[IMAGE]

How 10 Hours a Day Can Change Your Life

By Editorial Staff

Should 10 hours a day be the benchmark for achieving better health and wellness? When we're talking about weight loss, reduced abdominal fat, lower blood pressure and cholesterol, and more stable blood sugar and insulin levels, that's the number to keep in mind.

What does 10 hours mean? How about a 10-hour daily window in which you can eat (for example, 9 a.m. to 7 p.m.) According to research, a 10-hour time-restricted eating intervention can improve all of the above variables in patients suffering from metabolic syndrome, a constellation of poor health factors (increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels) that can increase diabetes and cardiovascular risk.

Don't think you can go 14 hours a day without eating? Well, you can start by ensuring you get at least eight hours of uninterrupted sleep every night. Next, don't worry about eating right when you wake up (especially if you wake up early), and avoid those after-dinner snacks, second dinners and desserts that are not only violations of the 10-hour window, but also generally feature high-calorie, high-carb, high-sugar foods - the perfect recipe for metabolic syndrome in the first place.

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