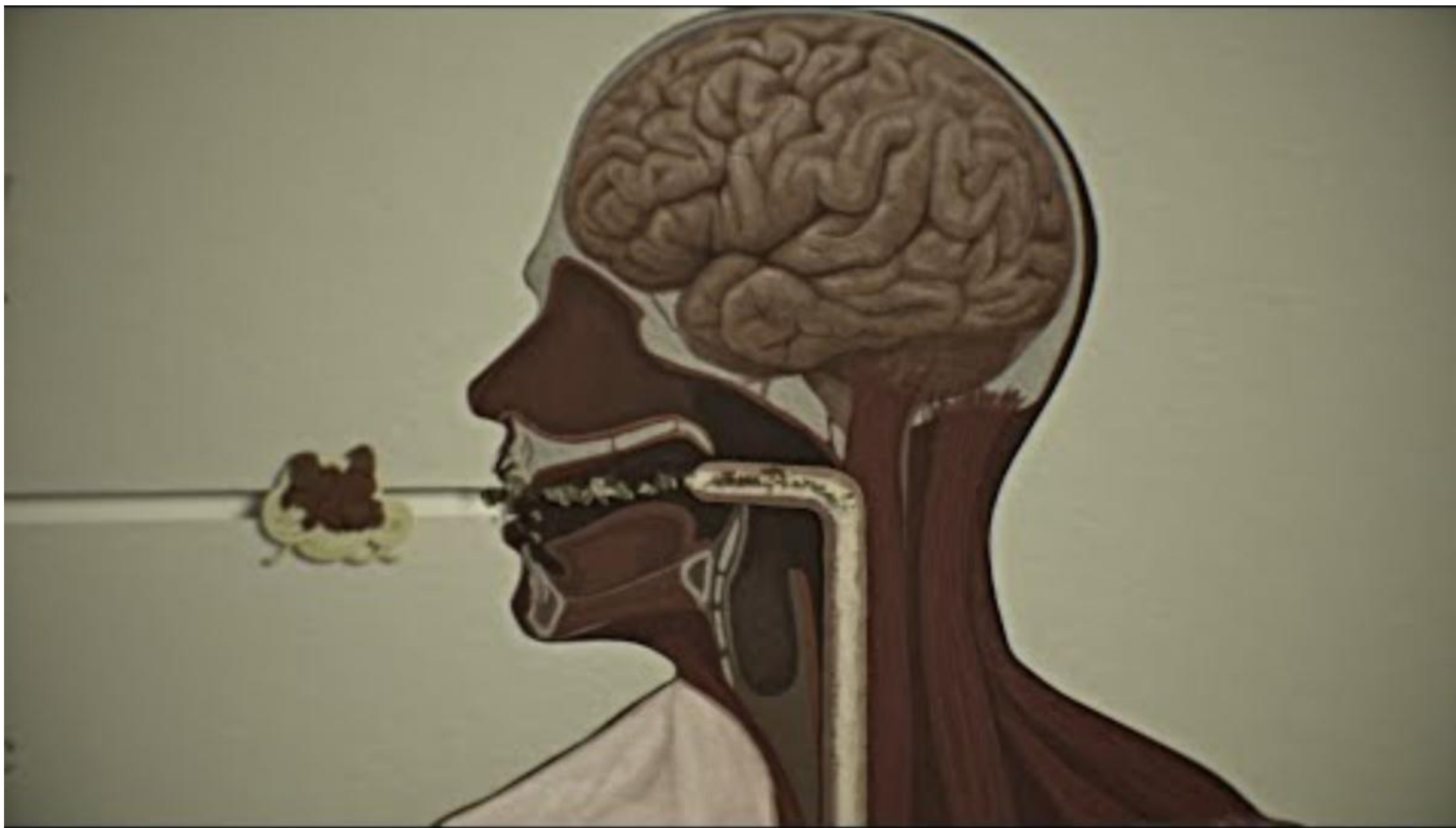
Introduction

- Intermittent fasting was originated in certain cultures and religion it has been practiced for decades and started in ancient times (Shanmugasundaram, 2018).
- Intermittent fasting involves changing one's eating pattern where a restriction of food is introduced in certain times typically lasting around 12 hours then a window where one is able to consume calories for the remaining hours (Rathomi, 2025).
- Fasting has recently become a trend online way to lose weight, with many influencers and celebrities advocating for it promising weight loss, and health benefits (Rathomi, 2025).
- However, researchers have mixed views on the benefits (Wang, 2022).



The Benefits to Intermittent Fasting

- As famously known for the effects of weight loss intermittent fasting can have profound effects on the metabolic system (Ezpeleta, 2024).
- With human studies proven, there can be a reduction in blood pressure (Ezpeleta, 2024).
- Reduction in triglycerides (Grundler, 2021).
- Reduction in LDL "bad" cholesterol (Grundler, 2021).
- Enhances HDL cholesterol function which is known as "good" cholesterol (Grundler, 2021).
- Improved insulin sensitivity (Che, 2021).
- Thus, reducing the risk of cardiovascular disease (Grundler, 2021).
- Fasting can start to trigger cellular repair one of the processes is called Apoptosis (Fatima, 2025).
- Apoptosis can eliminate damaged cells within the body which in turn can generate new cells (Fatima, 2025).
- The cells would start to shift from using glucose to breaking down fat and turning it into fatty acids this is called ketosis (Gipson, 2025).
- ketones are essential for the main energy source within many tissues in the body including the brain (Gipson, 2025).





The Negatives to Intermittent Fasting

- Studies have shown many benefits to fasting, however fasting can come with negative physical side effects, these include;
- Low energy, fatigue, and dizziness, fasting in elderly people is not recommended as there is a risk to falls (Garg, 2025).
- Hormonal imbalances can be affected when fasting for long periods of time, especially women as it can affect estrogen levels and disrupt menstrual cycles (Grag, 2025).
- Impact on thyroid function, the thyroid's function is to regulate metabolism and for long periods of fasting may lead to low thyroid function (Sui, 2024).
- Muscle loss can occur when fasted for long periods of time especially when there is no combination of strength training involved (Williamson, 2021).
- nutrient deficiencies, prolonged periods of fasting could heighten the risk of nutrient deficiencies especially if the individual's diet is poor (Wallerer et al, 2025).
- Risk of cardiovascular disease however, studies finding are mixed with some suggesting benefits while others have raised concerns (Sebastian et al, 2024)
- And people with diabetes as there is a risk of control of blood sugar considerably in type 1 (Herz, 2023).

Is Intermittent Fasting Sustainable?

- Modern-day life is very different from how our ancestors lived.
Our ancestors hunted and gathered their food, and fasting was a natural part of their daily lives. However, modern living has changed significantly. People today tend to be more sedentary, and many suffer from various diseases. In some cases, fasting can even have negative side effects and may worsen certain symptoms (Freese, 2018).
- However, within healthy individuals fasting can be a great tool in enhancing physical health (Visioli, 2022).
- Medical advice is always advised to ensure it is done safely for the individual so no complications can occur, it is important that no long term fast should be performed without medical supervision (Visioli, 2022)



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