Intermittent Fasting

Research Report Project

Aaron Paul Pamintuan

Northern Marianas College

Author Note,

 This paper was prepared English Composition II, Section 02, taught by Dr. Kimberly Bunts-Anderson.

TABLE OF CONTENTS

Table of Contents

Abstract……………………………………………………………………………………3

Proposal……………………………………………………………………………………4

Background………………………………………………………………………………..6

Methodology………………………………………………………………………………8

Findings………………………………………………………………………………….10

Analysis………………………………………………………………………………….10

Appendices……………………………………………………………………………….15

**Abstract**

A student of Northern Marianas College located in Saipan, CNMI expresses an original 3 month study highlighting the practice of Intermittent Fasting in one’s lifestyle. Pamintuan wanted to inform the readers of the weight loss benefits associated with Intermittent Fasting while highlighting the different experiences from a variety of people with it. He had conducted a variety of methods to gather data. This includes handing out surveys, and conducting interviews and questionnaires. Through the data gathered over a 4 week period, Pamintuan have found that most people are not aware or are not practicing Intermittent Fasting. Although most people do not practice or are aware of Intermittent Fasting, people that did partake in Intermittent Fasting experienced results of weight loss while participating in a physically active lifestyle. The study is important because although not much people are aware of Intermittent Fasting, while being physically active, it quantitatively illustrates the weight loss benefits of incorporating Intermittent Fasting in one’s lifestyle.

Intermittent Fasting

During his childhood Pamintuan was always the fat kid and this stuck with him through most of his life. Pamintuan have always wanted to lose weight, but he was never consistent or committed enough. One day he decided that he had to change his lifestyle for the better. Pamintuan started eating healthier and became more physically active. Within a period of time he was progressing with the typical three to five meals a day diet, but then he stumbled upon Intermittent Fasting and it changed his life. With Intermittent Fasting he was able to lose a great amount of weight within a short period of time. Through experience and much passion, he believes that topic he chose would be best for his research essay.

 Most people can agree that living a healthy lifestyle is very beneficial in improving quality of life. It takes commitment to fully change your lifestyle and it requires time and effort. Currently, Pamintuan is working, going to school and at the same time trying to maintain an active and nutritional lifestyle. For him, the main challenge is finding the time to prep meals and thinking about when his next meal is. When he read about intermittent fasting, he was skeptic. For the most part because he was used to a typical diet where he ate about three meals a day. What caught his attention with intermittent fasting was how you can still eat the same amount of food like while on a typical diet, but just in a shorter interval. Usually the easiest way to ease into intermittent fasting is by practicing the 16/8 where you fast for 16 hours and have an 8 hour window to eat. From his experience in incorporating intermittent fasting into his busy lifestyle, it gave him more time in his hands. He didn’t have to worry about eating or cooking till the end of the day. Also, even with a smaller eating window he’s still consuming the recommended amount of nutrition his body requires. Another great thing about it was it helped him lose a great amount of weight.

 Due to the current popularity of intermittent fasting, there have been numerous studies and articles that elaborates on the benefits and challenges that comes with intermittent fasting. As support for this research, he will be referencing 3 academic resources to provide credible information about intermittent fasting. His academic resources would be from google scholar. He will also provide 2 non-academic resources that expound on personal experiences with the method. This will be in the form of blogs, YouTube videos, and magazines. Lastly, he will provide 1 of his personal choice of a reference. For his personal choice of reference, he is leaning towards another academic reference. He would like to find a study written by a renowned doctor to increase the credibility and purpose of this essay—to persuade his peers that intermittent fasting is worth giving a try.

 For his primary data, he knows of people who goes to the same gym he does, that are practicing intermittent fasting. At first he will be asking them what they are trying to achieve during their intermittent fast. Then he will be asking them about their progress, experience, and results within and after a time period of two or three weeks. Pamintuan will be using himself for primary data as well. Since he is fasting myself, he will be logging down his progress and results during a period of time. Another way he will be collecting data would be to create a survey for his school peers to answer. The survey will consist of questions that will about their daily schedule, daily eating patterns, and food cravings. The survey’s purpose is to see how much of his peers can incorporate intermittent fasting in their lifestyle.

