

Intermittent Fasting aka IF

Intermittent fasting is an eating pattern that involves alternating between periods of fasting and eating. Early studies suggest that intermittent fasting in women with PCOS can be linked to: Better cognitive function and concentration. Cell growth. Lower cholesterol.

This is one thing that I personally have implemented in my health and fitness journey. It seems to be working. I feel better when I only consume food in my “eating” window. In my “fasting” window, I just focus on getting my water intake. Drinking $\frac{1}{2}$ your body weight in oz of water is very crucial for a weight loss journey.

Stay tuned to what is next!