

Conclusion

Globally, over the past 50 years, the epidemics of overweight-obesity (O-O) and associated diseases such as type 2 diabetes, metabolic syndrome, PCOS, and heart disease are growing at an unprecedented rate. The billions of dollars spent each year on scientifically untested “low-calorie diets and intense exercise plans” have shown no long-term results. The scientific research of the past decade, however, clearly supports that O-O and associated diseases result from metabolic and hormonal imbalance brought about by unnatural commercial foods and an unbalanced lifestyle.

Food and lifestyles have undergone a momentous change in the past 50 years. In essence, humans have to revert 50 years in time to resurrect the old ways of the ancestors for food and lifestyle to keep the body lean and disease-free. That requires attention to:

- **What kind of food to eat?** Primarily a balance of natural plant-based foods.
- **What time to eat?** Only during 8-12 hours of daylight.
- **How often to eat?** Not more than 2-3 times a day.
- **When to wake up and sleep?** Wake up early morning to reset healthy sleeping, eating, and activity behaviors.
- **All-day activity aiming for at least 7-10,000 steps a day and regular daily exercise.**

Several scientific studies support that intermittent restriction of food intake for as little as 16 hours of overnight fasting extended into morning hours can reverse O-O and associated diseases. Time-Restricted Eating (TRE) or Intermittent Fasting (IF) steers the body into an alternative ketogenic pathway of using stored fat as energy. Slowly over time, the unwanted fat stores are eliminated without any restriction on the quality and quantity of the diet.

The TRE plan accomplishes the same goal as the currently popular Keto diet. However, the TRE plan steers the body into a ketogenic mode of fat burning for only a few hours each day. The Keto diet, on the other hand, keeps the body in a perpetual ketogenic state 24 hours of the day because of reduced glucose availability from a low-carbohydrate diet. A constant ketogenic state of energy metabolism using only fats is not natural and not sustainable in the long term. The TRE plan, on the other hand, mimics nature when it comes to energy metabolism using both glucose as well as fats. The TRE plan, therefore, is sustainable and can be adapted quickly as a way of life.

Finally, the TRE plan simplifies the science of keeping a lean and disease-free body to:

“Eat Plant-Based Natural Foods; and Watch the Clock, Not the Calories.”