Fasting Activates Cell Repair Mechanism, Reverses Disease

BY TYLER DURDEN

WEDNESDAY, OCT 09, 2024 - 02:55 PM

Authored by Jingduan Yang, M.D. via The Epoch Times (emphasis ours),

Fasting helps with weight loss and activates the body's autophagy, allowing deep-seated cell repair and improving cell health. As a result, fasting has been found to help prevent various diseases, slow aging, and effectively treat some illnesses.

Intermittent fasting

Research has found that fasting and calorie restriction can stimulate autophagy in diabetic mice, thereby improving vascular health. Julia Mikhaylova/Shutterstock

What Is Autophagy?

Autophagy is an important function that every cell possesses. As the name suggests, it means self-engulfing and is an essential cellular self-cleaning process.

Each cell contains multiple parts that keep it functioning continuously. Over time, these parts may become defective or stop performing and become waste inside an otherwise healthy cell. For example, when damaged proteins, discarded organelles, or other wastes appear inside our cells, the efficiency of normal cell operation is reduced.

Autophagy is equivalent to the body's cellular recycling system that decomposes and recycles cell parts and waste. At the same time, it repurposes the salvageable bits and pieces into new, usable cell parts to generate energy and repair the cells, keeping the latter healthy and helping to prevent the incidence of diseases.

A 2013 study published in Ageing Research Reviews has found that with normal autophagy in place, the body is able to resist disease effectively and can even delay aging. When autophagy slows, the waste removal process from the cells becomes less reliable, which may lead to various health issues, culminating in neurodegenerative diseases, metabolic disorders, and even cancer.

Fasting and Autophagy

How are fasting and autophagy related? **When we fast, our cells sense a decrease in energy supply, signaling that they need to start cleaning up their internal "inventory," initiating autophagy to recycle and utilize the resources already present in the cell.**

Studies have shown that autophagy is a dynamic catabolic process that is strictly regulated. Adenosine monophosphate-activated protein kinase (AMPK), known as the "cell energy regulator," acts like a switch to energy-saving mode in the cell organelle. It is activated whenever it senses a low energy condition, and the cell will then reduce the synthesis of new proteins and start autophagy.

Fasting triggers the autophagy process, and cells will automatically enter self-repair mode. This helps to remove waste from our bodies and improves the health of cells.

Research has found that **regular fasting can reduce weight and improve aging-related health problems**, including cardiometabolic, cancer, and neurocognitive outcomes. Another study found that metabolic profiles related to lung and colorectal cancer risk were reduced after fasting during Ramadan.

Case Sharing From My Medical Practice

1. An older man with Alzheimer's disease: After trying various treatment options, the man's family decided he should try an intermittent fasting program of fasting for 14 to 16 hours a day, eating only between an 8 to 10-hour time span. After four months, his cognitive function improved significantly. Scans of his brain showed a decrease in the buildup of proteins associated with Alzheimer's disease. This improvement may be closely related to the autophagy process activated during fasting, which helps clear harmful proteins from the brain.

2. A breast cancer cancer patient: This patient fasted for 48 hours before chemotherapy. The side effects from chemotherapy were significantly reduced while producing a much better effect from chemotherapy treatment. This is because, during fasting, the autophagy process helps clear damaged cell structures and promotes the regeneration of the immune system, thus enhancing the effectiveness of the treatment. However, some cancer patients suffer from cachexia or are unable to eat at all. In these cases, fasting is not appropriate.

3. A middle-aged woman with lupus erythematosus (achronic autoimmune disease): This patient found that her symptoms improved significantly after intermittent fasting, and her dependence on hormonal drugs was significantly reduced. This is because autophagy effectively cleans up waste in the body and reduces the inflammatory response.

These cases demonstrate that fasting can profoundly affect the health of our cells and even help treat diseases.

However, fasting is not for everyone. People with chronic illnesses or special health needs are advised to consult a physician or nutritionist specialized in this area before beginning any fasting program.

Two Popular Fasting Routines

Healthy adults who want to try fasting can start with short-term or intermittent fasting.

16:8 Fasting: One of the most popular intermittent fasting methods. Fast for 16 hours a day and eat within the remaining eight hours. For example, restrict yourself to eating only between 10 a.m. and 6 p.m.

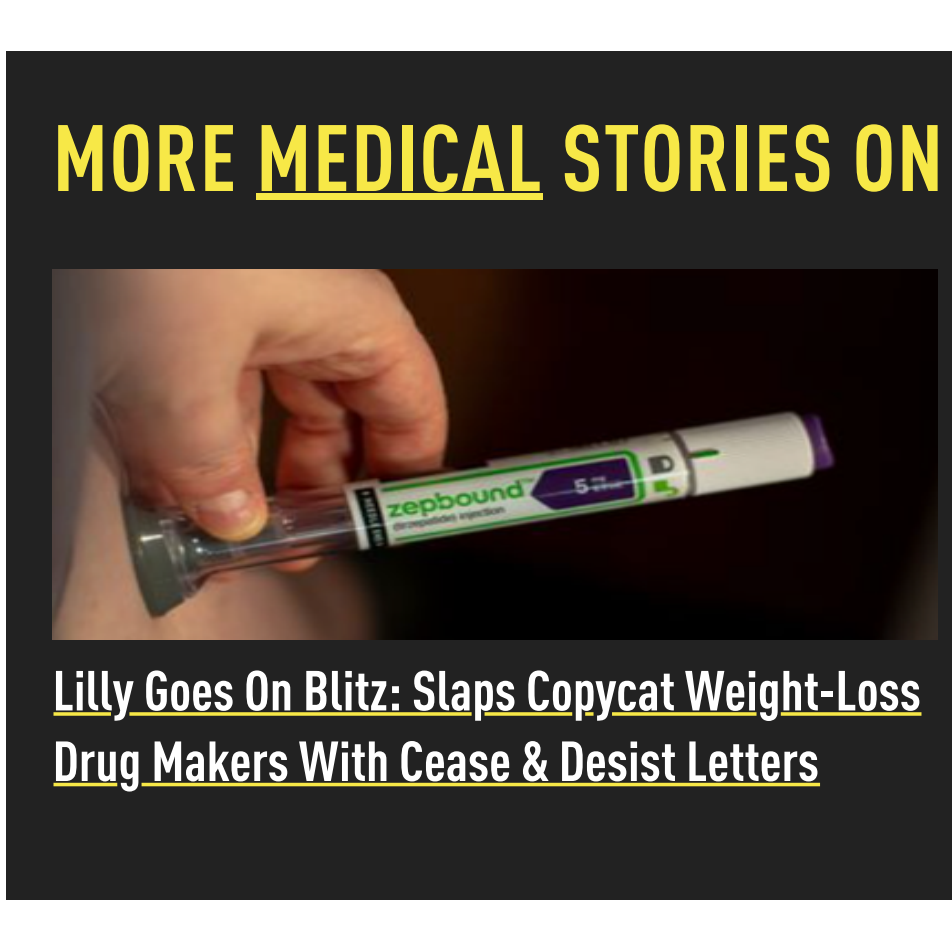
5:20 Fasting: Eat normally for five days of the week and limit your daily caloric intake to 500 to 600 calories on the remaining two days. This approach is also effective at kick-starting autophagy while making it easier for you to stick with it.

