

Certificate in Integrative Palliative Care – 3
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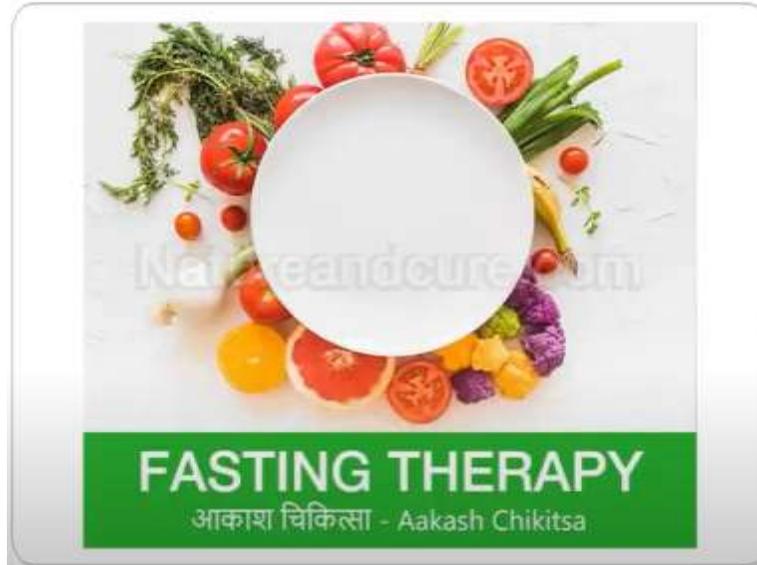
Week-02
Lecture 16: Fasting Therapy

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Hello, I am naturopath expert Shikha Gupta from Lucknow. I am practicing naturopathy since 23 years. Today I am going to describe you about fasting therapy, our ancient therapy.

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Fasting therapy Aakash Chikitsa, fasting versus word religions.

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Fasting & World Religions

- **Hinduism:** Fasting is commonly practiced on new moon days and during festivals. People keep fast on auspicious months & festivals.
- **Christianity:** Examples include Lent, during which Catholics do not eat meat on Fridays, and Coptic Christians fast for a total of 210 days throughout the year.
- **Islam:** Muslims fast during the month of Ramadan, refraining from consuming any food or liquid from sunrise until sunset.
- **Judaism:** Fasting serves as a symbol of atonement and remembrance, with six fasting days each year.
- **Buddhism:** Buddhists generally fast from noon to dawn of the following day.

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six fasting days each year. Buddhist: Buddhist generally fast from noon to dawn of following days.

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Fasting & Gandhiji

- Though **Gandhiji** believed in all systems of medicine, he was particularly drawn to nature cure and believed in preventive techniques for disease management. When it came to his own health, he would treat himself through nature cure or by fasting and experimenting with dietetics. Though **Gandhiji** believed in all systems of medicine, he was particularly drawn to nature cure and believed in preventive techniques for disease management. When it came to his own health, he would treat himself through nature cure or by fasting and experimenting with dietetics.



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Fasting & Gandhiji

**“If physical fasting
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accompanied by
mental fasting it
is bound to end in
hypocrisy and
disaster.”**



If physical fasting is not accompanied by mental fasting, it is bound to end in hypocrisy and disaster," Gandhiji said.

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mkgandhi.org

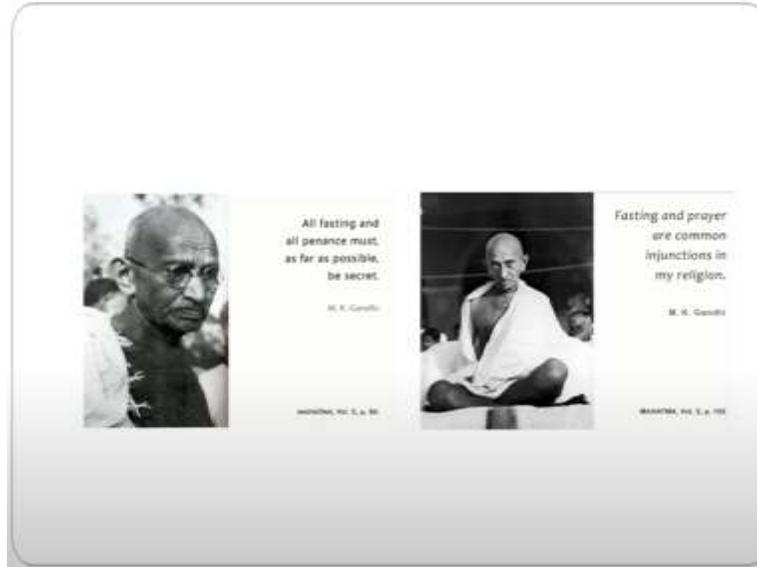
A genuine
FAST
cleanses the body,
mind and soul.
It crucifies the flesh
and to that extent
sets the soul free.

