



What do you know about the pancreas, Venom Foundation, Inc?

Did you know that it helps control blood sugar levels?

...and that when it is dysfunctional, your blood sugar can get out of control?

This is because the beta cells in the pancreas detect blood sugar levels and release insulin when your blood sugar levels are too high.

If these cells are overworked, they become less responsive over time, which can make it very difficult for you to control your blood sugar.

For some people, it may feel like their pancreas will never function properly again.

However, [a recent study](#) has shown that there is a way to reboot your pancreas and make beta cells more responsive again.

It's called the "fasting-mimicking diet."

The idea is to mimic periods of feast and famine by limiting your diet 5 days out of the month.

This does not mean that you will not eat, it just means that what you do eat will be low in calories, carbs, and protein but high in unsaturated fat (the kind of fat found in olive oil, almonds, and avocados).

The diet resembles a vegan diet—one without meat, seafood, dairy, or eggs—and asks dieters to keep their daily caloric intake between 800 and 1,100 calories per day.

This may seem a little rough, but dieters are allowed to eat what they want the remaining 25 days of the month.

Scientists believe that putting the pancreas through this kind of push and pull triggers beta cells to rebuild the part of the pancreas that is no longer functioning properly.

[Other studies](#) have shown similar results.

The idea of fasting to help control blood sugar levels is not new, however. Here are four other intermittent fasting plans.

4 Ways to Fast

You should always consult a physician before starting any restrictive diet, but if you are healthy enough to do it, intermittent fasting is a great way to boost your metabolism. It is not about starving yourself; it's about limiting your food intake just enough to wake up some organs that have become lazy after years of the same pattern. Here are four ways to do it.

- 1. Two Days On** – Eat your normal healthy diet for 5 days out of the week, but two days per week, you will limit your caloric intake—500 calories for women, 600 for men.
- 2. Two-a-Days** – Instead of eating the standard three meals every day, you instead eat only two. You pick which meal you skip.
- 3. 24-hour Fast** – This is when you do not eat for one 24-hour period. This should only be done once per week. You would start at lunchtime, and you would not eat again until the next day at lunchtime.

4. 12-hour Fast – How this one would work is that you eat dinner 3 hours before bedtime and don't eat anything else after. When you wake up in the morning, you will only eat breakfast if 12 hours have past.

Do not try any of these if you are sick, pregnant, underweight, or struggling with fatigue or stress. If you do decide to do any of these, be sure that you stay hydrated with healthy drinks like water, sparkling water, or tea.

Any of these plans will help to restore your pancreas to optimal functionality.