Fasting is not about starving yourself, but rather managing your diet more intelligently so that your body has time to repair itself. During the fasting period, drink enough water and keep up with nutritional balance by choosing the right foods in your meals to ensure adequate nutritional intake.

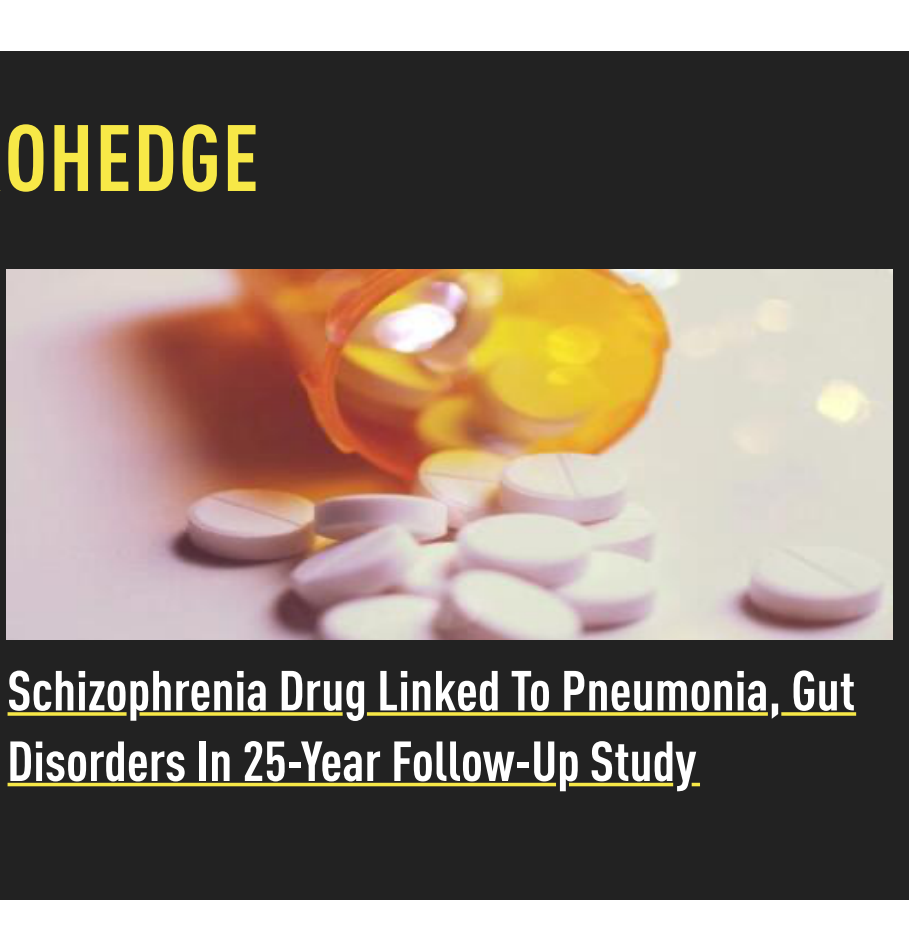
Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times or ZeroHedge.

82,038 391

MORE MEDICAL STORIES ON ZEROHEDGE



Lilly Goes On Blitz: Slaps Copycat Weight-Loss Drug Makers With Cease & Desist Letters



Schizophrenia Drug Linked To Pneumonia, Gut Disorders In 25-Year Follow-Up Study

Advisory Committee On Immunization Practices Could Change Attitudes On Vaccines

NEVER MISS THE NEWS THAT MATTERS MOST

ZEROHEDGE DIRECTLY TO YOUR INBOX

Receive a daily recap featuring a curated list of must-read stories.

Email Subscribe

COMMENTS MY PROFILE

B I Source

5000 characters remaining

POST

COMMENTING AS HAMFISTEDIDIOT.

PREMIUM COMMENTS 0 ALL COMMENTS 397

VIEWING OPTIONS

BGen. Jack Ripper 21 hours ago

Three years too late - Big Fast Bastard could've been saved.

▲ 58 ▼ Reply

Agarn PREMIUM 21 hours ago

Any updates on BFB?

▲ 22 ▼ Reply

BGen. Jack Ripper 21 hours ago

Zilch

▲ 22 ▼ Reply

brown_hornet 21 hours ago

I miss my dear old friend.

▲ 22 ▼ Reply

Pizza the Hutt 21 hours ago

2009? , yours is probably the oldest comment account on here

you smell terrific!

▲ 16 ▼ Reply

JimmyJones 20 hours ago

This book goes into detail and other research about fasting, dry fasting and cell Autophagy. The Russians made a decent amount of headway with area of science. The anti aging effects are remarkable. "The Phoenix Protocol Dry Fasting for Rapid Healing and Radical Life Extension: Functional Immortality" https://a.co/d/eq99URg

▲ 13 ▼

Wicheetah Lineman 19 hours ago *(Edited)*

I found a workaround to understanding what is good and healthful for the human body- I don't follow it- but this article sure seems to speak aloud what seemed evident to me a few days ago:

"Humans did not eat regularly, it was feast (of one or two foods) and then famine. They did not drink water regularly, mostly, and had some 48-72 hour periods of dehydration".

