

Have FUN with FASTING

The year was 2016, and while tending to a patient, I felt a sudden jolt of alarm as I checked the heart-beat. Struggling to get up due to my 220 lb body, I managed to get up from my chair to examine the situation closely. Little did I know that this moment would lead to a life-changing experience. Sounds faded, my vision blurred, and I felt myself slipping into a trance-like state, only to be rudely awakened by the impact of my head hitting the ground.

When I finally regained consciousness, I was surrounded by the incessant ticking of heart monitoring devices and the glow of EKG displays. The patient I had been attending to had promptly called for emergency services and remained by my side until I became conscious. It was a humbling experience, and I couldn't help but think that sometimes, divine intervention comes in unexpected disguises.

As I glanced to the other side, a medical report caught my eye, boldly stating "MILD CARDIAC ARREST". A week later, I found myself sitting in the doctor's office, but this time, I was the patient. The doctor soberly informed me that my excessive belly fat had contributed to the heart attack. It was a miracle that I had survived, he said.

My belly has evolved so big that if Columbus was alive he would travel around to see whether the belly is round or flat!

This wake-up call made me realize that I needed to take my health seriously. Excessive belly fat had put my life at risk, and I knew I had to make significant changes. It was time to embark on a journey towards better well-being and a healthier life.

Earlier I ate breakfast like a KING, lunch like KING of KINGS and dinner on behalf of the whole KINGDOM!

Like everyone, I tried following the traditional method of weight loss. I followed the principle of the calorie in and calorie out model. We've long believed that the simplest way to shed pounds is to decrease calorie intake and increase calorie expenditure. But I was not successful in shedding pounds using this method and was very disappointed.

I don't need a table to keep the plate down when I go for a get together - I can use my own belly!

During that time at the hospital, we conducted a research study on mice to explore the impact of different food habits. The study involved two sets of mice: the first set was allowed to eat as much as they wanted whenever they pleased, while the second set was subjected to time-restricted feeding.

The results were eye-opening. The mice in the first group with unrestricted eating habits, developed symptoms of heart disease and diabetes, highlighting the detrimental effects of excessive food intake. On the other hand, the mice in the second group practicing time-restricted eating or intermittent fasting, exhibited nearly normalized bodily functions, effectively shielding themselves from significant health hazards.

If you want to get rid of rats, it might not be a bad idea to place an immense amount of food instead of a mouse trap!

This revelation marked a turning point in my understanding of how our eating patterns can profoundly impact our health and well-being. I realized that it was not just about what we eat, it's equally vital to consider when we eat.

This newfound knowledge ignited a passion in me to explore time-restricted eating further and make it an essential part of my journey towards better health and a healthier life. So, what is "Time-Restricted Eating"?

Time-Restricted Eating (TRE) is a dietary approach that focuses on eating within a specific time window and fasting for the remaining hours of the day. This eating pattern aligns with the body's natural circadian rhythm, the internal biological clock that regulates various physiological processes over a 24-hour cycle. Time-Restricted Eating (TRE) has significant effects on various hormones, positively impacting our health. When we restrict our eating window and fast for a certain period, it influences hormone secretion and balance.

One important hormone affected by TRE is insulin. When we consume carbohydrates, blood glucose levels rise, and the pancreas releases insulin to regulate it. During the fasting period of TRE, insulin levels naturally decrease. This allows our body more time to process and utilize glucose, improving insulin sensitivity and reducing resistance. As a result, TRE can be beneficial in preventing type 2 diabetes and managing blood sugar levels.

Insulin is like a bank which is open from 8 am to 6 pm - you can deposit food only during this time, if you try to deposit anytime other than this, it gets deposited into your fat account. Then you will get health issues as interest!

Another hormone that is affected by TRE is Human Growth Hormone (HGH). HGH is essential for tissue repair, muscle growth, and fat metabolism. Studies show that fasting increases the secretion of HGH. As we age, our bodies may produce lower levels of HGH, which can lead to increased fat tissue and muscle loss.

However, HGH can help with weight loss without compromising muscle mass.

TRE can also help regulate circadian rhythms, the internal clock that governs our daily cycles. Historically, we are designed to eat during the daytime and fast during the nighttime. But our modern lifestyles often disrupt these natural rhythms, leading to overeating and reduced metabolic efficiency.

My friend SK is saying, Hey Pal! We don't even know when we will die. I am going to eat as I wish and live my life to the fullest. You eat as much as you want but God will wash his hands off!

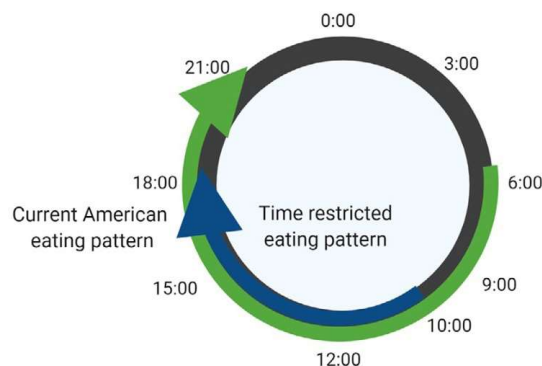
By following a time-restricted approach to intermittent fasting, we can harmonize our eating patterns with our biological clock, leading to improved weight regulation and reduced obesity. It also promotes normal gene expression related to liver health and restores beneficial gut bacteria.

Eating period will be like PT period where the time runs very fast. But fasting period will test your patience like history period. There will be a battle of food that runs in your mind between gulab jamun and water. Choose water or else you will become a history!

In conclusion, TRE can optimize hormone balance, metabolism, and overall health when practiced in harmony with our natural circadian rhythms.

Excited by the science and motivated by my desire for better health, I began implementing TRE in my life. Starting with simple changes, like pushing my dinner an hour earlier and delaying breakfast by an hour, I soon saw positive results. Gradually, I focused on the quality of my food, increased protein intake, and incorporated strength training with the guidance of a trainer. The transformation was remarkable, and I felt more energetic and rejuvenated.

My patient Arogyaswami told me he was getting protein through shakes. Later I found out he gets mutton from Sheikh Dawood bhai!



If you're intrigued by the idea of time-restricted eating and want to start your own journey to better health, I encourage you to take small, intentional steps. Begin by observing the time of your first and last bites of food, aiming to eat within a 12-hour window. Slowly reduce the eating window time according to what suits your lifestyle and health condition best.

Have your food in your eating window and beyond that, you could just only see food through the window and not touch it!

Remember, life is about living self-reliantly and healthily during the time we have. By embracing time-restricted eating, we can optimize our hormone balance, metabolism, and overall well-being. So, let's embark on this exciting journey together, making conscious choices and achieving our health goals one step at a time.

Here's to a healthier and happier you!



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