



Before Starting Intermittent Fasting: Essential Scientific Tips

Description

Intermittent fasting is a popular diet pattern with potential health benefits. Some people experience more energy, weight loss, and improved metabolic health. However, before starting intermittent fasting, it's important to consider your medical history and medications. Individuals with conditions like diabetes, kidney stones, or eating disorders should approach fasting cautiously. Medications for heart disease, blood sugar, and high blood pressure may also be affected by fasting.

Research shows that fasting can impact metabolism by kick-starting fat-burning and improving insulin sensitivity. It may also promote cellular repair and regeneration through a process called autophagy. Women should be cautious with intermittent fasting as it can affect hormone balance and reproductive health. Additionally, fasting may increase cortisol levels and can be risky for those with blood sugar concerns like diabetes.

Consult a healthcare provider before starting intermittent fasting to determine if it is right for you. Remember, there are many options for achieving your health goals besides fasting.

Vocabulary List:

1. **Intermittent** /,ɪn.tər'mɪt.ənt/ (adjective): Occurring at irregular intervals; not continuous or steady.
2. **Fasting** /'fæstɪŋ/ (noun): The act of abstaining from all or some kinds of food or drink for a period of time.
3. **Metabolism** /mə'tæb.ə.lɪ.zəm/ (noun): The chemical processes that occur within a living organism in order to maintain life.
4. **Autophagy** /ə'tɒf.ə.dʒi/ (noun): The natural regulated mechanism of the cell that removes unnecessary or dysfunctional components.
5. **Cortisol** /'kɔːr.tɪ.spəl/ (noun): A steroid hormone produced by the adrenal glands that regulate various functions in the body.
6. **Sensitivity** /,sen.sɪ'tɪv.ɪ.ti/ (noun): The quality of being sensitive; the degree to which a person reacts to hormones or substances.

Comprehension Questions

Multiple Choice



1. What are potential benefits of intermittent fasting?
 - Option: Weight gain, fatigue, and decreased metabolism
 - Option: More energy, weight loss, and improved metabolic health
 - Option: Increased stress, hormonal imbalance, and reduced insulin sensitivity
 - Option: Decreased cellular repair, regeneration, and autophagy
2. Who should approach intermittent fasting with caution?
 - Option: Individuals with a history of kidney stones
 - Option: People on medication for heart disease
 - Option: Those with eating disorders
 - Option: All of the above
3. What process does fasting promote in cellular repair and regeneration?
 - Option: Glycolysis
 - Option: Autophagy
 - Option: Krebs cycle
 - Option: Photosynthesis
4. What impact can intermittent fasting have on cortisol levels?
 - Option: Decrease cortisol levels
 - Option: No effect on cortisol levels
 - Option: Increase cortisol levels
 - Option: Regulate cortisol production
5. Who should consult a healthcare provider before starting intermittent fasting?
 - Option: Only women
 - Option: Individuals with diabetes
 - Option: People who want to gain weight
 - Option: Everyone considering fasting
6. What is a significant consideration before starting intermittent fasting?
 - Option: Current weight loss
 - Option: Medical history and medications
 - Option: Fitness level
 - Option: Social media presence

True-False



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7. Women should not be cautious with intermittent fasting as it has no effect on hormone balance.
 8. Fasting can improve insulin sensitivity.
 9. Kidney stones are not a condition to consider before starting intermittent fasting.
 10. Fasting may affect individuals with diabetes differently.
 11. Consulting a healthcare provider is not necessary before beginning intermittent fasting.
 12. Research does not support the impact of fasting on metabolism.

Gap-Fill

13. Women should be cautious with intermittent fasting due to potential effects on hormone balance and _____ health.
14. Fasting can impact metabolism by kick-starting fat-burning and improving insulin _____.
15. Before starting intermittent fasting, individuals with conditions like diabetes or eating disorders should approach fasting _____.
16. It is important to consider your medical history and medications before embarking on intermittent _____.
17. Research shows that fasting may promote cellular repair and regeneration through a process called _____.
18. Consult a healthcare provider before starting intermittent fasting to determine if it is right for _____.



