

## Mayo Clinic Minute

### Is intermittent fasting a quick fix?

<b>Video</b>	<b>Audio</b>
Donald Hensrud, M.D. Healthy Living Program Mayo Clinic	One of the latest diet trends is intermittent fasting.  "Some people just decrease the amount of time that they're eating during the day to, say, only six hours a day. Other people will fast every other day and not eat very much on alternate days."
	Dr. Donald Hensrud says there can be safety concerns of intermittent fasting if not done correctly.
	"I've actually seen malnutrition in people who have taken caloric restriction too far because they're trying to live longer. Yet it causes malnutrition, which is counterproductive."
	However, he says recent research suggests there may be some benefits when done the right way ...
	"... if we fast for a while, there are certain metabolic processes in the body that can relieve inflammation, and it may have other benefits."
	Dr. Hensrud says more studies are needed to see how this method affects people long term.
	The big takeaway for anyone wanting to try intermittent fasting: Consult with your health care provider first.
	"They may be able to help them do it in a healthy way."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.