

# Intermittent Fasting: Review of the Latest Diet Trend

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**A new article from DetoxDieter.org examines the pros and cons of intermittent fasting eating plans.**

(Newswire.net -- January 28, 2014) Boston, MA -- A new focus on intermittent fasting, specifically the 4:3 diet, has drawn new attention to the benefit of periodic fasting for weight loss. A new informative article from DetoxDieter.org examines benefits and drawbacks associated with intermittent fasting.

It seems that people looking to lose extra fat are turning to intermittent fasting on a more frequent basis. By definition, intermittent fasting refers to consuming a set amount of calories during a specific time period, and not eating at all the rest of the time. As example, the 5:2 fasting plan encourages people to eat normally for five days, then fasting for the remaining two days a week.

If intermittent fasting plans are shown to be a positive way to lose weight, they could prove to be a real health benefit for men. Research demonstrates that these eating plans appear to be popular and preferred by men. This is important as men's health issues are at an all-time high, including metabolic syndrome, type 2 diabetes, [liver disease](#), heart disease, and obesity.

Reported health benefits associated with intermittent fasting include reduced blood glucose level, improve blood pressure levels, and increased weight loss. Negative aspects of these eating plans may include the chance of binge eating junk food on non-fasting days as a way of compensating for the fast days.

The complete Intermittent Fasting: Review of the Latest Diet Trend article is available at <http://detoxdieter.org/intermittent-fasting/>

In addition to reviewing intermittent fasting, the article provides access to a report titled "5 Detox Scams to Avoid". This report shows the important information about some of the most popular detox plans. The complete "5 Detox Scams to Avoid" report is available at:

<http://detoxdieter.org/detox-diet-scams/>.

About: DetoxDieter.org is a new website that was launched in December 2013 in order to educate the community of the health benefits and important information associated with detox and body cleanse.

Source: <http://www.newswire.net/newsroom/pr/00079889-intermittent-fasting-review.html>