If you look back from 200 to 20,000 years ago, it was perfectly normal to not eat for a few days of necessity- no food. Evolution (natural selection) and or whatever you call God making an adaptive being, (Nature or God either way works) ideally designed humans to to tolerate and even excel in misery, like, going without food for some time.

Also, inversely, whatever Man says one should do, it is probably harmful- 3 squares a day, food pyramid, lots of carbs, seed oils (Pam, Crisco, etc) are good for you (CANOLA or Soy).

When you find Nature provided a certain Way, and Man prescribed the Other Way, why, it is reliably the former, not the latter that is the Best Way, and most forgiving if you try it.

I was injured severely by doctors in roughly the late 1970s, and had to find my own way out, and did, and these insights are one of the side benefits.

FWIW I gotta lay off the pizza. (not you, Mr. Hutt)

WL

▲ 34 ▼

Tronald Dump 19 hours ago

a standing desk has worked wonders in my life. Standing all day instead of sitting has caused me to loose almost 25 lbs.

▲ 17 ▼ 1

BobPaulson 19 hours ago

2009 ZHers unite!

▲ 17 ▼

Orly 19 hours ago

I'm in the club!

▲ 12 ▼

Wicheetah Lineman 18 hours ago

Geez, Orly, your avatar had us thinking you weren't even old enough to type in 09!

Now you are a ZH elder <shakes head in wonder>.

Carry on!

WL

▲ 5 ▼

Show More Replies

BLOTTO 20 hours ago

Jul-2009 is old school...even older than Cog D and WB7.

I'm Apr-2011.

▲ 7 ▼ Reply

MANvsMACHINE 18 hours ago *(Edited)*

I am pretty sure I joined in 2009 but my account got shot down for an innocuous comment and I restarted under a new moniker paying homage to Harry Reid, who was alive at the time.

15 years at this and I'm still so far from my goal. 🫠

▲ 8 ▼

Fiat Bitchez 18 hours ago

Long time lurker 2009, then I made the account circa 2011..... this site has changed a lot over the years. Paywall, the goofy news and all that. The days of straight financial info and discussions are virtually gone here. Reddi t seems to have some interesting stuff at times

▲ 3 ▼

Fiat Bitchez 18 hours ago

My user name is probably worth a lot now.... inflation and all 🫠

▲ 4 ▼

Jade_Dragon 18 hours ago

Did we lose Lord Flinn (Hemingway)? I fear so. Not a believer of NWO but right on so much else. He was a retired Idaho schoolteacher

▲ 14 ▼ 2

So great a cloud 18 hours ago

Long time lurker, created the account in 2012. Sheesh, where did all the time go? I'm going to need to start eating my long term food supplies soon… thought I'd never get tired of reading about gold bitchez, but alas, I don't think about that insurance much. Maybe Warren buffet is right, it's just a pet rock.

Thanks for early entry into crypto, hedgers helped spur that along for sure. And for early info on the COVID bio weapon. As for fasting, I would encourage all hedgers to give it a go. A good 3-4 day fast really resets things. You won't die from not eating, but eating will kill you eventually. Most people have a good 3 month supply to burn through and they would be just fine fasting.

▲ 8 ▼

nostops4me 16 hours ago

I thought Lord Flinn was one of the better posters out here too, Jade.

I didn't think his comments would warrant a visit from a Black Helicopter, so I would guess he had a health crisis of some sort, or another family emergency of some sort.

Life is tough. Nobody gets out alive. (with some frozen cryogenic bodies TBD....)

▲ 6 ▼

Golden Showers PREMIUM 16 hours ago

May '11 here. Lurked for a long time. I miss so many people who used to insult me. Rafterman FMJ. I Miss CRM114. Boris Alatovcrap. BFB. Was good to see Sukhoi out again recently. Hedgeless... list goes on and on.

▲ 2 ▼

SweetDoug 3 hours ago

'

'

'SweetDoug circa 2009.

Knew I was going somewhere when somebody signed in as…

SweetDougisacunt

Rant'n raving for ≈ 15 years.

Hedge is my daily goto.

OJO
V--V

▲ ▼

Chad Thundercok 21 hours ago

I think he goes by PlusSizeModel now.

Has same avatar.

▲ 6 ▼ 1 Reply

ZIRPdiggler 19 hours ago

There's a lot of ZHers who come and go.... never to be heard from again....whatever happened to *Hedgeless Horseman*? Or *Yen Cross*?

▲ 11 ▼ Reply

Tronald Dump 19 hours ago

.tion?

▲ 10 ▼ 1 Reply

Orly 18 hours ago

Last I heard from Elizabeth, she was working Scary Farmhouse and had to have some tree work done along the neighbor's fence line. When lo! and behold! 'Chainsaw Dude' showed up. The arms on that guy!

I bet she got married and is living happily ever after.

▲ 8 ▼

WaterWings 19 hours ago

Chumba was epic (Gold, bitchez). B9K9 had some amazing insight. GeoPol.

So many good ones.

▲ 8 ▼ Reply

Capn Balz 18 hours ago

Bidenomics. They all starved to death

▲ 3 ▼

Garth Crooks PREMIUM 18 hours ago

What about Lordflyn? That old guy in north Idaho. He had a comment score of like 500000 or something crazy, and he just disappeared..

▲ 7 ▼ Reply

BGen. Jack Ripper 18 hours ago

He takes extended vacations.

▲ 8 ▼

CrazyOldMan 18 hours ago

CIA probably offed him.

▲ 2 ▼

ah-ooog-ah 12 hours ago

I miss Boris Alatovkrap

▲ 3 ▼ Reply

GoldHermit PREMIUM 21 hours ago

He cratered

▲ 15 ▼ Reply

Garth Crooks PREMIUM 18 hours ago

All is well...

▲ 2 ▼ Reply

Pizza the Hutt 16 hours ago

Lol , Garth Crooks

▲ ▼ Reply

SubZero13 21 hours ago

No one to update us on cratering housing prices

▲ 6 ▼ Reply

Arising 20 hours ago

Does anyone know what happened to Lord Fynn?

