

URL: <https://www.getmosh.com.au/weight-loss/how-to-intermittent-fast-for-weight-loss>

Title Tag: How To Intermittent Fast For Weight Loss | Mosh

Meta Desc: Wondering how to intermittent fast for weight loss? Ask a Mosh doctor for science-backed information and advice on how to best achieve your desired results.

How To Intermittent Fast For Weight Loss

You've been trying to lose weight for a while now, but it's not going well. You want to lose weight and feel better but don't know what to do or where to turn. You look up '[how to lose weight fast](#)' online and discover 'intermittent fasting', but you're not sure how to intermittent fast for weight loss.

What is intermittent fasting?

Intermittent fasting is an eating plan in which you alternate between fasting and eating on a regular timetable. With intermittent fasting, you only eat during a specific time rather than eating whenever you want around the clock. Research shows that it's possible to lose weight and prevent or reverse certain diseases by fasting.^[1]

Studies suggest intermittent fasting can be effective in weight loss as it increases insulin sensitivity. When you eat, your liver, muscles, and fat cells store glucose through insulin, a hormone released by your pancreas. Blood glucose levels decrease when the body is in a fasting state, reducing insulin production, which signals your body to begin burning carbohydrates.^[2]

Intermittent fasting also works by boosting the length of time your body burns calories by prolonging the period of time between meals. An example of an intermittent fasting eating window is restricting your daily food intake to six to eight hours a day. You may, for instance, try 16/8 fasting, in which you eat only within eight hours and fast for the remaining sixteen hours of the day.^[3]

There are many potential benefits to intermittent fasting, including improved weight loss and increased energy levels, but there can be just as many risks involved too. Children and teenagers under the age of 18, women who are pregnant or breastfeeding, people with diabetes or blood sugar issues, and those with eating disorders should avoid fasting.^[4]

It's always best to consult with a doctor before beginning any new diet or fitness regimen – whether it's intermittent fasting or something else – to make sure it's right for you.

Mosh connects you with Australian doctors across the country who can help you with weight loss. Our doctors will review your situation and, depending on what you need, provide medical weight loss treatments, meal replacement shakes, or coaching solutions to personalise your weight loss plan. Our

health providers and dieticians will happily address questions like ‘How to intermittent fast for weight loss?’ and ‘[How to lose stomach fat?](#)’ with reliable, science-backed advice.

If you’re thinking about trying intermittent fasting, learning more about it first is a smart idea. Understanding the basics will help you decide if it’s right for you and give you the best chance for success.

What is the best way to start intermittent fasting?

Like there’s no single [best way to lose weight](#), the best way to begin intermittent fasting also doesn’t exist since different people may find different approaches to intermittent fasting more effective. But you can start fasting by gradually increasing the time between meals. The 16/8 and 14/10 methods – where you fast for sixteen or fourteen hours and eat within a time window of eight or ten hours – are some benchmarks.^[5]

One thing to consider when planning how to intermittent fast for weight loss is to make sure that you’re still getting the nutrients your body needs by eating healthy, balanced meals while fasting. A doctor can ensure you know how to properly do intermittent fasting for weight loss.

Mosh doctors can conduct comprehensive assessments of your unique health situation before recommending any weight loss plans for you. They will consider all relevant aspects to your weight loss, including your medical history, desired results, and previous weight loss methods or products you’ve tried, if any, as well as the side effects you may have experienced with them.

Depending on what you need to improve your chances of getting the results you want, your Mosh doctor may simply give you advice on what you’re looking to achieve or recommend a weight loss plan. Your doctor may also prescribe products if they think the products can help with your weight loss. Of course, you’re free to decide whether to accept or reject their recommendations without any obligation.

How long does it take to lose weight when you start intermittent fasting?

If you’re tired of thinking, ‘[Why can’t I lose weight?](#)’, and want to know how to intermittent fast for weight loss, you must be curious how long to intermittent fast for weight loss too. It typically takes ten days for you to notice a difference in your body after beginning intermittent fasting. However, weight loss may take two to ten weeks, as your body needs time to adjust to this new diet.^[6]

But if you don’t see any improvement after four to five weeks, it could be that intermittent fasting is simply not suitable for you. Consulting a health prcan help you uncover potential causes as to why intermittent fasting didn’t work for you, so you can consider other weight loss options that may be a better fit for you.

Mosh doctors can provide information about different weight loss options and help you choose the one that is right for you. They can also help you create a weight loss plan tailored to your specific needs and goals if that's what your condition requires. Mosh doctors also offer guidance and support throughout your journey, which can be extremely helpful when trying to make lasting changes.

Besides developing a realistic and achievable weight loss plan that's customised to your needs, your Mosh health professional (doctors, nurse practitioners and dieticians) can also monitor your progress and make adjustments to your plan as needed since Mosh weight loss plans come with ongoing consultations.

During the consultation, you're welcome to inform your doctor about any signs of progress you've observed or side effects you may be experiencing. You can also ask your health professional questions other than 'How to intermittent fast for weight loss?' such as '[How many calories should I eat to lose weight?](#)' or '[Which food is good for weight loss?](#)' via text or phone call.

How much weight can you lose through intermittent fasting?

When learning how to intermittent fast for weight loss, it helps to keep in mind that intermittent fasting is not a quick weight loss method; it might take a while for you to lose your first kilogram. Some people lose about one kilogram per week, while others can drop up to 5 kilograms in one month.^[7] Diet plays an important role in intermittent fasting, as it can affect how much weight you can lose.

Mosh doctors will make sure to look at your weight loss plan from all relevant angles. They won't simply focus on your exercise routine (if any); they'll make sure to advise you on what you should be eating to boost your chances of losing weight successfully too. The good thing about Mosh's weight loss plans is that they come with the [best weight loss shakes](#) that are right for you and they're quick and easy-to-prepare meal replacement options.

When you're in a calorie deficit, our weight loss shakes can provide your body with the essential nutrients it needs. We also offer a subscription service on various Mosh products, so you can have your stocks replenished as you need them. Should you wish to pause or cancel your Mosh subscription for any reason, you may do so without incurring additional charges.

Mosh works with an extensive network of doctors and health professionals you may consult about other health concerns you have; you can ask questions aside from 'How to intermittent fast for weight loss?' or 'How to do intermittent fasting for weight loss?'

As a comprehensive online health platform, we can also connect men with doctors who can provide sound advice on hair loss and erectile dysfunction. Both men and women can seek mental health and skincare support from our doctors as well.

It's not easy to lose weight, but with the right advice and guidance, you can get better chances of doing it safely and successfully. When you consult a Mosh doctor online, you'll receive personalised attention and advice without having to clear your schedule to visit a clinic in person or sit in a crowded waiting room. With that, you can express your health concerns as comfortably as possible.

Some people may want to immediately begin weight loss, while others need some time to think it through and prepare for it thoroughly. Whenever you feel ready to get started on your weight loss goals, know that Mosh is here to help. Take the Mosh quiz at your most convenient time.

References

[1]

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[2] <https://health.osu.edu/wellness/exercise-and-nutrition/does-intermittent-fasting-work>

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