Answer

Multiple Choice: 1. More energy, weight loss, and improved metabolic health 2. All of the above 3. Autophagy 4. Increase cortisol levels 5. Everyone considering fasting 6. Medical history and medications

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. reproductive 14. sensitivity 15. cautiously 16. fasting 17. autophagy 18. you

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What type of medication is used to relieve nasal congestion?

- Option: Antibiotic
- Option: Analgesic
- Option: Decongestant
- Option: Antihistamine

2. Which term describes the chemical processes within living organisms?

- Option: Cognition
- Option: Metabolism
- Option: Autophagy
- Option: Stigma

3. What is physical activity done to maintain or improve health called?

- Option: Rest
- Option: Exercise
- Option: Fasting
- Option: Diagnosis

4. Which substance is commonly found in nasal decongestant medications?

- Option: Phenylephrine
- Option: Cortisol
- Option: Autophagy
- Option: Nutrients

5. What term relates to the mental processes of perception memory and reasoning?



- Option: Sensitivity
- Option: Cognitive
- Option: Support
- Option: Diagnoses

6. What is the natural regulated mechanism of the cell that removes unnecessary or dysfunctional components?

- Option: Chronic
- Option: Performance
- Option: Extinction
- Option: Autophagy

7. What is the mark of disgrace associated with a particular circumstance quality or person?

- Option: Fasting
- Option: Moderation
- Option: Diagnosis
- Option: Stigma

8. What term describes a disease or condition that persists over a long period?

- Option: Push-ups
- Option: Chronic
- Option: Authorities
- Option: Intermittent

9. What form of exercise strengthens the upper body muscles?

- Option: Push-ups
- Option: Version
- Option: Suggested
- Option: Research

10. Who has the power to make decisions and enforce rules?

- Option: Exercise
- Option: Cortisol
- Option: Authorities
- Option: Health

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Doctors use various tests to make _____ when identifying illnesses.

12. Intermittent _____ has been shown to have benefits for metabolism and autophagy.



13. Having a good social _____ system is essential for mental health.
14. Eating a balanced diet ensures your body gets essential _____ for proper function.
15. Enjoying treats in _____ is key to maintaining a healthy diet.
16. Always use the latest _____ of software to benefit from bug fixes and new features.
17. Scientists conduct _____ to gather data and draw conclusions about various phenomena.
18. Athletes work hard to enhance their _____ and achieve their personal best.
19. Philosophers ponder questions about the meaning and purpose of human _____.
20. The disappearance of a species from the planet is known as _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. fasting is an eating pattern that cycles between periods of eating and fasting.
22. The to taste varies among individuals influencing food preferences.
23. Regular exercise is essential for maintaining good and overall well-being.
24. Professional athletes focus on improving their physical and mental to excel in their respective sports.
25. Including activities like in your workout routine can enhance upper body strength.
26. Critical thinking skills help individuals solve complex effectively.
27. A medical involves identifying the cause of a patient's symptoms.
28. Friends and family provide emotional during challenging times.
29. Discoveries made through scientific contribute to advancements in various fields.
30. Regular routines improve cardiovascular health and muscle tone.



Answer

Multiple Choice: 1. Decongestant 2. Metabolism 3. Exercise 4. Phenylephrine 5. Cognitive 6. Autophagy 7. Stigma 8. Chronic 9. Push-ups 10. Authorities

Gap-Fill: 11. diagnoses 12. fasting 13. support 14. nutrients 15. moderation 16. version 17. research 18. performance 19. existence 20. extinction

Matching sentence: 1. Intermittent 2. Sensitivity 3. Health 4. Performance 5. Push-ups 6. Problems 7. Diagnosis 8. Support 9. Research 10. Exercise

CATEGORY

1. Health - LEVEL2

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