

**INTERMITTENT FASTING- IS IT RIGHT FOR YOU?**  
**John Myers, MD., Family Medicine, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

IF YOUR NEW YEAR GOAL INVOLVES SHEDDING POUNDS- PERHAPS YOU'VE CONSIDERED INTERMITTENT FASTING.  
BUT DOES IT WORK... AND IS IT RIGHT FOR YOU?

{\*\*TAKE VO\*\*}

TRT:

INTERMITTENT FASTING IS THE PRACTICE OF EATING ALL MEALS WITHIN AN EIGHT TO TEN HOUR WINDOW... AND FASTING THE REST OF THE DAY. PROPONENTS SAY IT HELPS YOUR BODY USE UP ENERGY THAT WOULD OTHERWISE BE STORED AS FAT... LEADING TO WEIGHT LOSS. DOCTOR JOHN MYERS SPECIALIZES IN HELPING PATIENTS WITH WEIGHT MANAGEMENT- HE SAYS THERE IS CONFLICTING DATA ABOUT INTERMITTENT FASTING'S EFFECTIVENESS. BUT AT THE END OF THE DAY THE BEST APPROACH TO A HEALTHY DIET IS ONE YOU CAN SUSTAIN.

{\*\*TAKE SOT\*\*}

John Myers, DO  
Baylor Scott & White Health

TRT: 21

I think what it comes down to is you need to find a plan that feels sustainable to you. If you feel like you're starving yourself to death. If you feel like this is extremely difficult, well, it's not gonna persist, you're not gonna be able to make it. If you find a plan that feels sustainable, you'll be able to stick with it. Even if you don't see the results on the scale initially, but you're following those healthy habits, eventually you will see results and you'll feel a lot better.

{\*\*ON CAM\*\*}

DOCTOR MYERS ALSO SAYS THAT SUSTAINABILITY IS IMPORTANT BECAUSE OF THE UNHEALTHY EFFECTS OF YO-YO DIETING.