

Intermittent Fasting for Women

Intermittent fasting, in general, is safe for everyone to do, as long as they are an adult and don't have major health complications. While many women experience no adverse side effects, there are some things to consider first. Here is what you should know about intermittent fasting as a woman.

01

The Benefits of Intermittent Fasting

First of all, it helps to know the benefits of intermittent fasting, not just for women but for everyone. There are many reasons people try IF for health and weight loss. It can help increase your body's fat-burning potential since the food you eat is burned rather quickly during your fasted state, after which you start burning fat. Because of this, it can also help to increase your energy and cognitive function. Some people notice a reduction in blood pressure and cholesterol, as well as more balanced blood sugar levels.

02

Hormonal Changes

While there are a few different side effects of doing intermittent fasting, the hormonal changes women sometimes experience tend to be the most worrisome. Many women can do IF and not have any issues, but those who do show signs of hormonal changes might need to consult their doctor and possibly switch protocols or stop intermittent fasting altogether.

The hormonal imbalance is often from not doing intermittent fasting correctly, which is good news. It means as long as you follow your protocol, there is a good chance you won't have these problems. To avoid hormonal imbalance, start gradually and make sure you consume lots of nutrient-dense foods during your eating window.

03

Signs of a Hormonal Imbalance

Make sure you are paying close attention to your body when you do intermittent fasting so that you know if and when you have hormonal changes. Some signs of having a hormonal imbalance include hair loss, bloating, irregular periods or bleeding in the middle of your cycle, fatigue, and even depression. If this is happening to you, take a step back.

Your health should be top priority, so don't ignore those hormonal imbalance symptoms.