Intermittent Fasting: The Solution to Overeating and Food Conservation
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Introduction

• The world population is nearing 10 billion people
• Numbers from the past 5 years: 13% of the world is obese, 39% of the world is overweight, while only 8-9% of the world is starving
• Many people in the world have too much to eat, while others have too little
• Intermittent fasting (IF) for those who are non-starving is the solution to feeding 10 billion people and solving worldwide obesity
• Intermittent fasting includes cycling between periods of eating and fasting
• Types of fasting: alternate-day fasting, whole-day fasting (5:2), and time-restricted feeding
• Alternate day fasting: 24 hours of not eating followed by 24 hours of normal eating
• Whole-day fasting: not eating for two, 24 hour periods throughout a 7 day week (often 5 days of normal eating, 2 days of fasting)
• Time-restricted feeding: 14-20 hour periods of fasting each day
• Intermittent fasting aids in weight loss, reduction of body fat, and other health benefits

Presentation of Research

• Intermittent fasting gained mainstream popularity in the last 10 years, but has been around for a long time
• IF research in mice has shown effectiveness in weight loss and reduction of body fat
• Other health benefits in mice: lower BP, lower resting heart rate, slowed neurodegenerative disease, slowed cancer growth
• IF studies in humans show effectiveness in weight loss and lower BMI for obese and healthy weight
• Hunger levels decrease during IF
• IF in humans lowers risk of coronary artery disease and reduces chronic inflammation
• IF by itself or in combination with exercise is better than exercise alone
• Other health benefits of IF: slowed tumor growth, alignment of circadian rhythm, slowed rate of cognitive decline

Conclusions and Recommendations

• Intermittent fasting works for many, and there is evidence to prove it
• Changing the status quo diet to intermittent fasting can solve the skewed distribution of obese, overweight, and starving people in the world
• IF has the potential for health risks, so it should be approached with informed caution
• Studies show IF results in weight loss, lowered BMI, fat loss, and numerous general health benefits
• More research is needed to confirm the accuracy of health benefit claims
• IF can help eliminate excessive food consumption and food demand
• IF in the general population can help feed 10 billion people