 Although an abundant amount of time is required to complete the assignment, due to the nature of the course, Pamintuan will have enough time to work on the research essay. There are many resources that focuses on intermittent fasting giving him no problem with gathering information. From there he will be able find his literature by the fifth week of the semester. Also, his is aware of a few people in the gym who are practicing intermittent fasting, so gathering primary data will not be an issue either. He should get his data within a few weeks. Considering that his day consist of school, work, gym, and family, managing time for this research essay wouldn’t have much of an impact in his busy lifestyle. He can gather his literature information while he’s in school, log in his primary data while he’s am at the gym, and work on his essay while at home or at work.

There is a continuous increase of interest with leading a healthy lifestyle. Through most of his life Pamintuan have been overweight and losing was a must for him. Over the years Pamintuan have tried different methods only to be unsuccessful during the process. Upon stumbling on intermittent fasting, it has changed his life. It has done so much for him and he only wish he could share his experience and convince others to give it a try. With this amount of passion, he believes that this topics would best fit his research essay. There are many fascinating information about intermittent fasting and even with an accelerated course there is enough resources and time to complete the task.

Most people would agree that physical activity is very beneficial to improving quality of life. There is large body of research that highlights the importance of spending a good amount of time of the day engaging in physical activity. Along with physical activity, proper nutrition is important to one’s health as well. Pamintuan have noticed that many nutritionists or most health experts emphasize nutrition as fuel for the body like how gasoline is fuel for cars. Upon joining the gym and practicing a healthier diet, Pamintuan have noticed an improvement in his health and fitness condition. Health can be positively impacted by physical activity, nutrition, and overall health care in his experience.

 The amount of time someone spends working out varies greatly. One person may put hours upon hours into their work while another goes to the gym for only thirty minutes just to get work in, nonetheless physical activity is known to be very beneficial to one’s health. Lately, Pamintuan have noticed that more of his peers are investing their time in the gym. These are people that he’s have known and their progress is evident, both physically and also in their demeanor. They seem much more confident and happier. Pamintuan also have recently changed his lifestyle from sedentary to an active lifestyle. Pamintuan have been religiously going on runs and hitting the gym on a daily basis. He also noticed great progress in his health and well-being after being consistent with his daily fitness routine. He feels more confident, clear minded, and disciplined than he has ever been. With that said, it helped him improve the other aspects of his life. For example, at work, he has more energy and he is much more focused. Pamintuan also applied the progress that he has gained through physical activity with the way he looks at life. He now set goals and have learned that consistency is the key to achieve his goals in life.

 Another factor that is instrumental to better health is proper nutrition. This is because the body needs to be fed correctly to perform at its best. Pamintuan used to be ignorant about the food he consumed and wasn’t aware of the suitable amount of calories, macros, and recommended nutrition he should be getting. When he learned how to read food labels and count calories, he was able to cut down on weight and feel healthier. Also, upon making better food choices, my body feels more efficient. For instance, he noticed that he feel less bloated and is in a better mental state when he changed his diet. Also many research show that a healthy diet is crucial to one’s health and well-being. Just like those who engaged in regular physical activity, those who ate healthier on a regular basis have shown progress and improvement in shaping their body for the better.

 Finally, overall healthcare plays a big role in influencing good health. For instance, getting enough sleep on a daily basis is very helpful in achieving a healthy lifestyle. The body needs time to recover in order for it to function properly. Another example of proper healthcare would be resting when needed. It is really important to listen to the body and know when to give it a break. Just like sleeping, the body requires time for recovery. When starting to practice a healthy lifestyle, prioritizing sleep was one of his goals. Compared to his friends who stayed up late at night, they would always wake up feeling groggy and unmotivated while he wakes up feeling refreshed, motivated, and in a good mood.

 One’s health can be determined and shaped by their day to day habits. Research have shown that these habits should consist of regular physical activity and a healthy diet. It takes commitment and patience to change your lifestyle. Our health and well-being is our greatest investment and the most rewarding. Consistently maintaining physical activity, proper nutrition and healthy overall lifestyle are the keys to determining a healthier life. The rewards are not only physical, but mentally and psychologically.

