



## Month One - Video #5

### Title: Intermittent Fasting

1. 500-800 calories per day has been shown to be healing for the digestive tract merely by giving it a rest. It helps to downregulate autoimmune such as thyroid Hashimoto's, skin conditions such as Lupus, gut issues such as Celiac, Irritable Bowel Syndrome (IBS) and Crohn's Disease, and finally joint issues such as Rheumatoid Arthritis (RA).
2. It increases your cells ability to hear hormones. Most important active thyroid hormone (T3), Insulin, Leptin and Ghrelin.
3. It helps you become a fat burner (lose weight) and slows the aging process.
4. Has been shown to prevent heart disease, diabetes, thyroid issues and cancer by reducing inflammation. It may also protect against Parkinson's and Alzheimer's.
5. It fixes your hormones by helping reduce inflammation on the cell membrane and fixing or unblunting hormone receptors.