# Dr. Michael Mosley's legacy of intermittent fasting continues to inspire healthier living



Dr. Michael Mosley, who passed away in June last year, has left behind a legacy of health advice, particularly centred on the practice of intermittent fasting. His insights are continuing to influence millions seeking healthier lifestyles, notably through a diet plan known as The Fast 800, which combines fasting with a Mediterranean-style eating approach.

The Fast 800 account shared Mosley's wisdom on social media, emphasising that he viewed intermittent fasting not only as a method for weight management but also as a means to enhance metabolic health and lower the risk of chronic diseases. "Our co-founder Dr. Michael Mosley was a strong advocate for Intermittent Fasting, not only as a safe, effective way to manage weight but also as a lifestyle for improving metabolic health and reducing the risk of some chronic diseases," stated the account, reflecting on Mosley's dedication to promoting this dietary method.

In their video, Dr. Mosley elaborated on the benefits of intermittent fasting, explaining that it enables the body to learn to utilise fat stores for energy rather than relying solely on glucose. He specifically highlighted the effectiveness of this method in combating visceral fat, which is the harmful fat that resides around the abdomen. "When you fast, your body learns how to use your fat stores for energy, instead of relying on a constant stream of glucose. This allows you to shed the dangerous fat, also known as the visceral fat, that lurks around the abdomen," he explained.

The Fast 800 diet consists of a modified approach known as the New 5:2 diet, which involves consuming only 800 calories on designated fasting days while adhering to a healthy, lower-carb Mediterranean-style diet during the remaining days of the week. This dietary framework is praised for its flexibility, allowing individuals to lose weight and maintain their results over the long term. According to The Fast 800 website, "Intermittent fasting, especially incorporating a Mediterranean-style diet, is a great tool for those wanting slower, steady weight loss or weight management."

The body’s metabolic processes are said to change during the fasting days, leading to a state known as ketosis, where the body begins to burn fat stores more effectively. It is reported that Dr. Mosley himself lost 20 pounds through this dietary regimen. Experts assert that this promotes not just weight loss but also better insulin response, allowing individuals to control portion sizes and resist snacking more easily throughout the rest of the week.

This approach to dietary management, based on Dr. Mosley’s teachings, presents a combination of structured fasting and a predominantly Mediterranean diet that supports healthier eating patterns.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://thefast800.com> - This URL supports the claim about Dr. Michael Mosley's involvement with The Fast 800 and its emphasis on intermittent fasting combined with a Mediterranean diet for health benefits.
* <https://www.healthline.com/nutrition/the-5-2-diet-guide> - This URL corroborates the effectiveness of intermittent fasting, particularly the 5:2 diet, in aiding weight loss and improving metabolic health, as championed by Dr. Mosley.
* <https://theweek.com/health/intermittent-fasting-michael-mosley-diet> - This URL highlights Dr. Mosley's contributions to popularizing intermittent fasting and provides insights into its benefits and different approaches, such as the 5:2 and 16:8 methods.
* <https://news.sky.com/story/michael-mosleys-most-famous-diets-from-5-2-to-the-fast-800-13151143> - This URL supports the legacy of Dr. Mosley's work on diets like the 5:2 and The Fast 800, emphasizing their impact on health and weight management.
* <https://sustainhealth.fit/lifestyle/remembering-dr-michael-mosley-the-lasting-impact-of-intermittent-fasting/> - This URL reflects on Dr. Mosley's influence on intermittent fasting, highlighting its benefits in weight loss and overall health improvement, aligning with his advocacy for this dietary method.