He was the top commenter then just vanished.

▲ 11 ▼ Reply

BGen. Jack Ripper 20 hours ago

He gets his Bangkok oil change then pops back in.

▲ 4 ▼ Reply

Confucius 20 hours ago

Man who walks through airport sideways going to Bangkok

▲ 5 ▼ Reply

Chad Thundercok 20 hours ago

How about HedglessHorseman? He used to share quite a lot of knowledge.

▲ 11 ▼ Reply

Horse 20 hours ago

I see......

I'm not good enough?

▲ 11 ▼

Fiat Bitchez 18 hours ago

The guy milliondollarbonus or something or other.... just disappeared as well

▲ 4 ▼

Mr. Magniloquent 12 hours ago

He has a blog. Not hard to find.

▲ ▼

PumpkinEater 19 hours ago

Man who go to bed with itchy asshole, wake up with stinky finger

▲ 7 ▼ Reply

RR, the 5th of November/macroman 17 hours ago

Boris....

▲ 3 ▼ Reply

SierraSnowAlert 17 hours ago

NOT taking nutrtion advice from anyone named Jingduan Yang!

▲ 2 ▼ 1 Reply

Arising 14 hours ago

Chinese are known for their thousands of years of natural medicine.

Would you prefer taking advice from a Dr Stein?

▲ 1 ▼ 1 Reply

Herbert C. Noodleman 20 hours ago *(Edited)*

I'm up on this now as a cancer patient. It's really a metabolic disease as are many others. There's poison in the food. Then there's the c19 vax.

I'm stage 4 but I'm still winning. It's going to be gone by next year.

▲ 55 ▼ Reply

Ben A Drill 20 hours ago

I hope you kick cancers ass.

▲ 32 ▼ Reply

Pizza the Hutt 20 hours ago

Not even cancer can defeat Herbivore C. Noodleman

▲ 23 ▼ 1 Reply

Roaming potato 20 hours ago

Prayer is the cure. Wisdom and diet comes from prayer.

▲ 19 ▼ 8 Reply

Reader1 20 hours ago

Best to you. Kill those renegades.

▲ 10 ▼ Reply

Orly 20 hours ago

Toss in some ivermectin while you're at it. It can't hurt and I hear it works.

▲ 21 ▼ Reply

russellthetreeman PREMIUM 20 hours ago *(Edited)*

yup.

Here's some info you may find helpful too.

https://www.youtube.com/watch?v=vv1nzsEFFC8

▲ 4 ▼ Reply

Herbert C. Noodleman 20 hours ago

I did that. There's a lot of repurposed drugs that work and have RCTs to prove it. Tagamet, tadalifil, statins, aspirin... And a lot of supplements.

▲ 6 ▼ Reply

Wicheetah Lineman 19 hours ago

OT, but when I see "Tadalifil!" it seems like, with that name, it should be an ED med.

And Aspirin' should be a motivation drug.

Statins? Cures tardiness.

(Best wishes, Mr. Noodleman)

WL

▲ 4 ▼ Reply

Garth Crooks PREMIUM 18 hours ago

Soursop tea brother...twice a day...check it out. Keep fighting!

▲ 5 ▼ Reply

BlackLocust1640 16 hours ago

You should write a blog listing what you do and how. I'd love to read it. Honestly. Wish you the absolute best!

▲ 5 ▼ 1 Reply

Bossua 20 hours ago *(Edited)*

Try out the fast, there's plenty of evidence it starves cancer acting like little fat boys that found the cookie jar. Kick it's ass!

▲ 11 ▼ Reply

Herbert C. Noodleman 20 hours ago

I'm more or less doing intermittent fasting plus keto diet.

▲ 11 ▼ Reply

Bossua 19 hours ago *(Edited)*

I would gamble with a 1 to 2 week water fast if I were diagnosed with life altering cancer.

I would also muscle train as much as I could.

Just sharing my personal game plan.

Again, that's me, I'm a nut and would do it b/c I was dying anyhow.

Good luck, make plans with your estate, talk with loved ones, then kick that cancer's ass.

▲ 6 ▼ Reply

Wicheetah Lineman 19 hours ago

On a bit more serious note for Mr. Noodleman:

You've heard of the CGM Continuous Glucose Monitor? People are discovering their DNA or microbiome, something, makes them hypersensitive to, say, rice. Or Gatorade.

The mechanism is key: Instead of hoping a doc will care, and be able, to test a theory, you can test your OWN theories and get the results in what- five minutes? And repeat after waiting a few hours at most?

I wonder if there is, should be, could be, or some workaround, so YOU, Mr. Noodleman, can figure out what stops the big C in its tracks? What would such a device look like, perhaps it would operate (outwardly) like a CGM but check for cancer instead of glucose.

WL

▲ 8 ▼ Reply

nerf_crotchbat 20 hours ago

Herb,

Check out J. Gulinello if you haven't already. https://www.perpetualhealth.co/

▲ 1 ▼ Reply

SierraSnowAlert 17 hours ago

Herb,

Use caution with these cancer cure gimmicks, have had friend wast 100s of K on them, some got a few extra weeks, most didn't!

It's a grift! And the worse kind!

Blessings

▲ 1 ▼ 1 Reply

Big Sexy 20 hours ago

Good luck and God bless!

▲ 5 ▼ Reply

Friedrich not Salma 19 hours ago

As most on ZH believe, one should be familiar with the entire spectrum of a subject and select a path. MyCancerStory.rocks is an interesting read.

▲ 3 ▼ Reply

delmar Jackson 19 hours ago

Dude, you are going to kill that Fu**ing cancer!!!! Something wonderful is going to happen.

Better days ahead Mr Noodleman!

▲ 7 ▼ Reply

SierraSnowAlert 17 hours ago

Sorry Herb, odds are you won't mate, so go have some fun before you leave this crazy planet!

▲ ▼ 3 Reply

Buckshot 00 17 hours ago *(Edited)*

check Dr Berg's interview with a stage 4 cancer survivor on how he beat cancer by prolonged fasting:

https://www.youtube.com/watch?v=7yszU0-Molc

He has another similar interview of another guy that beat advanced cancer by long term fasting (30 days) and eliminating glucose from their diet's... essentially starving cancer cells from their primary source of energy as they can't use ketones as source of energy.

