

The Impact of Intermittent Fasting on Gut Microbiota

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According to the United Nations, at least 2.8 million people die each year due to being overweight or obese, highlighting the global prevalence of this health issue and the urgent need for solutions. This has prompted the exploration of cost-effective interventions such as intermittent fasting. This review explores the complex relationship between fasting and the gut microbiota and focuses on their role in obesity prevention and treatment. Additionally, this literature review also highlights the significant impact of gut microbes on metabolism and immunity. Intermittent fasting causes changes in the composition of gut bacteria, improves metabolic functions, and reduces inflammation. Key mechanisms involved include changes in microbial diversity and metabolic processes, potentially alleviating obesity and other related diseases. Furthermore, fasting-induced changes in the gut microbiota may also enhance immune function. Researchers still need further research to fully understand the long-term effects of fasting on the gut microbiome. Current evidence indicates that intermittent fasting has great potential as a cost-effective solution in weight management and promoting overall health. The interdependent relationship between intermittent fasting and the gut microbiota provides a promising avenue for obesity research. Continued research has the potential to revolutionize approaches to weight loss and disease prevention.