



**5 MORE Exciting Health & Anti-Aging Benefits of Intermittent Fasting: Permanent Weight Loss is Great, but Just the First Reason to Try Out Eat Stop Eat**

**Richard Stoker**

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## **Weight Loss is Great, but Just the Beginning**

Thank for requesting this free report on the health benefits of intermittent fasting.

Most people are most interested in intermittent fasting for the weight loss, and it's terrific for that.

It's the most effective, sustainable and healthy way to lose weight.

Any way of eating that reduces your caloric input to below the number of calories you burn will take weight off.

However, it's not that simple and easy to keep it off, no matter what some experts maintain.

### **If You Want the Fastest Possible Weight Loss, Just Fast for a Week While Completing an Ironman Triathlon Every Day**

If you survive, congratulations.

However, that's not healthy or recommended, and certainly not sustainable in the long run.

If you want to lose weight now and make sure it never comes back -- in one, two, ten or twenty years -- start intermittent fasting and continue for the rest of your life.

The wonderful thing is, IF will help you live a much longer life. The scientific evidence continues to grow.

Unfortunately, so far there have not been any long-term studies to verify people who IF live longer. The idea is still too new.

Medical science still looks upon fasting as a long-term, occasional activity. Going 20, 30, 40 or more days without eating.

There's a place for such long-term fasts. But they are not something you can make a permanent part of your lifestyle except on a sporadic basis.

### **IF is Still a New Health Practice**

It's catching on in popularity, but too many people still want to lose weight just by taking a magic pill while they continue to live on the couch eating whatever they want.

Numerous scientific studies are documenting how IF improves key biomarkers that the medical field knows lower the risk of you suffering from many chronic diseases.

Dr. Valter Longo at the University of Southern California Leonard Davis School of Gerontology and others are continuing to research this area, but you can't wait for them to learn everything.

We know intermittent fasting is so healthy that if all its benefits (even without the weight loss) could be put into a capsule, it would make a pharmaceutical company billions of dollars in profits. You'd see it advertised all over TV and the Internet.

And if you added the weight loss benefits . . . Big Pharma could buy Australia with THOSE profits.

And I'm not exaggerating.

People are already paying large amounts of money for injections of the first IF benefit.

# **Intermittent Fasting Benefit #1**

## **Increased Human Growth Hormone**

In 1990, Dr. Daniel Rudman published a groundbreaking paper in The New England Journal of Medicine. He studied what happened when he injected 21 men aged 61-80 with Human Growth Hormone (HGH) over a six month period.

The results astounded everyone. The participants lost weight, gained muscle mass, looked younger, regrew hair, and, in general, lost 10-20 years of medical age.

Dr. Rudman cautioned that HGH injections were not a fountain of youth, and he himself died a few years later at the young age of 67, but that hasn't stopped many people from seeking to increase their HGH.

### **HGH Injections Aren't a Fountain of Youth, but That Doesn't Keep the Wealthy and Bodybuilders from Paying Thousands of Dollars for Them**

Human Growth Hormone is a natural substance manufactured by your pituitary gland. In 1985, medical science learned how to create a synthetic version of it. That's what Dr. Rudman injected into the subjects of study.

In the United States, doctors need to write a prescription for it, and its approved uses do not include general anti-aging benefits. It is the reason why you no longer see dwarves and midgets in developed countries. They're given HGH by doctors while in childhood.

However, that hasn't stopped wealthy people from paying thousands of dollars for the injections. So do bodybuilders, because it increases muscle mass.

Athletes and others who cannot afford the pricey injections of synthetic HGH take supplements that allegedly lead their pituitary glands to release more of it.

However, while these supplements don't cost a small fortune and don't entail the risk (and illegality) of taking synthetic HGH, there's also little no evidence they do any good.

### **HGH Injections aren't a Fountain of Youth, but Your Body's Natural HGH Almost Is**

You use a lot of it while you're a growing child. About the age of 25, however, like a lot of other

things, your supply of HGH peaks. It begins going gradually downhill, and by the time you're 50 you notice a lot of changes.

In older adults HGH:

- \* Increases muscle mass and strength, combating sarcopenia (the loss of muscle from aging)
- \* Speeds up bone healing (fractures are one of elderly people's biggest fears)
- \* Causes weight loss even without a change of diet
- \* Lowers risk of cardiovascular disease
- \* Enhances erectile function in older men
- \* Strengthens your immune system

While reduced levels of HGH is not the one cause of aging and its symptoms, it's a factor. Clearly, the amount of HGH you have is highly correlated with how biologically old you are. The injections of synthetic HGH did make the Rudman study participants significantly younger in many ways.

Clearly, increasing the amount your pituitary gland releases is healthy when done in safe ways.

