

## The start of Modern Intermittent Fasting...



Intermittent fasting is not new, I think we all know this, but our recent interest in I.F. dates back to about 2006.

Through a combination of serendipity and the rise of the internet, 2006 is when I wrote [Eat Stop Eat](#) and Martin Berkhan started his blog [Leangains.com](#)

Before almost any other popular source of IF info you may know of today, there was Eat Stop Eat and Lean Gains.

Now I can't speak for Martin, but I can tell you that from my experience, Intermittent Fasting was not some anti-thesis to Calories In Calories out.

Nor was its a refute of the Insulin-Carbohydrate model (the idea that carbs and insulin, not calories cause fat gain).

In truth neither of these existed in their current form back in 2006-2007.

It also wasn't involved with being primal, or carnivore or vegan or any other style of eating.

No, Intermittent Fasting, both Eat Stop Eat and the 16:8 model popularized by Martin, were born out of a refute of the EXTREMELY popular concept that you had to eat ever 2-3 hours.

The 'Many Meals' approach.

In the early 2,000's almost EVERYONE from doctors and dieticians to fitness coaches and bodybuilders were advocate the need to eat ever 2-3 hours in order to keep the 'metabolism revving'

And if you didn't eat every 2-3 hours your metabolism would slow and you would gain weight.

(Back then, eating 'too little' was suggested to be a cause of weight gain.)

Now a lot has changed in the last 17 years, but I think it's important to understand the context in which IF was born - We were being told to eat every 2-3 hours, and we began to question this logic.

This is where IF came from.

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