M. K. Gandhi
The Mind of Mahatma Gandhi, p. 35

Bombay Sarvodaya Mandal - Gandhi Research Foundation

One more quote, a genuine fast cleanses the body, mind and soul. It purifies the flesh and to that extent sets the soul free.

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One more quote of Gandhiji, all fasting and Penance must as far as possible be secret.
One more quote: Fasting and prayer are common injunctions in my religion.

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Fasting & Gandhiji

- During his long career as a lawyer and a public leader fighting for the rights of Indians living in South Africa and freedom fighter in India Gandhi undertook 17 fasts for various reasons. The total days of his fasts amounts to roughly 135 days. Fasting was a weapon used by Gandhi as part of his philosophy of Ahimsa (non-violence) as well as Satyagraha.
- The earliest fasts of seven and fourteen days were observed in Phoenix Ashram-South Africa as a penance for moral laps among some of the inmates of the Ashram in 1913.
- The first time Gandhi fasted in India in the interest of striking mill workers to protect their rights of fair pay was in Ahmedabad.

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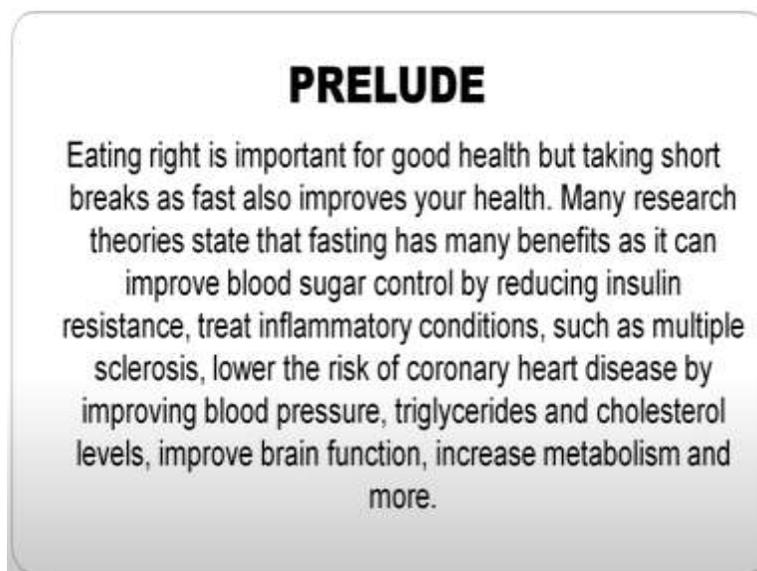
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This is the picture of Gandhiji's fasting in 1948.

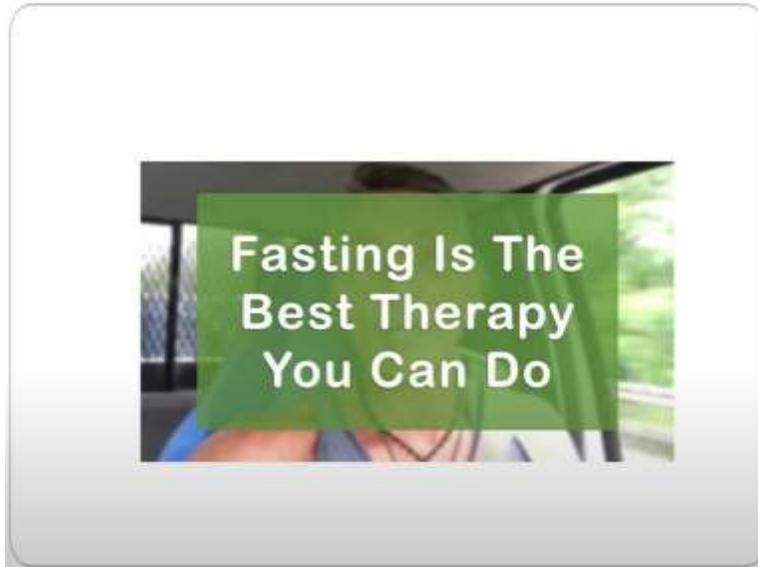
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Eating right is important for good health but taking short breaks as fast also improve your health. Many research theories state that fasting has many benefits as it can improve

blood sugar control by reducing insulin resistance, treat inflammatory conditions such as multiple sclerosis, lower the risk of coronary heart disease by improving blood pressure, triglycerides and cholesterol level, improve brain function, increase metabolism and more.

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Fasting is the best therapy you can do.

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What is Fasting?

- **Fasting** is an act of voluntarily declining from consumption of some or all food, drink or both for a certain period. In naturopathy treatment, **Fasting Therapy** is believed to be important for the preservation of health.