## **Science Knows of 3 Natural Ways to Increase Your Supply of HGH**

### **1. Deep sleep**

That's when your pituitary releases the hormone into your body. That's one more reason to get a lot of high-quality, deep sleep.

And that makes sense, because sleep is when your body needs HGH to repair and build muscles after the stress of the day.

### **2. Intense exercise**

Jogging doesn't qualify even if you do it for hours. You need \*intense\* effort to generate more HGH. That could be High Intensity Interval Training (HIIT) or slow-movement strength training.

Stressing your body out forces it to release more HGH.

### **3. Fasting**

Scientific studies verify that fasting raises HGH without the potentially harmful side effects of injecting the synthetic hormone.

At the Intermountain Medical Center Heart Institute researchers found that fasting for just 24 hours caused men's HGH levels to increase by 2000%. That's a 20-fold increase in just one day.

Women's HGH went up by 1300%. I don't know why there's a gender difference, but multiplying your HGH by thirteen is still huge.

The increase isn't permanent, and that's a good thing. Your body's supply of available HGH should rise and fall. It acts as a counterweight to insulin. You can't burn fat without it.

Therefore, avoid the injections even if you can afford them and the supplements.

Give yourself all the benefits of natural HGH just by going without food for one or two 24-hour periods a week.

And you'll give your body a rest from high levels of insulin.

## **Intermittent Fasting Benefit #2**

### **Reduced Insulin Resistance**

Normally, your body's tissues and muscle cells burn glucose for energy. They get the glucose from your blood. It's put there when you digest the food you've eaten.

However, your cells don't have a low-security, doors-wide-open, red-carpet-treatment, welcome-to-anything policy. They don't allow glucose inside themselves unless it's been referred by a trustworthy source.

That's the hormone insulin. Manufactured by glands in your pancreas, it convinces your cells to let in the glucose they need. It's often described as the "key" to letting glucose into your cells.

Your pancreas releases more insulin based on what you eat and how much. High glycemic carbohydrates cause insulin to go up the most. Low glycemic carbohydrates even the effect out. Excess protein also raises insulin. Fat has hardly any effect on it.

Ideally, your pancreas would make just enough insulin needed to do the job of convincing your cells to let in glucose.

And, if you ate just the ideal amount of food, that's how it would work.

But when you eat continually through the day, you keep insulin levels high.

### **When Your Cells Become Reluctant to Let Glucose In, That's Insulin Resistance**

It requires all of insulin's persuasion skills to convince you to let glucose into your home. When the normal amount of insulin doesn't do the job, the pancreas releases more.

Glucose shows up at your doorstep with two, three, four or more insulin bully boys. Outnumbered, you let them convince you to take in more glucose.

As insulin resistance grows, your pancreas works increasingly hard to make more insulin.

See, glucose -- your blood sugar -- needs to be burned by the cells. When you let it go its own way and wander freely through your body, it's a troublemaker. It damages your tissues, especially your eyes.

That's why your pancreas and insulin work so hard to get it all used up. And the glucose that

can't be burned up, must be stored as fat.

When your cells are so resistant to insulin that your pancreas can no longer produce enough insulin to force your cells to accept all the glucose.

When that happens, the glucose not only gets stored as yet more fat, too much of it is hanging around on street corners late at night, wreaking havoc.

At that point, you have Type II diabetes.

## **But Your Cells Need Glucose to Burn for Energy, so Why Do They Resist It?**

Now think of it this way. You're sitting in your house or apartment without any food to eat. Your kitchen shelves are as bare as Old Mother Hubbard's.

Then a delivery person shows up at your doorstep with a pizza.

Would you turn it down?

Of course not. You're hungry. You need food. You grab the pizza and devour it.

## **Insulin Resistance Occurs When Your Cells are Chronically Full**

When you eat early, often and a lot, your cells become stuffed full of glucose. They have more than they can burn. They just want to loosen their belts and take a nap on the couch while pretending to watch a football game on TV.

However, you keep eating. You keep spiking insulin with your diet. You keep stuffing glucose into your cells even though they're as full as a plastic garbage bag about to split open.

That's why your cells resist the insulin. They already have all the glucose they need, thank you very much. They're like the houses of those people who are mentally unable to throw away newspapers and magazines, so the piles fill the rooms from floor to ceiling. They don't welcome salespeople trying to get them to sign up for more subscriptions.

At best, this leads to the insulin storing the excess glucose as body fat. Eventually, it often progresses to Type II diabetes.

According to the Center of Disease Control, over 29 million people, nearly 10% of Americans, now have diabetes. Another 86 million have prediabetes. Of those, 90% don't know it yet.

