

### 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.tərˈmɪt.ənt/ (adjective): Occurring at irregular intervals; not continuous or steady.
- 2. Fasting /'fæstɪn/ (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.sɒl/ (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**



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? ESL-NEWS.

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.



14. Fating a balanced diet engures your body gets essential
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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