Good luck to you

▲ 6 ▼ Reply

BGen. Jack Ripper 17 hours ago

Water, Herb - pure water. Good luck.

▲ 3 ▼ Reply

Bigly 9 hours ago

I have RO but you do need some minerals so take Celtic Sea Salt if your water has nothing in it

▲ ▼ Reply

GurglePot 14 hours ago

Soursop and fenbenzadole.

▲ 2 ▼ Reply

JimiP 12 hours ago

If you're regularly eating carbohydrates and fibre, then *the food* **is** *the poison.*

▲ ▼ Reply

Bigly 9 hours ago *(Edited)*

Herbert

Yes fasting but look into cellular hydration

Ensure you are not dehydrated and your cells are optimized.

Get yourself a biometric scale and look at your hydration percentage.

Eliminate white sugar as it is heroin to cancer cells and white flours in breads pastas as it converts to sugar in your gut.

Go down the rabbit hole of ivermectin and fenben and high dose vitamin c. People with vit D3 levels of over 100 do not have cancer. Bump up D3 (take with K2). None of this is toxic so do it.

Our environment is wrecking us so everyone needs to combat this. No processed foods! Pay attention to what you put in and on your body.

You can turn it around. Lastly do not underestimate the power of positive thinking. 🙂

▲ 2 ▼ Reply

Makeme 7 hours ago

Cut out sugar, carbs, and seed oils. Research how increased seed oil consumption correlates with heart disease.

https://www.youtube.com/watch?v=ZSc5ZUZzk2Y

▲ 1 ▼ Reply

NoDebt 21 hours ago

I intermittently fast every day between about 6 PM and 6 AM the next morning.

<pours second double of the evening>

Well, I mean, we're not going to count THAT are we?

▲ 29 ▼ 1 Reply

Krink26 21 hours ago

I'm on my fourth single. But the bartender is a heavy pour

▲ 8 ▼ Reply

B Free 21 hours ago

I intermittent fast from 7-7:30 pm until at least noonish every day. And once a year I do a 5-day dry fast. Phenomenal way to clear out sentient cells and flood the body with stem cells.

https://youtu.be/1uBbMPzReF0?si=-kub6czb5QSwsVWD

▲ 11 ▼ Reply

Misesmissesme2 21 hours ago

Since Jan 1, I've gone from 272 to 225 (I'm 6'4"). My blood pressure is normal for the first time since I was a teen. All I've done is intermittent fasting and walked more.

▲ 19 ▼ Reply

B Free 20 hours ago

Congrats!

▲ 7 ▼ Reply

delmar Jackson 19 hours ago *(Edited)*

Walking is underrated. I walk briskly everyday by the river in the late afternoon with my MP3 player listening to music for half an hour and it's like a vacation. Also bouncing on the mini trampoline every morning for 10 minutes it's a very enjoyable habit. I recently started using some resistant bands attached to the bathroom door and I see they are going to become a good habit also. I don't eat dinner just two meals a day. I almost never eat out. At a very late age I learned the most important thing in life is to be in a good mood.

▲ 17 ▼ Reply

Wicheetah Lineman 18 hours ago

For those with spinal problems (constriction of some or another type) I found that I could walk any amount, slept poorly, but if I merely picked some weeds (say, 40 on a walk or in one day) I suddenly slept much better than any other time.

Theory: Mixing of spinal cord juices is necessary part of pre-civilization life, there was no reclining, and countless times per day having to pick something up, so Natural Selection approves. Modern in-situ dynamics cause occlusion of spinal cord or failure to mix up the spinal cord fluid.

Doesn't hurt anything to try it if you are sleepless in ...settling in.

WL

▲ 5 ▼

Garth Crooks PREMIUM 18 hours ago

Nice!

▲ 1 ▼ Reply

SierraSnowAlert 17 hours ago

Reading this while full back in my man chair! Winning!

▲ ▼

Miffed Microbiologist 20 hours ago

Whoa. 5 day dry fast? That is way out of my league. I have done 2 days and that was tough. The beauty of dry fasting is you get far more bang for your buck. That is one hell of a body reset. Certainly not for everyone and the toxic dump for some people may be too much. They should probably start with basic IF and take some toxin binders to make a more pleasant experience.

Miffed

▲ 7 ▼ Reply

B Free 20 hours ago

On the day of breaking a dry fast, sipping some sparkling water with a little sodium bicarbonate tastes like heaven. Every time I've ever emailed Dr. Dunning he's always replied within a couple of hours. Really intelligent and genuine human being. His book "The Phoenix Protocol" made me rethink some things. He's done his homework and more.

▲ 5 ▼ Reply

commoncourtesy 9 hours ago

Earthclinic.com is a good site for people who have experience of certain ailments and suggest remedies that have worked for them. There was a comment on there stating a three-day fast was good and best ended with bicarb mixed with sugar. Apparently cancer cells don't like to be starved and rush for the sugar mix, the bicarb blows the cancer cells up. I was looking as I have recently rescued a sweet little Cavalier King Charles who is deaf and has a whole lot of other health issues including Cushings.

▲ 2 ▼

Mostly Peaceful 20 hours ago *(Edited)*

It's not hard, if you already do keto or - better - carnivore. Your insulin is already low, so you are naturally not hungry and can easily go a day or more without eating. You don't even notice it and several days fly by, because you're not getting any of those hunger pangs you get when you're eating a carb rich diet that sends your insulin sky high = hunger pangs. Once you figure out what to eat/not eat to control your insulin level, the rest becomes easy. The problem is people try to do a fast after eating carb rich stuff and it'll never work because you'll tear all your hair out from the insane hunger pangs and then eventually go raid the biscuit tin.

I regularly do 5 day fasts and have stretched to 10 to 10 days just to see if I could do it. Was a breeze and could have continued indefinitely, but the longer you go, the more you have to be concerned with electrolyte loss and also the refeeding issues - the latter in particular can kill you if you dump the 'wrong' foods back into a completely empty stomach that doesn't have any acid/enzymes in it to break down what you've just eaten.