Prediabetes just means you have insulin resistance that's getting dangerous, but it's not yet advanced enough to officially call diabetes.

Type II diabetes directly damages your circulatory system, which is why advanced diabetics often need foot amputations. It's also the most common cause of blindness.

Type II diabetes also raises your risk of many other killer diseases including heart attacks, strokes and cancer.

Therefore, the ability of eating less -- intermittent fasting -- to improve your insulin resistance is a major advantage.

You get two benefits in one.

Eating less reduces your weight. You give your body a rest from high levels of insulin, giving it time to burn stored body fat.

That also lowers your insulin resistance, reducing your risk of Type II diabetes and all the associated medical problems that go along with that.

And it gives your body time to do some spring housecleaning and to take the trash to its internal recycling centers.

# **Intermittent Fasting Benefit #3**

## **Increased Autophagy**

It's an overused and often inaccurate analogy, but think of your body as a factory.

When you eat throughout the day and night, every day and night, that's the body's equivalent of good economic times.

Sales are booming. Raw materials keep arriving at the factory's loading docks. Profits come fast and easy. Investors want to buy the stock, so the company raises investment capital whenever it wishes.

In such times -- which sound absurd today but which were not so uncommon in the United States for a few decades following the end of World War II -- nothing is sacrificed except efficiency.

The assembly line runs nonstop 24 hours per day. The machinery is out of date, but so what? The customers keep buying. There's no time to install improved versions.

John and Jane don't work hard because they're lazy, sick or old? So what? Just hire Joe and Jill. There's plenty of money to pay them with.

The raw materials get wasted? So what? There's always more.

Some customers buy a "lemon?" So what? They're plenty more. (Think of mid-20th century General Motors, Chrysler and Ford until faced with competition from the Japanese and German car manufacturers.)

Rejects covering the factory floor and getting in the way of the workers? So what? There's no time to clean things up.

## **Autophagy Enforces Economic/Biological Efficiency on Your Body**

Your body is the same. When you keep eating eating eating, it gets lazy.

Are some cells dead or damaged? Let them alone.

Damaged proteins? So what?

Cells with damaged DNA? Why bother getting rid of them?

The same with malfunctioning mitochondria.

Your body spends its productive energy digesting the food you keep devouring. It doesn't have the energy or resources to clean up or repair the inevitable damage that gradually accumulates.

## **Autophagy is Your Biological Frederick Taylor, the Efficiency Expert Sent in to Clean Up the Mess**

After around twelve hours of not eating, your body gets the message that the "good times" are over, at least for now.

With no fresh supplies of food to digest, your body suddenly becomes ruthless about its resources.

Are cells dead or damaged or just plain too old? Lay them off - destroy them and reclaim the minerals or other substances within them.

It's a natural and healthful process of the body getting rid of the parts of that are no longer worth keeping.

That's cells, proteins, mitochondria and so on. Anything, dead, old, malformed, damaged or containing damaged DNA. Getting rid of cells with damaged DNA may reduce your chances of getting cancer.

It does allow for all the materials to be recycled and reused.

And it can't happen when you're well-fed. It requires low insulin.

Not long ago, Dr. Valter Longo made headlines by showing that four days of fasting "reset" people's immune systems. He explained that during those four days, the body's autophagy process destroyed up to 40% of the cells of the immune system.

That sounds bad, but it was the weak 40%. When the study participants went back to eating, the body immediately used the new protein and nutrients to replace the destroyed 40% with new, rejuvenated cells.

To return to the factory analogy, that's like a company firing or retiring the 40% of its slowest, oldest, least productive employees. Then it replacing them with strong new employees.

Meanwhile, with the factory closed, the company is installing the most modern new equipment. It's cleaning up the piles of raw materials just sitting around and reorganizing the warehouse. Everything is recycled and reused or discarded.

Also, smart hunters bring home more food.

## **Intermittent Fasting Benefit #4**

### **Stimulated Brain-Derived Neurotropic Factor (BDNF)**

Let's go back in time a hundred or so thousand years.

It's winter. Game is scarce. Greens do not exist, either killed by the cold season or nibbled by deer or other grazing animals. Joe and all the other cave people have been trapped in their cave for several days by a blizzard.

Yes, they've gotten quite hungry. The supermarket is closed and the local pizzeria isn't delivering.

When the blizzard lets up, everybody goes out to rustle up some grub.

Is this a time to use their intelligence or to act stupid?

Wouldn't the hunters be better off if they can remember where the local deer like to hang out? Wouldn't the gatherers be better off if they can locate roots that can still be eaten?

Wouldn't everybody be better off if they could set traps and design more effective weapons?

#### **Without Our Brains, We'd Have Starved to Death**

People didn't survive the Paleolithic era because they were physically tougher than other animals. They didn't even grow enough fur to keep them warm in winter.

