

# Intermittent Fasting & Heart Health

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## The Question

**Can intermittent fasting with calorie restriction support weight loss and heart-health markers — and does using liquid meal replacements improve outcomes?**

### Study Design

- Obese women ages 35–65 (54 participants)
- 10-week trial: 2-week maintenance + 8-week weight-loss phase
- Compared two plans (IFCR = Intermittent Fasting + Calorie Restriction):
  - IFCR–Liquid: IsaLean® Protein Shake for two meals + low-glycemic dinner; weekly Cleanse for Life® fast day
  - IFCR–Food: Three TLC-style meals; weekly placebo fast day
- Measured weight, body composition, visceral fat, cholesterol, LDL particle size, glucose, and insulin

## Results

The shake-based plan produced greater weight loss ( $\approx 4.1\%$  vs.  $2.6\%$ ) and larger improvements in total cholesterol, LDL cholesterol, triglycerides, and LDL particle size. Both plans reduced fat and visceral fat, but only the liquid-meal group improved glucose, insulin, heart rate, and homocysteine.

## Takeaway

**Intermittent fasting with calorie restriction improved weight and cardiometabolic markers, with greater benefits when IsaLean Protein Shakes and Cleanse for Life were included.**

### Product Spotlight: 11-Day Reset

A simple, guided cleanse designed to help jump-start healthy habits through structured Shake and Cleanse Days. Supports gentle detox, weight loss, reduced cravings, and balanced energy with clean nutrition and botanical support — perfect for a quick reset or event prep.

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