On my 10-Day Belly Slimdown, you’re going to eat all of your meals within a seven-hour window. That’s because we now know that when you eat is as important as what you eat.

In fact, we’re discovering that simply shortening your eating window is one of the most powerful ways to fight belly fat and stay healthy.

In my new book, I describe ground-breaking research showing that mice that eat a bad diet within a restricted time window stay slim and healthy, while mice allowed to eat the same diet without time restrictions get fat and sick.

This is true even when the two groups of mice eat the same number of calories.

Now researchers are testing the results of a shortened eating window on humans, and they’re getting exciting results. People are getting slimmer and healthier, without even changing their diets!

This is a big, big finding. And when it comes to our current epidemics of obesity, diabetes, and other diseases of aging, it gives us an important clue we didn’t have before.

Genetically, we’re not much different from cave people—but we eat on a very, very different schedule. Our early ancestors didn’t grab breakfast before sunup, eat dinner after dark, and then spend hours in front of the TV munching on snacks. They ate when the sun was up, and they fasted when the sun went down.

As a result, their bodies learned to use the dark hours to clean, heal, and repair themselves—just as ours should. But these days, we short our cells on this crucial recovery and “housekeeping” time. Often, we eat from the time we get up until the time we go to bed, and it’s making us fat, sick, and old.

In short, we’re victims of a double whammy: We’re eating the wrong high-carb, sugary, artificial foods—and we’re eating them for too many hours each day.
Luckily, just as we can change what we eat, we can change when we eat. That’s why even after you finish your 10-Day Belly Slimdown, I want you to keep your eating window short—no more than 12 hours each day, and preferably 11 or less. It’s the easiest way in the world to keep those pounds from creeping back on, and it offers amazing health benefits:

- **It can reduce your risk of breast cancer.** Cancer expert Ruth Patterson, whose research examined the link between meal timing and breast cancer recurrence in approximately 2,500 breast cancer survivors, says, “Our biggest reductions in breast cancer recurrence [occurred with] at least 13 hours of fast.” The effect was striking, with the women who fasted for at least 13 hours each night reducing their risk of recurrence by 40%. The researchers also believe the strategy can help prevent breast cancer from developing in the first place.

- **It can make you healthier all over.** In addition to reducing cancer risk, Dr. Patterson says a shortened eating window appears to be a promising treatment for a wide range of diseases ranging from type 2 diabetes and non-alcoholic fatty liver disease to acid reflux. She says, “If everybody did it, we could move the whole disease risk curve down a little bit.”

- **It can lower your fat mass—without reducing muscle.** In one study, researchers assigned thirty-four men who did resistance training to a restricted-eating-window group or a control group. They found that even though time-restricted eaters ate the same number of calories as participants with longer eating windows, they decreased their fat mass while their lean muscle mass stayed the same.

And here’s more good news: You can cheat on your timing occasionally and get away with it. Animal research shows that mice that eat on a restricted schedule during the week can extend their eating hours on the weekend without it doing them any harm. So you can have a late-night meal and glass of wine on a date or girls’ night out, as long as you get right back on schedule the next day.

**Bottom line:** Shortening your eating window is one of the simplest and most powerful ways to stay slim, fight cancer, and lower your risk for other diseases of aging—and it works even if you cheat a little. So if you’re serious about staying young and healthy and keeping that belly fat off, make this easy fitness “hack” part of your lifestyle!