People are physically weak. We can overcome small animals such as rabbits and birds (if we can catch them, which is difficult), but anything even close to our size is stronger. A chimpanzee can tear you apart.

Game animals such as deer, antelope and rabbits run a lot faster. Birds fly away from us. We have teeth and nails, but they're poor weapons compared to fangs and claws.

We do have pretty good long distance sight, but only in front. Our hearing is weak and our ability to smell is pathetic.

When it comes to eating meat, we could only be scavengers, and that only of the scraps left behind by jackals, hyenas and vultures.

That leaves us leaves and fruit, and almost nothing in winter.

Physically, we've got to be the least fit species evolution ever experimented with on Planet Earth.

Without our brains, we'd be a long-extinct stub on the primate family tree.

## **Therefore, We Evolved to Think Ever Better When Hungry**

When you're full and fat, you don't need to think. Life is easy.

It's problems that force us to find new solutions. Especially the problem of hunger.

However, many people believe the myth that if they miss a meal they're starving their brains and can't function as well.

Studies have confirmed that short-term hunger does not affect your ability to think and to mentally perform.

## **Reducing the Calories You Eat Actually Makes You Smarter in the Long Term**

As you learned in the last chapter, fasting puts your body into a hyper-efficient state where it "eats" up dead or damaged cells to reuse their biochemicals and minerals.

One place it does that is in your brain. It removes toxic substances and damaged mitochondria from your neurons, improving their health and efficiency.

Intermittent fasting also increases the amount of brain-derived neurotrophic factor (BDNF) in your brain. That's a neurotrophin that helps maintain the health and vitality of your neurons. That's good for your brain and your peripheral nervous system.

It keeps existing brain cells alive and promotes the growth of new neurons. It supports your ability to think.

Low levels of BDNF are associated with Alzheimer's, Parkinson's, schizophrenia, obesity, depression and neurotransmitter dysfunction.

Studies show that intermittent fasting improves BDNF signaling, which improves your cardiovascular system as well as your brain health.

Increasing your BDNF increases your memory. That's clearly important to seniors worried about becoming forgetful, and worse, as they grow older.

Higher levels of BDNF are associated with more memory and increases in learning and productivity.

John J. Ratey, M.D., a neuropsychiatrist at Harvard, called it "Miracle-Gro for the brain."

Professor Mark Mattson, head of the laboratory of NeuroSciences at the National Institute of Aging in Baltimore has written and spoken a lot on how intermittent fasting increases BDNF.

I hope you're excited about intermittent fasting, but you want your immune system to remain calm, and intermittent fasting accomplishes that too.

# **Intermittent Fasting Benefit #5**

## **Lowering Inflammation**

Acute inflammation is your body's natural response to injury and infection. It's natural and useful. It raises your temperature, increases blood flow to the affected area and unleashes a "shock and awe" attack of cytokines. You also feel a lot of pain.

With luck, that preserves your life against bacteria and viruses.

However, these days many people suffer from chronic or silent inflammation.

You don't feel pain, at least not until it progresses into an "itis" (arthritis, meningitis, bursitis, bronchitis etc), but it is associated with many chronic diseases and the aging process.

In fact, a study done in Japan found that inflammation was the most consistent biomarker of disease and aging. They compared inflammation along with other such biomarkers as cholesterol levels, blood pressure, telomere length and so on.

Inflammation was the most consistently accurate.

And it's caused by the excess fat stored in our bodies. In effect, our bodies treat that as an "invader," and mobilize a defense against it.

Of course, unlike a bacteria, your body cannot get rid of fat cells. But it doesn't stop trying.

This inflammation is associated with obesity.

This links excess weight to all the serious deadly diseases we're faced with today, from cancer and heart disease to stroke.

Inflammation is also behind all the painful "itis" diseases. Of course, arthritis (pain the in joints), is the most common.

Intermittent fasting reduces inflammation markers directly, just by putting less food into your body.

And, in the long run, it reduces inflammation by reducing the amount of excess fat stored in your body.

According to a study that came out about 2 years ago, researchers at the Yale School of Medicine found that fasting creates a compound called beta-hydroxybutyrate which blocks

your immune system's inflammatory response. It stops Type II diabetes, autoimmune diseases, Alzheimer's and autoinflammatory conditions.

Also, fasting reduces levels of both prostaglandin E2 and leukotriene B4.

Those are the two main biochemical pathways of inflammation, including pain.

Most drugs stop only one or the other process.

Fasting stops them both.

To learn how to get all these -- and more! -- benefits from intermittent fasting, go right now to check out

**[Click here to learn more about Eat Stop Eat Brad Pilon](#)**

