

# Breaking News English.com

## Intermittent fasting could lead to heart problems – 8th September 2025

### Level 4

The Internet is full of diets. In recent years, a lot has been written about intermittent fasting. This is only eating inside an 8-hour window. Supporters of this say it improves metabolism. However, a new study has cast doubt on its merits. Researchers in China said people who restricted their eating to eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who spread their eating over a 12-16 hour period.

The researchers used data from 20,000 adults over a six-year period. The lead researcher said: "We were surprised to find that people who followed...a time-restricted eating schedule were more likely to die from cardiovascular disease." He encouraged people to take "a cautious...approach to dietary recommendations". The Mayo Clinic says fasting has been popular for over 1,500 years, but advised it is safer to consult healthcare specialists.

### Level 5

The Internet is full of diets and dietary advice. In recent years, much has been written about intermittent fasting. This is only eating inside an 8-hour window, leaving a 16-hour gap with no food. Supporters of this say it improves metabolism and helps cellular repair. However, a new study has cast doubt on its merits. Researchers in Shanghai concluded that people who restricted their eating to eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who ate across a period of 12 to 16 hours.

The researchers analyzed data from 20,000 adults over a six-year period. The lead researcher said he was taken aback by his findings. He said: "We were surprised to find that people who followed...a time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious...approach to dietary recommendations, ensuring they are aligned with an individual's health status." The Mayo Clinic says fasting has been popular for over 1,500 years, but advised it is "safer with supervision from your healthcare team".

### Level 6

The Internet abounds with all manner of diets and dietary advice. In recent years, much has been written about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, leaving a 16-hour gap without any food. Proponents of this dietary regimen say it improves metabolism and assists in cellular repair. However, a new long-term study has cast doubt on its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people who restricted their eating to fewer than eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who ate over 12 to 16 hours.

The researchers analyzed data from about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenzhe Zhong said he was taken aback by his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious, personalized approach to dietary recommendations, ensuring they are aligned with an individual's health status and the latest scientific evidence." The Mayo Clinic observed that fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be safer with supervision from your healthcare team."