

# Call For Participants



## Impact of Dietary Advice & Moderate Time Restricted Feeding on Health

10 week(s) to complete

Sincere Gratitude

Experiment

Liverpool Hope University  
College, Hope Park, Taggart Ave,  
Liverpool L16 9JD, UK

Liverpool Hope University

A 10-week moderate time restricted feeding trial with or without dietary advice. We are investigating the effects of daily extended fasting on weight, heart disease, appetite and diet quality. Time restricted feeding is a form of intermittent fasting which aims to combine daily feeding and fasting cycles with one's natural circadian rhythm. Current evidence suggests eating in alignment with circadian rhythms has significant effect on body weight, heart disease risk factors and appetite.

Find out more online

Poster printed on 25/04/2024    Study expires on 21/06/2020

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/G3IGZ3](http://www.cfp.cc/G3IGZ3)

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