Due to the nature and the shortened period of this course, completing this research assignment will be more challenging. Although it would be more difficult, working in a timely manner and utilizing all available resources efficiently will make the course of completing this project smoother. One way of making the task easier is to make use of methods that will assist in answering the student researcher’s research question. The student researcher will be writing a process essay as well for this assignment. This would be helpful in completing the research project. The purpose of this essay is to describe the methodology used by the student researcher to gather data in an attempt to answer their research question. The student researcher will be attempting to answer their research question through three methods which includes a course survey for two college composition classes, letters to experts, and three informal interviews.

 First the student researcher collected data through surveys that were distributed to 38 NMC students. The first survey was a pilot survey that was consisted of ten questions intended to test data collection with the instructor and school peers. The pilot survey contained demographic inquiries and questions particular to the student researcher’s research question and was distributed electronically. It was designed using an online software that included short essay, multiple choice, matrix, and open ended questions. Peers were asked to take the survey and give feedback on a Google Docs page. The pilot survey received feedback from the instructor and 14 peers and feedback included suggestions to fix errors and clarify survey questions. After revisions on the survey were made, the student researcher uploaded a new survey link for the final survey on the same shared Google Docs page four days later. The final survey was posted on May 5th, 2019 and was available for a three-week period for peers to answer.

 On the second method, the student researcher wrote a letter to a group of people that were experts on the research topic. The group of people were made up of 10 individuals that consist of 5 on-island and 5 off-island experts. The content of the letter consist of appropriate and well thought of questions specific to the student’s research question intended to further aid the student researcher to gather data. The student researcher wrote the letter during class with the guidance of the instructor. Upon sending the letter, the content of the letter was revised and approved by the instructor. The letter was sent electronically via email for experts to answer. Experts were asked questions regarding the student researcher’s research question and provide feedback and information to the respective topic.

 The third and final method the student researcher used to collect data was through informal interviews. First the student researcher prepared interview questions specific to the research question. Second the student researcher reviewed the questions and asked the instructor and 3 peers to review it and to give feedback. The questions received feedback which included suggestions to make small changes to the interview questions. After adjustments were made to the questions, the student researcher finalized the interview questions and conducted an informal interview with 3 people. The 3 people who were interviewed were knowledgeable about the research topic and could provide more information about it through firsthand experience. They were individually interviewed and the student researcher was able to collect more data for their research question.

Although only given a short amount of time, the student researcher made use of all resource available to them to gather data. With the intent to answer their research question, the student researcher used a variety of methods. Three methods were used and instrumental for gathering data for the research project. One of the methods includes a course survey for college composition peers to answer. Another was an instructor approved letter that was sent to a number of experts. The last method used was an informal interview that was conducted with 3 individuals. By using these methods, the student researcher was able to gather viable data that could be used to answer the student researcher’s research question.

As the semester is coming near an end, the student researcher must be already prepared to work on their research project. The student researcher must partake in gathering data such as doing field research and consulting with experts for their topic. Finding literature is also important and required to gather information for the research assignment. For the upcoming project the student researcher utilized Google Scholar to search for literature. During the research, the student researcher used key words in respect to their topics and went over the results looking for data they can use. Further into the research, the student researcher added more words into the key words and by doing so the results was more specific and in depth. This descriptive essay will be going over the findings the student researcher uncovered while searching for literature.

The student researcher conducted a Google Scholar search on May 23, 2019 using the words “Intermittent Fasting” and found 123,000 hits. The first significant section contained articles looking at the variety of health benefits associated with intermittent fasting. The second section contained articles that focused on intermittent fasting’s relation to the nervous system. Those that focused on the variety of health benefits associated with intermittent fasting highlighted on the beneficial effects of intermittent fasting on cardiovascular and cerebrovascular systems. The literature focused on how intermittent fasting improves the risk indicators for coronary artery disease and stroke. The second section, which covered the relation between intermittent fasting and successful brain aging, focused on how intermittent fasting combined with caloric restriction can lengthen the health-span of the nervous system. In the article, Martin et al. (2006) argues that caloric restriction and intermittent fasting affect energy and oxygen radical metabolism, and cellular stress response systems, in ways that protect neurons against genetic and environmental factors to which they would otherwise succumb during aging.

