



# Obesity

## Intermittent Fasting

**Intermittent fasting means a period of eating followed by a period of not eating, repeated over time.**

There are **6 popular ways** to do intermittent fasting.

### 1. **The 16/8 Method:**

**Fast for 16 hours each day.**

The 16/8 Method involves fasting every day for 14-16 hours, and restricting your daily eating window to 8-10 hours in which you can fit in 2, 3 or more meals. Doing this method of fasting can be via not eating anything after dinner and skipping breakfast. So if you finish your last meal at 8 pm and then don't eat until 12 noon the next day, then you have achieved 16 hours of fasting.

It is generally recommended that women only fast 14-15 hours, because they seem to do better with slightly shorter fasts.

You can drink water, coffee and other non-caloric beverages during the fast, and this can help reduce hunger levels.

It is very important to eat mostly healthy foods during your eating window. This won't work if you eat lots of junk food or excessive amounts of calories.

### 2. **Eat-Stop-Eat:**

**FAST 24-hour once or twice a week.**

Eat-Stop-Eat DIET involves a 24-hour fast, either once or twice per week.

By fasting from dinner one day, to dinner the next, this amounts to a 24-hour fast.

Water, coffee and other non-caloric beverages are allowed during the fast, but no solid food.

It is important to eat your normal quantities and not compensate when you are not fasting.

### 3. **The 5:2 Diet: Fast for 2 days eat 5 days.**

**The 5:2 diet involves eating 5 days of the week as usual, while restricting calories to 500-600 on two days of the week.**

This diet is also called the Fast diet, and was popularized by British journalist and doctor Michael Mosley.

On the fasting days, it is recommended that women eat 500 calories, and men 600 calories.

### 4. **Fast every other day.**

**Alternate-Day fasting means eat one day, fast one day.**

There are several different versions of this. Some of them allow about 500 calories during the fasting days.

### 5. **The Warrior Diet:**

**Fast during the day, eat a huge meal at night.**

It involves eating small amounts of raw fruits and vegetables during the day, then eating one huge meal at night.

Basically, you "fast" all day and "feast" at night within a 4 hour eating window.

The Warrior Diet was one of the first popular "diets" to include a form of intermittent fasting.

This diet also emphasizes food choices that are quite similar to a paleo diet - whole, unprocessed foods that resemble what they looked like in nature.

### 6. **Spontaneous Meal Skipping:**

**Skip meals when convenient.**

You don't actually need to follow a structured intermittent fasting plan to reap some of the benefits. Another option is to simply skip meals from time to time, when you don't feel hungry or are too busy to cook and eat.

So if you're really not hungry one day, skip breakfast and just eat a healthy lunch and dinner. Or if you're travelling somewhere and can't find anything you want to eat, do a short fast.

For more details on intermittent fasting, read this: [Intermittent Fasting 101 - The Ultimate Beginner's Guide.](#)

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## Osteoarthritis

Osteoarthritis (OA) is a condition that affects the whole joint including bone, cartilage, ligaments and muscles. Although often described as ‘wear and tear’, OA is now thought to be the result of a joint working extra hard to repair itself.

OA can affect any joint but is commonly found in hips, knees, fingers and toes. Symptoms may include pain and stiffness in the affected joints, resulting in reduced function. Being overweight has been shown to be a risk factor for developing OA.

Weight loss and appropriate exercise have been shown to be very effective in managing the symptoms of OA, often resulting in reduced dependence on pain medication, as well as often delaying the need for joint replacement surgery.

For more information on weight loss strategies or appropriate exercise programs to manage your condition, please speak to your practitioner at Caulfield Natural Health Clinic



Shanee Fleischer, Physiotherapist

## Exercise For Younger, Healthier You!

Now that the weather is finally warming up and we are getting some sunshiny days, it becomes easier to start thinking about getting into (or back into) exercise again. One of the effects of ageing is a reduction in muscle mass. Loss of muscle mass not only means a loss of your previous strength but it also slows down the metabolism making achieving or maintaining an ideal weight even harder.

Many studies have shown that strengthening exercises (resistance and weights) not only increase muscle mass, but help maintain proper posture, and improve your metabolism.

Speak to our practitioners about which exercises will be most suitable for you.



Sandra Buchanan, Chiropractor



## Obesity and Lower Back Pain

Obesity is defined by medical experts as a disease. While it contributes to many diseases in the body it is also a **contributing factor to back pain!** Being overweight can enhance symptoms associated with arthritis, osteoporosis, disc disease, spinal stenosis and spondylolisthesis\*.

Your body is made to carry you throughout the day either through activity or rest. Being overweight adds load to your skeletal system (joints, muscles and ligaments). This then forces you to change postures and movements and can compromise your structure and create damage.

The lower back is one of the main areas in the body that is affected from obesity. This can lead to pain in the pelvis, sacral and lumbar region. Creating conditions like, Osteoarthritis, poor posture, disc herniation/prolapse, muscle and ligamentous damage, causing pain, sciatica, reduced functionality, stiffness and muscle tightness.

It's important to maintain a healthy exercise regime to improve joint flexibility and muscle strength. Obesity can lead the back to change posture. Generally people will have an increase store of fat in the mid section putting more load and creating a forward tilt of the lower back and pelvis. Overtime, this posture can weaken other areas in the body resulting in secondary conditions.



Daniella Zampierollo, Osteopath

\*1. <https://www.spineuniverse.com/conditions/back-pain/back-pain-obesity>



Image by: <http://www.mybariatriclife.org/weight-loss-for-obesity-and-back-pain/>