Remember - any time you are NOT eating you are fasting by default. So if you have a meal at 6pm and nothing until 9am next day for your breakfast then you've already done a 15hr fast. Cut out the breakfast and your lunch and just have the one meal a day (OMAD) and you're doing what is considered to be a 'proper' fast. It's easy peasy - just got to eat the 'right' stuff to keep your insulin level in check. People overcomplicate it and think it's some kind of sorcery that is way beyond them.

▲ 9 ▼ Reply

B Free 19 hours ago *(Edited)*

Well said MP.

"I cannot teach anybody anything, I can only make them think."

~ Socrates

▲ 5 ▼

Makeme 8 hours ago

^^This^^ It is all about insulin. Do not eat foods that cause insulin production!

Insulin signals the body to store fat, and actually blocks burning fat!

You will NEVER successfully maintain a healthy weight without cutting out carbs and sugar.

Eat all the meat, eggs, butter you want, and dairy if you can handle it.

Look for Dr. Ken Berry and Dr. Chaffee on YT.

▲ 1 ▼

Makeme 8 hours ago

I eat carnivore, and have one major meal at 6pm, then a snack at noon the next day.

If you cut out carbs, sugar, seed oils and focus on beef, bacon, butter, eggs, salt (some cheese, chicken, pork, fish etc. . .if you like it) your health will improve dramatically.

▲ 2 ▼ Reply

johnnynaps 20 hours ago

Eat clean enough, drink and try to push that fast into the 10-11 hour. You will be amazed! I drink my face off after eating clean and a fasting night, wake up feeling like a million b

▲ 1 ▼ 1 Reply

MANvsMACHINE 18 hours ago

So drinking an espresso at 3am is not a good idea?

▲ 1 ▼ Reply

SierraSnowAlert 17 hours ago

Weird, that's almost the same time frame when I do my favorite yoga position!

▲ 1 ▼ 1 Reply

MattMplsMn 14 hours ago

Obama, Netflix, and the US Military Stole My VR Treadmill Patent
Matt1Up.Substack.com/p/obama-stole-my-patent
Odysee.com/@Matt1up:5/obama-stole-my-patent:a
link.storjshare.io/s/jvxskkqde7m63fi2q227o74claaa/obama/stole-my-patent.mp4

www.Matt1Up.com **<~~~ Personal portfolio site of world-wide projects**
www.GiveSendGo.com/Matt1Up
Odysee.com/@Matt1up
Rumble.com/user/MattGuertin

Master-Link-Directory.PDF
Matt1Up.Substack.com/api/v1/file/cfa4657d-5186-4c5d-8b98-d00ba331802a.pdf
link.storjshare.io/s/juywhxew6o6qqner53uiboyb4nsa/master/Master-Link-Directory__Guertin.pdf

Guertin v. Hennepin County et al
www.courtlistener.com/docket/68925331/guertin-v-hennepin-county/

77 | EXHIBIT AA | MN Office of Lawyers Professional Responsibility | Complaint Against 'CLR' BRUCE RIVERS
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.77.0.pdf

78 | EXHIBIT AB | Video Recording of My 2nd Rule 20 Mental Health Exam | I Was Declared 'Psychotic' | ZERO HISTORY OF SELF HARM / SUICIDE - EVER !
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.78.0.pdf

81 | EXHIBIT AD | Fraud Round 1 | Forensic Analysis Of Ai Generated PhotoRobot Fraud
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.81.0.pdf

82 | EXHIBIT AE | Fraud Round 1 | Scrolling PDF Flipbook | Ai Generated PhotoRobot Fraud
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.82.0.pdf

83 | EXHIBIT AF | Fraud Round 2 | Forensic Analysis Of **Ai Generated NETFLIX FRAUD**
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.83.0.pdf

84 | EXHIBIT AG | Fraud Round 2 | Scrolling PDF Flipbook 1 Of 3 | **Ai Generated NETFLIX FRAUD**
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.84.0.pdf

85 | EXHIBIT AH | Fraud Round 2 | Scrolling PDF Flipbook 2 Of 3 | **Ai Generated NETFLIX FRAUD**
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.85.0.pdf

86 | EXHIBIT AI | Fraud Round 2 | Scrolling PDF Flipbook 3 Of 3 | **Ai Generated NETFLIX FRAUD**
Storage.Courtlistener.com/recap/gov.uscourts.mnd.216796/gov.uscourts.mnd.216796.86.0.pdf

Informative Substack Links -
Matt1up.Substack.com/p/consider-this-an-official-introduction
Matt1up.Substack.com/p/fraudulent-discovery-materials
Matt1up.Substack.com/p/linked-in-search-count-graph
Matt1up.Substack.com/p/infiniset-and-netflix-patent-comparison
Matt1up.Substack.com/p/2006-paper-us-army-photoreal-simulations
Matt1up.Substack.com/p/2013-holocaust-hologram

▲ ▼ 2 Reply

thequeenofthesilverdollarwontevencallmeback PREMIUM 1 hour ago

Actually, if you're drinking straight vodka or similar (i.e., no carbs), it's not entirely clear whether you *should* count it. Ethanol is not processed like the primary macronutrients.

▲ ▼ Reply

Lord Raglan 18 hours ago

I've lost 25 lbs doing intermittent fasting. I don't even think much about food anymore. Though I go 18 hours without eating, not 16 as in the article. I'm lighter than I have been in 40 years. Sleep better. Don't snore and no more heartburn. I threw the Tums out.

▲ 22 ▼ Reply

Obamanism666 17 hours ago

I bet you do not get much brain fog.

▲ 3 ▼ Reply

Rabbi Zero 21 hours ago *(Edited)*

Many Americans are already on the Bidenomics™ fast.

▲ 21 ▼ Reply

Welfarebum 20 hours ago

"Auto-phagy"?? I thought that's what all liberal men were.

▲ 9 ▼ Reply

Wicheetah Lineman 19 hours ago

Niiiice.

WL

▲ ▼ Reply

Ratfish 21 hours ago

you will eat nothing and be happy

▲ 19 ▼ Reply

rockstone 21 hours ago

Far from it. It eat Rib Eyes all of the time.