A graphic showing the word "diet" on a white plate with a gold rim. The letter "i" is replaced by a yellow lemon slice, and the letter "t" is replaced by a black cross. A silver fork and knife are placed on the plate. The entire graphic is set against a dark green background.

What is fasting? Let's understand. Fasting is an act of voluntarily declining from consumption of some or all food, drink or both for certain period. In naturopathy treatment, fasting therapy is believed to be important for the preservation of health.

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What is Fasting?

The duration of carrying out fast therapy is based upon the patient's age, nature of the disease and prior drug consumption. Thus, it is always recommended to consult a naturopath before conducting the practice of prolonged fast. One must also be mentally prepared and gather professional guidance as skilled practitioners would advise one to undertake short fasts lasting two to three days and gradually increase the duration.

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Fasting Therapy

Fasting is an effective treatment for removing the disorders of mind and body and is a process of providing rest to digestive system. The vital energy which digests the food is wholly engaged in the process of elimination during fasting. Mahatma Gandhi himself was a practitioner of fasting he fast for many time some for health and of course sometime due to politics.

“A genuine fast cleanses the body, mind and soul. It crucifies the flesh and to that extent sets the soul free.”

- M.K. Gandhi

Fasting therapy, beautiful quote by Gandhiji, a genuine fast cleanses the body, mind and soul. It crucifies the flesh and to that extent sets the soul free. Fasting is an effective treatment for removing the disorder of mind and body and is a process of providing rest to digestive system. The vital energy which digest the food is wholly engaged in the process of elimination during fasting.

Mahatma Gandhi himself was a practitioner of fasting. He fast for many times, some of health and of course, sometimes due to politics.

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There is a beautiful pictures of pizza, burger, fast food and in other hand salads, green salads and alkaline diet you must say and ginger tea.

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Health benefits.

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Health benefits of fasting let's understand promotes blood sugar control by reducing insulin resistance promotes better health by fighting inflammation may enhance heart health by improving blood pressure triglycerides and cholesterol level may boost brain function and prevent neurodegenerative disorders.

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Health Benefits of Fasting

- **Aids weight loss by limiting calorie intake and boosting metabolism**
- **Increases growth hormone secretion, which is vital for growth, metabolism, weight loss, and muscle strength**
- **Could extend longevity**
- **May aid in cancer prevention and increase the effectiveness of chemotherapy**

Health benefits may include aids weight loss by limiting calories intake of boosting metabolism.

Increases growth hormones secretion which is vital for growth, metabolism, weight loss and muscle strength could extend longitudinally, may aid in cancer prevention and increase the effectiveness of chemotherapy.

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1. Promotes blood sugar control by reducing insulin resistance

- Several studies have found that fasting may improve blood sugar control, which may be helpful for those at risk of developing diabetes.
- A 2023 study of 209 people found intermittent fasting 3 days per week can reduce the risk of type 2 diabetes by increasing insulin sensitivity.
- Decreasing insulin resistance can increase your body's sensitivity to insulin, allowing it to transport glucose from your bloodstream to your cells more efficiently.
- Coupled with the potential blood sugar-lowering effects of fasting, this could help keep your blood sugar steady, preventing spikes and crashes in your blood sugar levels.
- A 2022 review of research notes that intermittent fasting and time-restricted feeding may reduce risk factors associated with metabolic syndrome, a group of five risk factors that increase the likelihood of type 2 diabetes, heart disease, and stroke.
- However, additional studies are still needed to compare the effects of fasting with restricting calories.

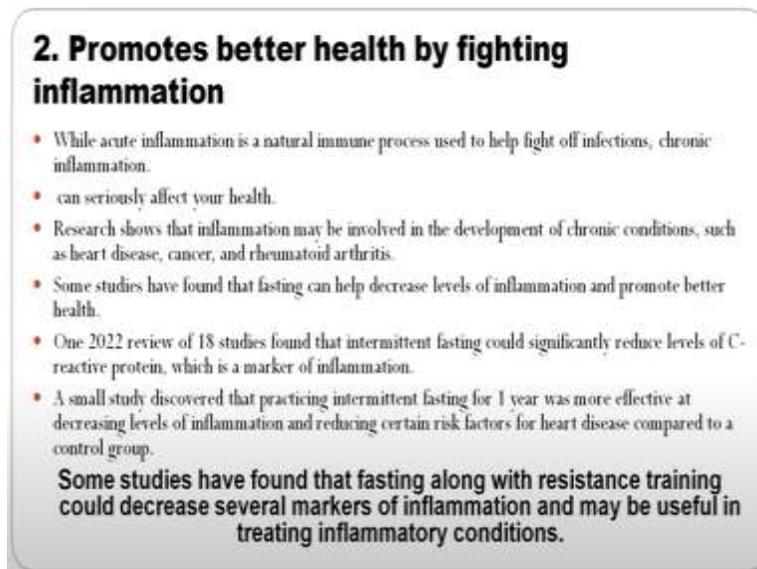
Intermittent Fasting and Alternate-day Fasting may help decrease blood sugar levels and reduce insulin resistance.