Narrowing the topic further, the student researcher did another search of the key words, adding “weight” and found 97,700 hits. Upon searching with new key words, the student researcher found a significant amount of articles on intermittent fasting and its effects on weight loss. Further into the literature, the article suggest that combined with calories restriction, intermittent fasting facilitates and may result in weight loss (Klempel et al., 2012). The student research also came upon an article that focused on intermittent fasting and human metabolic health. In the article, Patterson et al. (2015) claimed that any form of fasting can result in weight loss. Furthermore the article states that “Modified alternate day fasting regimens result in reduced weight, ranging from 3.2% in comparison to a control group” (Patterson et al., 2015). Through the narrow search the student research was able to find information that closely relates to their research project.

Along with the academic sources Pamintuan have analyzed, he also found personal blogs that promotes the benefits of intermittent fasting. Intermittent fasting has been trending now a days. People are practicing it and sharing their experience with the different types of fasting regime. According to Bullen (2015), intermittent fasting made her feel more energetic, strong, and bettered her digestion. Furthermore she say, “I feel best when doing this” (Bullen, 2015). Another blog the student researcher found was one written by Lauryn Evarts-Bosstick. According to Bosstick, intermittent fasting had improved her metabolism which helped lose her weight and burn body fat. Upon reading these blogs, Pamintuan was able to further support his research.

Pamintuan also sent out letters which consist of questions to experts on Intermittent Fasting. The purpose of sending the letters was get to professional input about the research topic. Upon sending the letter, Pamintuan received one reply from Michelle Harvie. According to Michelle Harvie, who is a Senior Research Dietitian at Nightingale Centre and Genesis Prevention Centre and University Hospital of South Manchester NHS Foundation Trust, Wythenshawe Hospital, Manchester, Intermittent Fasting is a great tool for weight for adults, but not for those with diabetes and eating disorders (M Harvie, Email Interview, June7, 2019). Furthermore, she states that Intermittent has health benefits associated with it, but a healthy diet is required as well (M Harvie, Email Interview, June7, 2019). For the majority of people, those who aren’t diagnosed with diabetes or have a eating disorder could utilized intermittent fasting in their lifestyle. This could aid in weight loss as well as gain health benefits. For this email interview, Pamintuan was able to further support his claim that intermittent fasting is an effective way to lose weight.

Through this shorten course, the student researcher was able to complete his research report. By working in a timely manner he was able to collect viable data. This included academic literatures and interviews. After conducting and completing this research report, the student researcher have found that intermittent fasting is effective. It has proven to be beneficial in burning fat which leads to weight loss. Pamintuan also discovered that intermittent fasting is most effective when partaking in a physically active lifestyle and nutritious diet.

Reference

Martin, B., Mattson, M. P., & Maudsley, S. (2006). Caloric restriction and intermittent fasting: Two potential diets for successful brain aging. *Ageing Research Reviews, 5*(3), 332-353.

Klempel, M. C., Kroeger, C. M., Bhutani, S., Trepanowski, J. F., & Varady, K. A. (2012). Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. *Nutrition Journal, 11*(1).

Patterson, R. E., Laughlin, G. A., Lacroix, A. Z., Hartman, S. J., Natarajan, L., Senger, C. M., . . . Gallo, L. C. (2015). Intermittent Fasting and Human Metabolic Health. *Journal of the Academy of Nutrition and Dietetics,115*(8), 1203-1212.

Bullen, E. (2018, August 15). Intermittent Fasting. Retrieved from <http://www.elsaswholesomelife.com/home/2018/8/14/intermittent-fasting>

Evarts-Bosstick, L. (n.d.). Retrieved from https://www.theskinnyconfidential.com/experience-intermittent-fasting/

Appendix