▲ 6 ▼ Reply

Bossua 19 hours ago

I get more and more shitty looks at my grocery cart every year.

Like no one has ever seen $1K worth of meat.

▲ 4 ▼ Reply

rockstone 19 hours ago

lol.....I love it, thank God for Costco.

▲ 3 ▼ 1 Reply

Bossua 18 hours ago

I don't understand the hate.

Costco has saved me thousands.

▲ 3 ▼ Reply

SierraSnowAlert 17 hours ago

I get it, but you know there is a reason those Costco rotisserie chicked are ginormous right?

Watch a few programs about the poisonous nature of our entire us food supply, esp meet production...the consider consuming real meat, the kind humans have consumed for ..well a long time (before hormones and poison grain feed and shittons of other injected poison).

Casie and Callie Means on tucker is a start!

▲ 2 ▼ 1

SubZero13 21 hours ago

LoL

▲ 1 ▼ Reply

Krink26 21 hours ago

Fasting? How are land whales supposed to keep up their body positivity?

▲ 18 ▼ Reply

Democratic Koolaid111 21 hours ago *(Edited)*

Big fattys are victims. The night it occurred to me was a bad one and I have never looked at a morbidly obese 'land whale' the same.

▲ 7 ▼ Reply

NoDebt 21 hours ago

Victims of WHAT?

▲ 8 ▼ Reply

Misesmissesme2 21 hours ago

Forks and spoons.

▲ 8 ▼ Reply

Chad Thundercok 20 hours ago

victims of self imposed gluttony

▲ 6 ▼ 1 Reply

Democratic Koolaid111 20 hours ago

Gluttony can extend beyond the kitchen.

▲ 4 ▼ 1

Democratic Koolaid111 20 hours ago

Good one.

▲ 3 ▼ Reply

PumpkinEater 19 hours ago

Forks cause obesity....pencils mispell words

▲ 3 ▼ Reply

Democratic Koolaid111 20 hours ago *(Edited)*

A picture containing the number noted above.

▲ 2 ▼ Reply

Miffed Microbiologist 20 hours ago

Maybe they don't get their craving for fast food has been engineered and just isn't some bad luck. The idea someone would spend a small fortune on monthly Ozempec seems like an act of desperation. If you don't crave that garbage you can find the discipline to avoid it.

Miffed

▲ 6 ▼ Reply

Wicheetah Lineman 19 hours ago

Yo, Miffed, always read your stuff, very worthy.

You probably heard of Chlorpyrifos, the insecticide that also kills rodents- but was tested on rodents to be sure it was safe for humans?

This stuff was in US food supply for decades, and makes it impossible to process calories if the temperature (of the humans surrounds or the rodents') is above 80 degrees or thereabouts.

This causes people to become strangely, uniquely, obese, starving at the same time, I notice they can be spotted by their arm fat, it looks foamy and hangy but still puffy, not indented.

Anyway, this was the least of the problems from a national standpoint, wonder if you could glance at this article from new atlas, notice it does have FDA studies in it:

Brown fat: https://newatlas.com/science/chlorpyrifos-pesticide-brown-fat-calorie-burning-obesity/

NIH same subject: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8397754/

There's much more online, good sources...

I try not to judge people- none of em- imagine if the ...queerness... is via some similar, deadly strong, one dose, drug intentionally put in food supply? You would get.... what we got here. A world of insanity.

WL

▲ 7 ▼ 1 Reply

Orly 18 hours ago

That's gross.

▲ 3 ▼

Wicheetah Lineman 18 hours ago

Aye.

WL

▲ 1 ▼

Nelbev 18 hours ago

I have been doing intermittent fasting for 25 years. The normal thing for humans and evolution is to be starving and then gorge on food, not food 24 hours a day. If I do not eat 24 hours, I do not even get hungry. I see people eat sugary things every few hours who need to replenish their blood sugar and acclimated to that, it is a dependency, bad for health, and recipe for diabeties.

▲ 15 ▼ Reply

Obamanism666 17 hours ago *(Edited)*

> *starving and then gorge on food,*

Famine and feast principle. This is very primitve in that you spend 3-4 days hunting a big animal, Kill it and eat it on the spot.

So you have 2 days of feast..... no refrigeration back then

▲12 ▼ Reply

Nelbev 17 hours ago

Humans probably ate a lot of fish living on the coasts and river valleys which is slow harvestable, but periodic fluctuations in ocean levels has destroyed many archeological sites, still some stuff underwater at the currently flooded Indus Valley. As far as inland, the Celts in Europe in the Bronze Age and prior had discovered salt, and invaluable commodity for preservation of meat. Salt probably came to age in the Neolithic ~10k coming out of the last ice age, before that and most of human evolution, it was feast and starve. If your tribe can across a field of say blueberries, you would probably just eat them until non left and move on. A woolly mammoth would have lasted till it rotted, feast, the nothing, but if humans lived in bigger tribes and shared tit for tat or what is called reciprocal atrium which is really trade, you shared your auroch carcass with others and when they killed one they shared with you. This would have lead to the success of larger hunter gathering groups and fitness for humans with better social skills in groups.

▲7 ▼ Reply

Obamanism666 16 hours ago

Salt pans where found in the coastal area so salted fish would be norm, then sa;t would be used in meat as a secondary win.

Today they go on about a High salt diet...... is bad. The bad thing is we sit and get no exercise and no way to push the salt out as sweat...... Invest in a Sauna or Steam room to rid the body of its toxins

▲3 ▼ Reply

Juche Tony 13 hours ago

one cow=900 meals.

Not only are they delicious, but 900 adult mouths (ie 1500 people of various ages) is just about the perfect size for a tribe.

▲3 ▼ Reply

KregTheDreg PREMIUM 17 hours ago

Yep, eating 3 meals and snacking all day, everyday, is the equivalent of a steer putting itself in a feedlot. Not healthy. Great for marbling though

▲14 ▼ Reply

Obamanism666 16 hours ago *(Edited)*

As if they were fatting us up for something .... Soylent Green Cough cough /s

▲3 ▼ Reply

JUST THE FACTS 18 hours ago

My friend was cranky from fasting all day for Yom Kippur yesterday.