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2. Promotes better health by fighting inflammation

- While acute inflammation is a natural immune process used to help fight off infections, chronic inflammation can seriously affect your health.
- Research shows that inflammation may be involved in the development of chronic conditions, such as heart disease, cancer, and rheumatoid arthritis.
- Some studies have found that fasting can help decrease levels of inflammation and promote better health.
- One 2022 review of 18 studies found that intermittent fasting could significantly reduce levels of C-reactive protein, which is a marker of inflammation.
- A small study discovered that practicing intermittent fasting for 1 year was more effective at decreasing levels of inflammation and reducing certain risk factors for heart disease compared to a control group.

Some studies have found that fasting along with resistance training could decrease several markers of inflammation and may be useful in treating inflammatory conditions.

Let us understand the promotes better health by fighting inflammation.

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3. May enhance heart health by improving blood pressure, triglycerides, and cholesterol levels

- Heart disease is considered the leading cause of death worldwide, accounting for an estimated 19 million deaths globally in 2020.
- Switching up your diet and lifestyle is one of the most effective ways to reduce your risk of heart disease.
- Some research has found that incorporating fasting into your routine may be especially beneficial for heart health.
- One review revealed that alternate-day fasting could reduce levels of total cholesterol and several risk factors for heart disease in people with overweight compared to a control group.
- Another review showed that alternate-day fasting could significantly decrease blood pressure, as well as levels of blood triglycerides, total cholesterol, and LDL (bad) cholesterol.

Fasting has been associated with a lower risk of coronary heart disease and may help lower blood pressure, triglycerides, and cholesterol levels.

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4. May boost brain function and prevent neurodegenerative disorders

- Though research is mostly limited to animal research, several studies have found that fasting could have a powerful effect on brain health.
- Animal studies from 2018 and 2021 have reported that fasting could protect brain health and increase the generation of nerve cells to help enhance cognitive function.
- Because fasting may also help relieve inflammation, it could also aid in preventing neurodegenerative disorders.
- In particular, animal studies suggest that fasting may protect against and improve outcomes for conditions such as Alzheimer's disease and Parkinson's.
- However, more studies are needed to evaluate the effects of fasting on brain function in humans.

Animal studies show that fasting could improve brain function, increase nerve cell synthesis, and protect against neurodegenerative conditions, such as Alzheimer's disease and Parkinson's.

Fasting may boost brain function and prevent neuro generative disorders.

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**HEALTH BENEFITS
Backed by Science**

Fasting may provide several health benefits, including weight loss, blood sugar control, and protection against medical conditions like cancer and neurodegenerative disorders.

- Despite its recent surge in popularity, fasting is a practice that dates back centuries and plays a central role in many cultures and religions.
- Defined as abstinence from all or some foods or drinks for a set period, there are many different ways of fasting.
- Generally, most fasts are performed over 24–72 hours.
- Intermittent fasting, on the other hand, involves cycling between periods of eating and fasting, ranging from a few hours to a few days at a time.
- Fasting can have health benefits, such as increased weight loss and better brain function.
- Here are eight health benefits of fasting — backed by science.

Let's understand the health benefits backed by science. Fasting may provide several health benefits including weight loss, blood sugar control and protection against medical conditions like cancer and neuro degenerative disorders. Despite its recent surge in popularity, fasting is a practice that dates back centuries and plays a central role in many cultures and religions. Defined as abstinence from all or some foods or drinks for the set period, there are many different ways of fasting.

Generally most fasts are performed over 24 to 72 hours. Intermittent fasting on the other hand involves cycling between period of eating and fasting ranging from few hours to a few days of a time. Fasting can have health benefits such as increased weight loss and better brain function. Here are eight health benefits of fasting.

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5. Aids weight loss by limiting calorie intake and boosting metabolism

- Many dieters experiment with fasting to try to lose weight.
- Theoretically, abstaining from all or certain foods and beverages should decrease your overall calorie intake, which could lead to increased weight loss over time.
- One older review from 2015 showed that whole-day fasting could reduce body weight by up to 9% and significantly decrease body fat over 12–24 weeks.
- Another review found that intermittent fasting was more effective in inducing weight loss compared to continuous calorie restriction.
- In addition, other research has found that fasting may lead to greater reductions in body fat and belly fat compared to continuous calorie restriction.

Fasting may increase metabolism and help reduce body weight and body fat.

