

FPP BizNewz

December 2020 – May 2021

MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

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Perumahan

Is Working from Home
a Dream-Come-True
for Introverts or
Vice Versa?

Market Reaction to
PRIVATE PLACEMENT

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TANDA KASIH KEPADA
RASULULLAH S.A.W.**

E-DOMPET
DI MALAYSIA:
SATU TINJAUAN

ONE JOURNEY
COMES TO AN END
AND ANOTHER **BEGINS**



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INTERMITTE BENEFITS AND

Methods of Intermittent Fasting

12:12

12 hours fasting window. Good choice for beginners since fasting window is small

16:8

16 hours fasting window, 8 hours eating window. The most common method of choice.

20:4

20 hours fasting window, 4 hours eating window

23:1

Also called one meal a day (OMAD). Popular pattern to lose weight and improve metabolic health

INTERMITTENT FASTING: HOW IT WORKS

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Intermittent fasting is on the rise these days. Intermittent Fasting (IF) is recognised as an eating pattern that shifts between fasting and eating on a consistent schedule. Many studies suggest that IF is a tool to manage weight, offer better health, increase human growth hormone, and improve longevity. Fasting has been around since the beginning of all time. It is also practised regularly by many religions. While several other diets emphasise on what to eat, IF focuses on when to eat. Typically, dieting is not maintainable since many people assume that dieting has a beginning and an end. Once they are done with it, they will return to unhealthy ways and jump again to gain weight. As IF is a lifestyle, it is not a

two- or three-months diet programme. Fasting for hours each day not only benefits to burn body fat but also offers some other health benefits.

According to neuroscientist Mark Mattson (PhD), who has studied intermittent fasting for more than 25 years, the body uses its sugar stores and starts burning fats after hours without food. Mattson further reveals in his study, numerous things occur throughout intermittent fasting that can guard organs against chronic diseases for instance heart disease, type 2 diabetes, inflammatory bowel disease and cancers. People are running on calories and not burning their fat stores when they are eating too frequent a day with snacks and not exercising.

Benefits of Fasting

12
hours

- Food consumed has been burned
- Digestive system goes to sleep
- Body begins healing process
- HGH (Human Growth Hormone) begins to rise
- Glucagon balances blood sugars

14
hours

- Body has transformed to use store fat as energy
- HGH starts upsurge intensely

16
hours

- Body is ramping up fat burning

18
hours

- HGH rises steeply

24
hours

- Autophagy begins
- Empty glycogen is stored
- Ketones are released into the bloodstream

What We Can Drink while Fasting

Water – Can Add • Lemon • Lime • Cucumber Slices	Avoid adding • sweetener
Coffee – Can Add • Cinnamon • Nutmeg • Stevia	Avoid adding • milk/cream • coconut oil • butter • sweetener
Tea • Green Tea • Black Tea • Peppermint Tea • Cinnamon Chai Tea	Avoid adding • sugar • sweetener

It makes sense that intermittent fasting could improve longer and healthier life expected due to the proven benefits for metabolism and all sorts of health signs. Hence, let us start appreciating lifestyle, believe the progress and incorporate results.

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References:

1. Intermittent Fasting 101 — The Ultimate Beginner's Guide. Retrieved from <https://www.healthline.com/nutrition/intermittent-fasting-guide#simpler-lifestyle>
2. Maranian, T. (2018). Intermittent fasting: A Lifestyle, not a diet. Retrieved from <https://bryantarchway.com/intermittent-fasting-a-lifestyle-not-a-diet/>



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