

# Intermittent fasting: Fasting to lose weight

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Most of us are familiar with the idea of fasting out of religious faith, but have you ever heard of fasting for health? The idea is not so crazy if you think about how thousands of years ago you couldn't just go to the grocery store, but instead had to hunt and gather your food. There's no way we could've been

midnight snacking back then.

That's how we evolved as a species and so, it is actually in our nature to fast for a while every day. For instance, eating right before bed can lead to *gastric or other digestive issues* because it takes about 3 hours to fully ingest food. If we are going by

the circadian rhythm, our biological clock, we should ideally be fasting for about 13 hours by eating dinner at 7-8 pm or at least 3 hours before we sleep. Fasting according to the circadian rhythm is suggested for everyone to avoid the midnight snacking problem.

Intermittent fasting is a type of eating pattern built off of this concept to lose weight and improve one's overall health. There is an eating window and a time where one avoids all food items and only drinks water. The most popular fasting method is the 16:8 fast with an 8 hour eating period where fasting is usually done from dinner to lunch the next day.

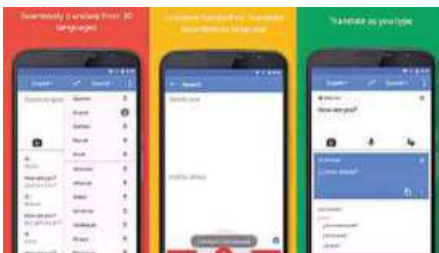
By confining the time during which you eat, you will ultimately eat less than if you were eating around the clock. Thus, it helps one eat fewer calories by limiting calorie intake without a conscious effort to eat less. Intermittent fasting can help shed belly fat and lose weight in general. During these kinds of fasts, one should be eating nutritious food throughout the eating period so that they do not compromise the daily intake requirements. It is also advised to avoid highly processed or junk foods as they are digested faster therefore one feels hungry quicker. Eating fibre-packed foods with lean protein is the way to go. If you are in full health and looking to shed that extra pound, intermittent fasting could be a great option to go along with your workout routine.



# Language should not be a barrier to travelling

RAHBAR AL HAQ

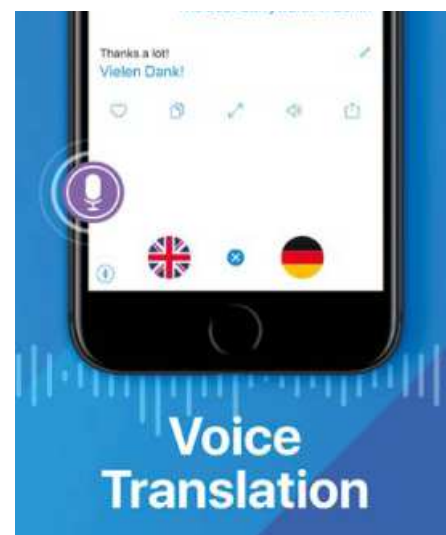
Although English is spoken worldwide, it is not the definitive language everywhere. And while language barrier can be a problem, it should not stop you from experiencing different cultures. Here's a roundup of the best apps that will help you communicate across language barriers even if you don't know the native language.



## Google Translate

The most common translator app, Google translate is surprisingly competent despite of the fact that it costs nothing. It can translate up to 103 different languages, half of them while offline. It also lets you take pictures of boards and plaques, which it can

translate into languages of your choice with reasonable accuracy.



## Microsoft Translate

Microsoft Translate offers all the features of the former, but can only do so in 60 languages. However, it can translate

to all of them without needing an internet connection. It also comes with a 'phrasebook' that will help you learn important phrases while you're travelling. It is available on all Operating Systems except on Windows phones, which is slightly ironic.

## iTranslate

As the name implies, the iTranslate is geared for iOS users, so be ready to pay for every useful feature. The base app is ad supported and barebones, meaning it will cost you \$3 to \$5 to get the most out of it. With that said, it is competent at its job, being able to translate text in over 100 language, 16 of them online. Overall, not the best translate



app, but if you want something, it will work on all of your Apple devices without any issue, making it one of the better option.

## TripLingo

TripLingo differs from other translation apps on the list by focusing on travellers instead of just general translation. It



offers the usual text, speech and picture translation in 40 languages plus an option to get in touch with an actual human translator in case the machine fails. All these feature aren't cheap though; as this app will set you back \$20 per month, making it the most expensive app on the list.