Aids weight loss by limiting calories intake and boosting metabolism.

Many dieters experiment with fasting to try to lose weight. Theoretically abstaining from all or certain foods and beverages should decrease your overall calorie intake, which could lead to increased weight loss over the time. One older review from 2015 showed that whole day fasting could reduce body weight up to 9 percent and significantly decrease body fat over 12 to 24 weeks. Another review found that intermittent fasting was more effective in including weight loss compared to continuous calorie restriction. In addition, other research has found that fasting may lead to greater reduction in body fat and belly fat compared to continuous calorie restriction.

Fasting may increase metabolism and help reduce body weight and body fat.

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6. Increases growth hormone secretion, which is vital for growth, metabolism, weight loss, and muscle strength

- Human growth hormone (HGH) is a protein hormone central to many aspects of your health.
- Research shows that this key hormone is involved in metabolism, weight loss, and muscle growth.
- Several studies have found that fasting could naturally increase HGH levels.
- One review article noted that fasting for 37.5 hours can increase basal HGH concentrations by as much as ten times and also reduces the metabolic rate at which the body clears HGH.

Studies show that fasting can increase levels of human growth hormone (HGH), an important protein hormone that plays a role in growth, metabolism, weight loss, and muscle strength.

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7. Could Extend Longevity

- Several animal studies have found promising results on the potential lifespan-extending effects of fasting.
- One 2021 study analyzed the effects of periodic fasting on the human gut and found that fasting increased the diversity of helpful bacteria in the gut microbiome, including the *Christensenella* species, which are related to longevity.
- The researchers also noted an increase in sirtuins, proteins involved in metabolic regulation that are also associated with longevity.
- A 2021 review of older human and animal research has turned up similar findings, reporting that fasting could be effective in increasing longevity and delaying disease.
- However, further studies are needed to understand how fasting may impact longevity and aging in humans and which fasting plans are most effective.

Animal studies have found that fasting could delay aging and increase longevity, but human research is still lacking.

Fasting could extend longevity.

One more benefit, let us understand. Several animal studies have found promising result on the potential lifespan extending effect of fasting. One 2021 study analyzed the effect of periodic fasting on the human gut and found that fasting increased the diversity of healthful bacteria in the gut microbiome, including the christensenella species which are related to longevity. The researchers also noted the increase in sirtuins proteins involved in metabolic regulation that are also associated with longevity. In 2021 review of older human and animal research, has turned up similar findings reporting that fasting could be effective in increasing longevity and delaying disease. However, further studies are needed to understand how fasting may impact longevity and aging in humans and which fasting plants are more effective.

Animal studies have found that fasting could delay aging and increase longevity, but human research is still lacking.

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8. May aid in cancer prevention and increase the effectiveness of chemotherapy

- A review published in the American Cancer Society Journal notes that intermittent fasting may benefit the treatment and prevention of cancer in some situations. It may decrease tumor growth and toxicity from chemotherapy in some people.
- But they note that more high quality clinical trials are needed and recommend that people undergoing cancer treatment only do intermittent fasting as part of a clinical trial. For some situations and types of cancer, it could potentially have a negative effect.
- Another review of test tube and animal suggests that fasting could reduce tumor progression and increase chemotherapy's effectiveness.
- Despite these promising findings, additional studies are needed to look at how fasting may influence cancer development and treatment in humans.

Some animal and test-tube studies suggest that fasting could block tumor development and increase the effectiveness of chemotherapy.

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This is the picture fasting has various health benefit that include improved cardiovascular health, decreased blood sugar, cell reformation and recycling, better insulin sensitivity, boost metabolism and improve overall immune system.

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Type of Fasting

- Fasting therapy is not a process of abstaining oneself from food and water for days on end. Intermittent Fasting is one of the best fasting techniques with alternatives.
- For example, intermittent fasting can be broken down into subcategories, such as alternate-day fasting, which involves eating every other day, or time-restricted feeding, which entails limiting intake to just a few hours each day.

Let's understand part 2 types of fasting. Fasting therapy is not a process of staining oneself from food and water for days on end. Intermittent fasting is one of the best fasting techniques with alternatives. For example, intermittent fasting can be broken down into

subcategories such as alternate day fasting which involves eating every other day or time restricted feeding which entails limiting intake to just a few hours each day.

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Ten tips on how to do fasting right.

Fast for the right amount of time. Always drink water. Don't drink after the fast. Do not binge after the fast. Eat a protein rich meal before fasting.

Consider intermittent fasting. Always fast overnight. Do not severely restrict calories especially when fasting. Drink coffee or tea when needed. Do not over exercise when fasting. Take necessarily precautions if you have underlying medical conditions such as type 1 diabetes, type 2 diabetes or insulin resistance.

