Weight Loss Without Calorie Counting?

Despite the overall increase interest in health, about one third of people are considered obese Medical science is always looking for new ways to balance weight. Intermittent fasting is a relatively new take on an old idea: fasting. The principle of fasting is pretty simple – when you are not taking food in, the body has a chance to clean out.

Intermittent fasting has been touted has a new weight loss tool – but does it work?

A research team from the University of Illinois took on this very question and asked 23 obese volunteers to eat only between the hours of 10AM and 6PM – which is an 8-hour window. During this time, the volunteers could eat what they wanted. For the remaining time, only water was allowed. Everyone kept the same level of exercise and physical activity they were already doing. The researchers followed these patients for 12 weeks.

Another 23 subjects were followed as a control group to compare results. The average age was 45 and had a Body Mass Index of 35 (a BMI of under 25 is considered healthiest, 25 is overweight, and over 30 is obese). To learn your BMI, click here https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm?source=quickfitnesssolutions

These results were published in the Nutrition and Healthy Aging journal, where it was shown how the intermittent fasting group ate less calories, and lost about 3% of body weight (that’s about 8 pounds for a 250 lb person). Also, blood pressure dropped in the intermittent fasting group by 7 systolic points (The systolic point is the ‘top number’ of the blood pressure measurement). While there was significant weight loss, mass of fat, lipid markers, insulin, blood sugar and homocysteine levels (an inflammatory marker) stayed about the same.

Inner Source Weight Loss Success

While this study is very useful - it looks at one tool only.
For **optimal weight loss**, it takes working with a whole number of factor at the same. In our patients we also witness insulin, homocysteine, fat mass and blood sugar improve as well. This may be because we do not just recommend intermittent fasting, but also working on a number of factors at the same time. These factors are:

1 – Sleep
2 – Stress (remember the old saying: “it’s not what you are eating, it’s what’s eating you”)
3 – Exercise
4 – Genetics
5 – Metabolism (like checking thyroid and leptin hormones)
6 – Microbiome
7 – Foods
8 – Inflammation
9 – Blood sugar control
8 – Supplementation to support weight loss

At Inner Source, we work with you to set up a version of intermittent fasting that is realistic with your schedule and your body. We also check a number of body parameters to make sure you do not have any metabolic blocks to weight loss. We will also adjust the other aspects mentioned above to allow the weight to come off naturally. And, please remember: healthy weight loss is a slow process.

There is no one single supplement that can safely make a person lose weight.

But, using the right ones can help move the body in the right direction. Three supplements we typically use are:

- **Restoraflora** – for good microbiome -
  [https://3uneed.com/products/restoraflora](https://3uneed.com/products/restoraflora)

- **Source Cleanse** – as a healthy meal replacement -
Tryptophan Calmplete – to calm the brain and lower hunger naturally - https://3uneed.com/products/trypotphan-calmplete

Remember, to keep weight off, it is best to go slow and be consistent.