



Revolutionary Fasting Diet Sparks Changes in Human Brains

Description

Scientists found that eating fewer calories on some days can help with obesity. They studied 25 obese people for 62 days. The participants followed a special diet that had them eat less food on some days. As a result, they lost weight – around 7.6 kilograms on average.

The study also showed changes in the brain and gut. The brain areas related to obesity and addiction were affected. The gut bacteria also changed during the study. This shows a connection between the brain, gut, and weight loss.

The gut bacteria and the brain communicate with each other. The bacteria produce substances that affect our brain. In return, the brain controls our eating habits. The researchers hope this understanding can help fight obesity.

Over a billion people worldwide are obese, which can lead to health problems. Understanding how the brain and gut work together is crucial in fighting obesity. More research is needed to understand this connection better.

The study was published in a science journal.

Vocabulary List:

1. **Obesity** /oʊˈbiː.sɪ.ti/ (noun): A medical condition characterized by excessive body fat.
2. **Calories** /ˈkæl.ə.ri/ (noun): Units of energy that food provides to the body.
3. **Participants** /pɑːrˈtɪs.ɪ.pənts/ (noun): Individuals who take part in an experiment or study.
4. **Substances** /ˈsʌb.stən.sɪz/ (noun): Physical matter of which the body or anything is composed.
5. **Connection** /kəˈnek.jən/ (noun): A relationship or link between two or more things.
6. **Research** /ˈriː.sɜːrtʃ/ (noun): Systematic investigation to establish facts or principles.

Comprehension Questions

Multiple Choice

1. How many obese people were studied in the research?



- Option: 15
- Option: 25
- Option: 35
- Option: 45

2. For how many days were the participants studied?

- Option: 30 days
- Option: 45 days
- Option: 62 days
- Option: 90 days

3. What was the average weight loss achieved by participants?

- Option: 4.3 kilograms
- Option: 5.9 kilograms
- Option: 7.6 kilograms
- Option: 9.2 kilograms

4. Which areas of the brain were affected in the study?

- Option: Vision and hearing centers
- Option: Memory and learning centers
- Option: Obesity and addiction areas
- Option: Emotional response centers

5. What communication was observed between gut bacteria and the brain?

- Option: Unidirectional from brain to gut
- Option: No communication detected
- Option: Bidirectional
- Option: Only during certain times

6. How many people worldwide are estimated to be obese?

- Option: 500 million
- Option: 750 million
- Option: 1 billion
- Option: 1.5 billion

Answer

Multiple Choice: 1. 25 2. 62 days 3. 7.6 kilograms 4. Obesity and addiction areas 5. Bidirectional 6. 1 billion



Vocabulary quizzes

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

1. What is a sudden interruption in the blood supply to the brain called?
Option: Heart attack
Option: Stroke
Option: Aneurysm
Option: Hypertension
2. What is the treatment intended to relieve or heal a disorder called?
Option: Counseling
Option: Therapy
Option: Surgery
Option: Medication
3. Which term refers to the condition of being grossly overweight?
Option: Anemia
Option: Obesity
Option: Malnutrition
Option: Starvation
4. What bodily reaction causes shivering and feeling cold?
Option: Chills
Option: Fever
Option: Sweating
Option: Hot flashes
5. What is the fear of vomiting known as?
Option: Emetophobia
Option: Agoraphobia
Option: Arachnophobia
Option: Claustrophobia
6. What unit of energy is used to measure the energy content of food?
Option: Gallons
Option: Miles
Option: Calories
Option: Pounds
7. What type of treatment involves working on emotional issues with a trained professional?



- Option: Surgery
- Option: Therapy
- Option: Pharmacy
- Option: Rehabilitation

8. Which term describes the feeling of worry nervousness or unease?

- Option: Peace
- Option: Anxiety
- Option: Joy
- Option: Contentment

9. What are harmful substances in the environment known as?

- Option: Nutrients
- Option: Pollutants
- Option: Antioxidants
- Option: Toxins

10. What is the blockage or accumulation of fluid in a bodily tube or duct?

- Option: Fascination
- Option: Congestion
- Option: Desolation
- Option: Contradiction

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

- 11. A person who has lived through a life-threatening event is called a _____.
- 12. A different form or version of something is known as a _____.
- 13. Choosing not to notice or acknowledge something is the act of _____.
- 14. The process of transferring an organ from one person to another is called a _____.
- 15. To discover or identify the presence of something is to _____ it.
- 16. A deliberate action taken to modify a situation is an _____.
- 17. The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions is known as _____.



18. Expelling air from the lungs with a sudden sharp sound is called _____ .
19. The mental state achieved by focusing one's awareness on the present moment is termed _____ .
20. The relationship or association between two or more things is known as a _____ .

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

21. Indications of a particular disease or condition as experienced by a patient.
22. Individuals who take part in a particular activity or study.
23. Material with particular physical characteristics.
24. A link or relationship between two or more concepts or entities.
25. Systematic investigation and collection of information for analysis.
26. Causing weakness or impairment in someone.
27. A form or version of something that differs in some way.
28. Treatment intended to relieve or heal a disorder.
29. Harmful substances that contaminate the environment.
30. Paying attention to the present moment purposefully and without judgment.

Answer

Multiple Choice: 1. Stroke 2. Therapy 3. Obesity 4. Chills 5. Emetophobia 6. Calories 7. Therapy 8. Anxiety 9. Pollutants 10. Congestion

Gap-Fill: 11. Survivor 12. Variant 13. Ignoring 14. Transplant 15. Detect 16. Intervention 17. Research 18. Coughing 19. Mindfulness 20. Connection

Matching sentence: 1. Symptoms 2. Participants 3. Substances 4. Connection 5. Research 6. Debilitating 7. Variant 8. Therapy 9. Pollutants 10. Mindfulness

CATEGORY

1. Health - LEVEL2



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