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Intermittent Fasting

Intermittent fasting is an eating pattern where you exercise alternate cycles of fasting and eating, i.e. skipping breakfast, enjoying your first meal at noon and your last meal at night. Under this type of fasting, you restrict your body to eating for a gap of 8 hours and again fasting for 16 hours. People also practice the pattern of skipping food once or twice a week or eat only about 500–600 calories during 2 days of the week. This type of fasting therapy can cause weight loss, improve various metabolic features like reduced oxidative stress, inflammation and a reduction in blood sugar levels, prevent insulin resistance.

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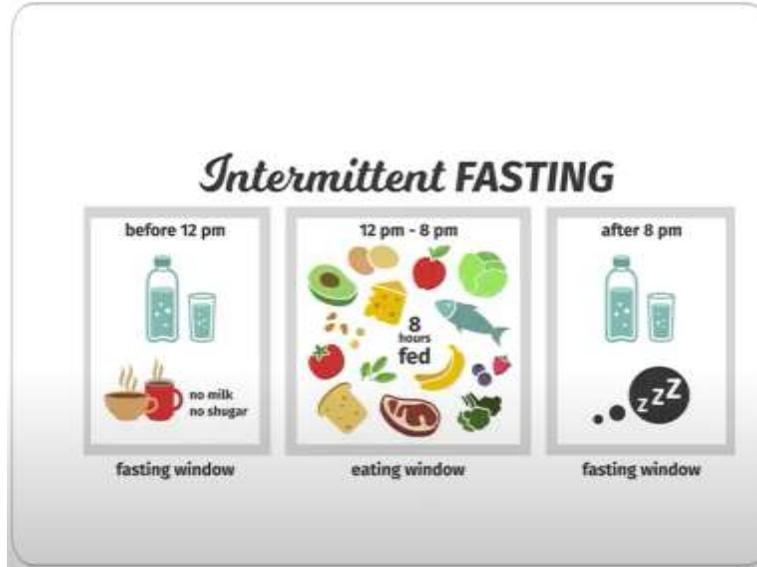
Six ways to do daily intermittent fasting. Let us understand. Simple fast need 12 hours, brunch fast needs 14 hours, cycle fast 16 hours, 3 times weekly. Strong fast 16 to 18 hours daily, barrier fast 19 to 21 hours daily, one day fast full 24 hours fast each week.

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This is the picture of a intermittent fasting 8 hours feed and 16 hours fasted.

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There is another picture of intermittent fasting before 12 pm no milk, no sugar fasting window and eating window is 12 pm to 8 pm, 8 hours fed.

Now, another picture is after 8 pm fasting window.

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Health benefits of intermittent fasting. Helps reduce weight, lower risk of diabetes, lowers blood pressure and cholesterol level, improves heart health, increase lifespan, delay the onset of neurodegenerative disease.

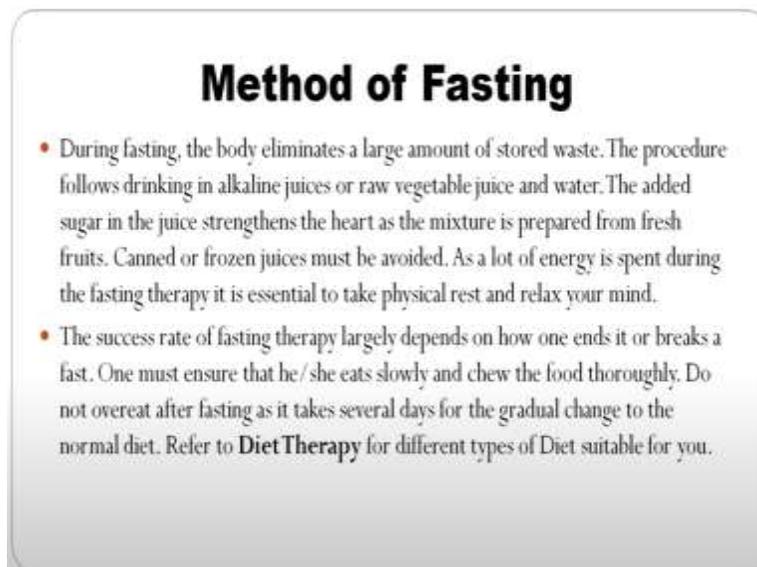
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Pitfalls of intermittent fasting. First, having too much coffee in the fasted state.

This is very very wrong. Not cleaning up your diet and lifestyle before getting into fasting regimen. Third one, in adequate hydration especially when adopting ketogenic principles, you have to concern about these three things.

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Now let's understand the method of fasting. During fasting the body eliminates the large amount of stored waste. The procedure follows drinking in alkaline juices or raw vegetable juices and water.

