

## HOW INTERMITTENT FASTING AFFECT YOUR MENTAL HEALTH

People fast for various reasons like fitness, health, or religious purpose. However, there are more benefits to fasting than what most people do know. Research has shown that intermittent fasting helps in improving your mental health. You'd be surprised to find out the amazing things your mental health will enjoy if you practice intermittent fasting.

### How does fasting improve your mental health?

Here are some mental health-related advantages of fasting.

- **It increases your thinking power**  
When you fast, you deprive your body of unhealthy materials which may have gotten into your body system through food or any ingested material. Fasting helps in the purification of your blood and the tissues of your lymphatic system, feeding your brain with pure nutrients necessary for its normal functions.
- **it increases the amount of energy available for your brain to utilize**  
Every organ in our body requires some amount of energy to function. When one organ isn't engaged actively, it uses less energy thereby making more energy available for other organs to utilize. Fasting helps conserve the energy that the digestive system may have used up so that the brain would get more amount of energy hence improving cognitive ability, quick reflexes, and sharper sensory perceptions.
- **Fasting inculcates mental virtues**  
It takes some level of discipline to engage in activities such as intermittent fasting especially if you are not used to it. Successfully taming one's appetite can be easily transferrable in taming other aspects of life which require focus, self-control, and moderation.
- **Fasting boosts mental strength**  
It takes mental strength to abstain from eating especially when it is readily available. However, the feeling that comes with accomplishing



fasting programs builds more belief in one's ability to stay committed to long-term goals.

### **Take note of the following when fasting**

When not properly guided, fasting may become harmful and cause more problems than it could solve. Some of the things to consider in ensuring a profitable fast are listed below:

- Do not go into total abstinence all of a sudden. Your body may not be able to handle the drastic change from frequent eating to total abstinence. Take it gradually from frequent eating to reduced quantity of food, to just drinks, or as advised by a professional fasting guide.
- During a fast, you need to take care of your body by getting some rest or reducing the amount of strenuous work or activity. This will ensure that your body doesn't use up stored energy too quickly.
- Break fasts slowly. When you want to end your fast, don't consume a large quantity of food within a short time. Give your body room to readjust to digestive function by eating light or spreading meals.

### **Final thoughts**

Fasting helps in keeping your senses sharp, your thoughts clearer, and your mental strength firmer. However, you may need to be guided professionally. You can use a fasting app to that effect.

### ***Reference***

*<https://www.webmd.com/diet/psychological-benefits-of-fasting>*