# ENCORE: Leyla Weighs In: From Autophagy to Weight Loss—The Power of Intermittent Fasting

written by Leyla Muedin MS, RD, CDN | December 27, 2024

Nutritionist Leyla Muedin discusses intermittent fasting, specifically addressing whether skipping morning coffee affects metabolism. She explains different approaches to intermittent fasting, including Bulletproof Coffee and time-restricted eating (TRE). Leyla also delves into a study on the effectiveness of TRE in weight loss and cardiometabolic health, highlighting that eating within a specific time window (7am-3pm) led to greater weight loss and improved mood compared to a broader eating period. She emphasizes the importance of a minimum nightly fast of 12 hours for autophagy and overall health benefits.