The added sugar in the juice strengthens the heart as a mixture is prepared from fresh fruit. Canned or frozen juices must be avoided. As lot of energy is spent during the fasting therapy it is essential to take physical rest and relax your mind. The success rate of fasting therapy largely depends on how one ends it or breaks a fast. One must ensure that she eats or he eats slowly and shift the food thoroughly.

Do not over eat after fasting as it takes several days or gradual change to your normal diet. Refer to diet therapy for different types of diet suitable for you.

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This is the picture of healthy fasting in which you can see fruits, green veggies, salads, nuts etc.

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How to Start Fasting

- There are many different types of fasts, making it easy to find a method that fits your lifestyle.
 - Here are a few of the most common types of fasting:
 - **Water Fasting:** Involves drinking only water for a set amount of time.
 - **Juice Fasting:** This entails only drinking vegetable or fruit juice for a certain period.
 - **Intermittent Fasting:** Intake is partially or completely restricted for a few hours up to a few days at a time, and a regular diet is resumed on other days.
 - **Partial Fasting:** Certain foods or drinks such as processed foods, animal products, or caffeine are eliminated from the diet for a set period.
 - **Calorie Restriction:** Calories are restricted for a few days every week.
- Within these categories are also more specific types of fasts.

Let us understand how to start fasting. There are many different types of fast making it easy to find a method that fits your lifestyle.

Here are few of most common types of fasting. First one water fasting involves drinking only water for a set amount of time. Juice fasting this entails only drinking vegetables or fruit juice for a certain period. Intermittent fasting intake are partially or completely restricted for a few hours up to few days at a time and a regular diet is resumed on another day. Partial fasting, certain food or drinks such as processed food, animal product or caffeine are eliminated from the diet for a set period. Calories are restricted for few days every week within these categories are also more specific types of fast.

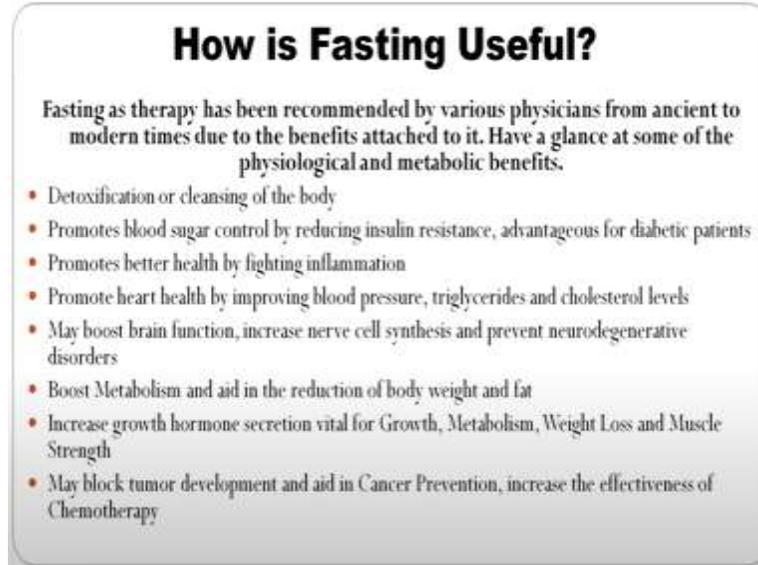
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9 types of fasting strategies. Let us understand 6 oblique 8 method is 16 hours fast, 20 oblique 4 method means 20 hours fast, 5 is to 2 method restricted calories intake 500 to 600 two days a week. Liquid diet fasting removes solid food consumes only liquid like broth, soups and juices. Eat, stop, eat – 24 hours fast once or twice per week. OMAD – one meal a day. The Barrier Diet – small amount of raw fruits, vegetables during the day and one large at night.

Alternate Day Fasting – 75% energy restriction every other day, one day and three day, short term water only fast.

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How is Fasting Useful?

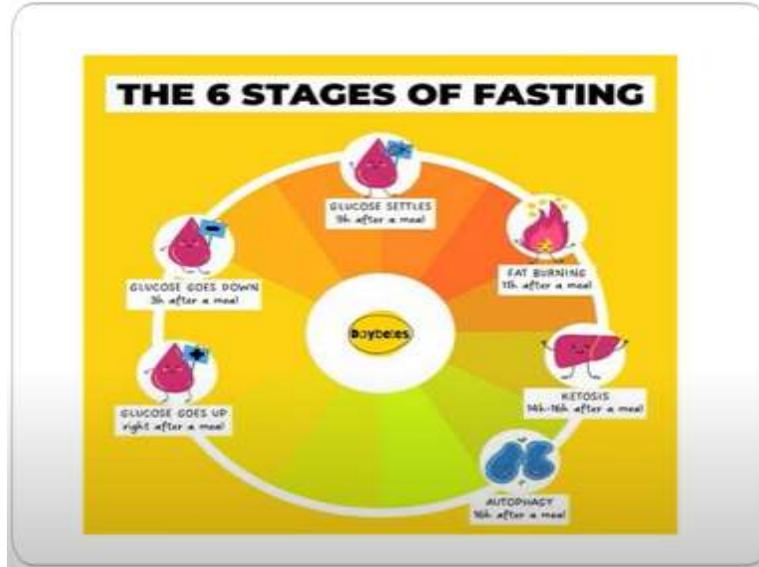
Fasting as therapy has been recommended by various physicians from ancient to modern times due to the benefits attached to it. Have a glance at some of the physiological and metabolic benefits.

