



Menjaga Jantung dan Otak dengan Puasa Intermiten: Peluang Terkena Serangan Jantung dan Stroke Meningkat!

Description

Intermittent Fasting and Cardiovascular Health: Is There a Connection?

Intermittent fasting has gained popularity as an effective dieting method, with many people achieving weight loss and health benefits through this approach. However, a new study presented at a meeting of the American Heart Association has raised concerns about the potential impact of intermittent fasting on cardiovascular health.

The study, which analyzed data from over 20,000 US adults, found that those who followed a restricted eating schedule of just eight hours or less per day had a 91% higher risk of dying from heart disease. This risk also extended to individuals with pre-existing heart conditions, who faced a 66% higher risk of heart disease or stroke mortality.

While these findings are significant, it's important to note that the study has not been published yet, and further research is needed to confirm these results. Some experts have raised questions about the study's methodology, particularly regarding how demographic and lifestyle differences were controlled for in the analysis.

Despite the potential limitations of the study, it underscores the complexities of nutrition science and the need for more research on intermittent fasting. As the lead author of the study, Victor Wenzel Zhong, cautioned, the association between intermittent fasting and cardiovascular death does not necessarily imply causation.

In the world of science journalism, skepticism remains about the conclusions drawn from the study. Some experts have pointed out that self-reported diet data may not always be accurate, and other factors beyond intermittent fasting could influence the outcomes observed.

Ultimately, while the study raises important questions about the risks associated with intermittent fasting, more research is needed to fully understand its impact on cardiovascular health. As with any diet or health trend, it's essential to approach intermittent fasting with caution and consult with

healthcare professionals before making significant changes to your eating habits.

Ringkasan

Intermittent fasting atau puasa bergantian adalah diet populer yang sederhana dalam teori dan pelaksanaan: Anda mengonsumsi kalori selama jendela waktu terbatas dalam sehari, dan di luar itu Anda tidak makan sama sekali. Namun, sebuah studi terbaru yang belum dipublikasikan menunjukkan bahwa puasa bergantian dapat memiliki konsekuensi serius bagi kesehatan kardiovaskular Anda. Apa pendapat Anda tentang temuan ini? Apakah Anda percaya bahwa diet puasa bergantian memiliki manfaat kesehatan, atau Anda skeptis terhadap hasil studi tersebut? Bagikan pendapat Anda di kolom komentar di bawah ini!

Apakah Anda menggunakan diet intermittent fasting? Apakah Anda percaya temuan studi ini? Berikan komentar dan pendapat Anda di bawah ini!

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