

# **Weight Loss Methods - Poll of EpicureanFriends Results**

**Post by "Titus" of January 18, 2023 at 10:28 AM**

Quite interesting question, because I didn't eat anything on Monday and Tuesday. I did so because I was interested in the experience. Additionally, I had a weight loss of about 1kg.

In general, I would advise intermittent fasting. I do it "naturally" (because I very often skip breakfast) and have never had any problems eating what I want. Since I walk most of my distances, physical activity may also count.