



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Time-Restricted Eating

**“Finding wellness strategies that not only boost your natural immunity, but help boost your confidence and extinguish fears.”**

Cardiologist, Dr. Stephen Gundry's new book, The Energy Paradox, has a plethora of bio-hacks to help people achieve more energy. I thought it would be fun to focus on one of the techniques that could make a profound difference in your health and yet doesn't cost you a penny. It's called Time-Restricted Eating.

The most obvious benefit from time-restricted eating is better blood sugar control and insulin regulation. You may not know it, but insulin resistance causes metabolic inflexibility, inability to lose weight, over-oxidation, hormone dysregulation, pain, brain fog, and inflammation.

Time-restricted eating, as its name implies, means to restrict eating to a set number of hours

per day. This retrains your body to burn fats as the primary source of fuel instead of carbohydrates. He shares that closing one's eating window to 6-8 hours can have profound effects. In his book, he shares that by adding principles of time-restricted eating, people who have been treated unsuccessfully by other doctors have recovered from chronic Lyme disease, Epstein Bar Virus, chronic fatigue, food allergies, autoimmune conditions, and toxic mold.

But trying to motivate people to make that type of change right away is instant failure. Because many, many people eat 16 hours a day to maintain energy, so to limit their eating will cause headaches, fatigue, brain fog etc. So, he has learned to go in

steps. Before we go further, he found one of the key strategies for success was to take the weekends off. That means 5 days of time-restricted eating and 2 days of regular eating periods.

Of course, during both periods, he encourages an anti-inflammatory high fiber diet to feed the microbiome. What he calls "gut buddies" because the healthy bugs in your gut are really the core of optimal health.

His first step is to start with what he refers to as "the biggest lifestyle change. Stop eating at least three, but preferably four, ours before bed. Here's why, when you eat food, your blood is directed as it should be to your gut. It takes tremendous energy to digest and assimilate

This is a transcript from a "video magazine" we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

food. Dr. Dale Bredeesen a neurologist specializing in Alzheimer disease says that when we sleep, our blood moves to our brain and washes or cleans our brain of metabolic byproducts and toxins. If we don't have proper blood supply, metabolic toxins accumulate. And let's not forget that during the night, our bodies undergo mitochondrial repair.

The mitochondria are the energy factories in your cells. When we are young, we have lots of mitochondria, but as we get older, we have fewer numbers, and the ones we have are not as efficient. Time-restricted eating promotes mitochondrial replication. It also promotes the process of degrading malfunctioning mitochondria and uses the cellular material to build new healthy ones.

He shared a study from Dr. Satchin Panda from the Salk Institute. He showed in both rats and humans, reducing their eating window to 10 hours, which leaves 14 hours of fasting, had profound benefits in terms of weight loss,

increased energy, clearer thinking, improved moods, and improved sleep, all over the course of a few months. It's a beautiful study that shows it's not always about WHAT you're eating, but HOW LONG you're eating that makes a difference.

I don't think there is a perfect way or definitive rule on this subject. You will see many different researchers sharing their models and protocols. In other words, don't get discouraged if you don't do it perfectly. The key is to start, even if you start by creating just a 12-hour eating window and then stop eating 3 hours before bed, you are moving in the right direction.

In his book, [The Energy Paradox](#), Dr. Gundry, discusses how time-restricted eating resets our circadian rhythm, restructures the microbiome, heals the gut, increases energy and clearer thinking. It even helps people lose weight. But it also contains over 240 references to build his case that food and the timing of the food we eat is a powerful healer.