- Detoxification or cleansing of the body
- Promotes blood sugar control by reducing insulin resistance, advantageous for diabetic patients
- Promotes better health by fighting inflammation
- Promote heart health by improving blood pressure, triglycerides and cholesterol levels
- May boost brain function, increase nerve cell synthesis and prevent neurodegenerative disorders
- Boost Metabolism and aid in the reduction of body weight and fat
- Increase growth hormone secretion vital for Growth, Metabolism, Weight Loss and Muscle Strength
- May block tumor development and aid in Cancer Prevention, increase the effectiveness of Chemotherapy

How is fasting useful? Fasting as a therapy has been recommended by various physicians from ancient to modern times due to the benefit attached to it. Have a glance at some of the physiological and metabolic benefits. Detoxification or cleansing of the body, promotes blood sugar control by reducing insulin resistance, advantageous and for diabetic patient, promotes better health by fighting inflammation, promotes heart health by improving blood pressure, triglyceride and cholesterol level, may boost brain function, increase nerve cell synthesis and prevent neurodegenerative disorders.

Boost metabolism and aid in the reduction of body weight and fat. Increase growth hormone secretion vital for growth, metabolism, weight loss and muscle strength. May block tumour development and aid in cancer prevention increase the effectiveness of chemotherapy.

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In this slide you can see the six stages of fasting. First stage in which glucose up goes up right after the meal, glucose goes down 3 hours after meal, then glucose settle down 9 hours after meal, fat burning 11 hours after meal, ketosis 14 to 16 hours after meal and autophagy start from 16 hours after meal.

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This is the picture.

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Safety and Side Effects

- Fasting may not be suitable for everyone and may cause side effects.
- For example, if you have diabetes, fasting can lead to spikes and crashes in your blood sugar levels, which could be dangerous.
- It's best to talk with a doctor first if you have any underlying health conditions or are planning to fast for more than 24 hours.
- Additionally, fasting is not generally recommended without medical supervision for older adults, adolescents, people with underweight, or people undergoing cancer treatment.
- If you decide to try fasting, be sure to stay well-hydrated and fill your diet with nutrient-dense foods during your eating periods to maximize the potential health benefits.
- Additionally, if fasting for longer periods, try to minimize intense physical activity and get plenty of rest.

Now let's understand the safety and side effects. Fasting may not be suitable for everyone and may cause side effects. For example, if you have diabetes fasting can lead to spikes and crashes in your blood sugar level which could be dangerous. It's best to talk with a doctor first if you have any underlying health conditions or are planning to fast for more than 24 hours. Additionally, fasting is not generally recommended without medical supervision for older adults, adolescent people with underweight or people undergoing cancer treatment.

If you decide to try fasting, be sure to stay well hydrated and fill your diet with nutrient dense food during your eating period to maximize the potential health benefits. Additionally, if fasting for long period, try to minimize intense physical activity and let get plenty of rest.

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THE BOTTOM LINE!

- **Fasting may have potential health benefits, including weight loss, improved blood sugar control, heart health, brain function, and cancer prevention.**
- **When coupled with a nutritious diet and healthy lifestyle, incorporating fasting into your routine could benefit your health.**
- **There are different ways to practice fasting, which makes it easy to find a method that fits into just about any lifestyle. Experiment with different types to find what works best for you.**

The bottom line is fasting may have potential health benefit including weight loss, improved blood sugar control, heart health, brain function and cancer prevention. When coupled with a nutritious diet and healthy lifestyle, incorporating fasting into your routine could benefit your health. There are different ways to practice fasting which makes it easy to find the method that fits in to just about any lifestyle.

Experiment with different types of find what works best for you.

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- Medically reviewed by Jerlyn Jones, MS MPA RDN LD CLT, Nutrition — Written by Rachael Ajmera, MS, RD — Updated on September 22, 2023

There are some references. So, I think it will be very very beneficial for you people. Go through these presentation, these slides again and again. And if you find any naturopath or concern if you think, so you can go beyond this and thank you so much for understanding fasting.