I'm sure it will Passover.

▲14 ▼ Reply

RR, the 5th of November/macroman 17 hours ago

ewe think?

▲1 ▼ Reply

Obamanism666 17 hours ago

He should not eat those Yon Kippers then

▲3 ▼ Reply

Montgomery Burns 20 hours ago

I fast for 36 hrs 2 or 3 times a week. Water only. Easy once you get used to doing it. Save lots of money on groceries as a side benefit.

▲14 ▼ Reply

espirit 20 hours ago

+1

More for us...

▲ ▼1 Reply

Bossua 19 hours ago

Farmers would just be paid to dump product to keep the price the same, dummy.

▲1 ▼ Reply

AusCon 13 hours ago

15 years ago I was diagnosed with Crohn's disease. The gastrointestinal specialist told me I'd had it as bad as he'd seen it. I lost around a third of my body weight over a year, and was told there was no cure. I was prescribed 4 different medications to manage it and whilst I didn't experience any side effects from the medications, the potential side effects listed were horrendous and included cancer. The medications themselves were carcinogenic. I significantly cut back on my sugar intake, started doing moderate exercise and started doing intermittent fasting. Every 2 weeks now, I will do a 40-hour fast and consume only water and black coffee in that period. Gradually I went from 4 types of medication to 3, 2, 1 and last year stopped taking medication altogether. This was a disease that specialists told me had no cure.

▲12 ▼ Reply

GatorMcClusky 12 hours ago

Try cutting out bread.

▲3 ▼ Reply

AusCon 11 hours ago

It has no effect. Home-made bread is perfectly fine. My wife bakes a fresh loaf maybe 3 times a week.

▲3 ▼ Reply

sparkadore 11 hours ago

It turns out that cutting out the Western medical system is good for your health?

▲4 ▼ Reply

NachoGoblin PREMIUM 18 hours ago

I did the 3 day water fast and it was the greatest improvement in my ulcerative colitis since diagnosed 8 years ago. Better than any medicine that cost me thousands of dollars.

▲12 ▼ Reply

Pernicious Gold Phallusy 15 hours ago

That likely means you're allergic to something you eat regularly.

▲7 ▼ Reply

OverHeating 20 hours ago

My girlfriend brought me over to some relatives and friends gathering. I did not want to attend. I watched one 350lb guy eat an entire XL pizza with everything on it and drink a 2 liter bottle of soda. How is a guy like that going to survive when the stores run bare? Can you imagine sacrificing all these years with carefully stored food. Then this guy is invited to stay over winter. Eats everything in a month. I told my girlfriend no one is allowed to live with us if SHTF. I only eat one meal a day and it's not much.

▲12 ▼ Reply

Pizza the Hutt 20 hours ago

I went ***once*** to my wife's family reunion

I was the only person there that was not morbidly obese.

▲8 ▼1 Reply

Chad Thundercok 20 hours ago

No mirrors?

▲3 ▼2 Reply

Pizza the Hutt 20 hours ago

> *I never go around mirrors*

- Keith Whitley

▲3 ▼1 Reply

Big Sexy 20 hours ago

So just obese sans the "morbidly"?

▲1 ▼ Reply

SierraSnowAlert 17 hours ago

Sorry, but I have to ask: is your wife skinny?

▲3 ▼1 Reply

Pizza the Hutt 16 hours ago

not anymore!

▲1 ▼ Reply

whiskerino 11 hours ago

That's a bummer, init? I slipped up once upon finding a picture of my wife from when we were dating. I told her, "Wow, I wish I could bang THAT chick again!"

▲3 ▼ Reply

Chad Thundercok 20 hours ago

You look at the problem wrongly. He's the food in case SHTF.

▲3 ▼1 Reply

redfish64 PREMIUM 20 hours ago *(Edited)*

At 350 lbs, he can probably survive a over a year on only water and lemon wedges. Consider if you had a half a pound of fat to consume a day squirreled away somewhere. That's what it's like for him, the fat already being inside his body is of little consequence.

Also, I bet he's past 350 lbs, probably over 400. As I noticed at a carnival weight guessing booth, people generally judge people underweight at that size.

Can you live that long without food?

▲2 ▼ Reply

Bossua 20 hours ago

Negating the consequences of the toxins built up in the fat cells being released in a flood.

▲1 ▼ Reply

Percy__Quattro 20 hours ago

What's your GF look like?

▲1 ▼ Reply

TheWrench 20 hours ago

Mr. Creosote??

▲1 ▼ Reply

Democratic Koolaid111 21 hours ago *(Edited)*

Inflation helps people fast when they run out of money and can't eat.

Thanks Joe.

▲12 ▼ Reply

ToxicSnowflake 20 hours ago

This is not surprising. Something that the article does not address is THE SIMPLE FACT MOST FOOD IN THE USA IS TOXIC- whether that is made from GMO, pesticide-treated, injected with "antibodies"- etc.etc.etc- the SIMPLE FACT IS YOU ARE POISONING YOURSELF EVERY TIME YOU EAT THE REGIME'S FOOD. So logically, when you stop poisoning yourself, your body repairs itself.

The real experiment to do is to compare a "clean" diet of let's say 3 meals a day vs. a person who fasts. My bet is there will be no difference BECAUSE THE FOOD IS THE CAUSE!

▲10 ▼ Reply

SubZero13 20 hours ago

We have a lot of food but not the best. Notice it when I'm in Europe. The food tastes better and less digestive issues.

▲4 ▼ Reply

SierraSnowAlert 17 hours ago

BECAUSE ITS NOT POISONED!!!!

HELLLLO !!!

▲1 ▼1 Reply

Wicheetah Lineman 19 hours ago

I agree with what you said, Toxic.

Wonder what you would think: I hear that every plant has tools to repel fauna. Perhaps most plants (foods) start out as unhealthy while they are healthy (maybe have Vit C but also some unhealthy factor).

Notice plants repel each other readily- a Pine tree won't let certain kinds of Juniper near its base, If you have a lawn that is healthy, is repels all other plants (weeds). Cactus make it painful to get to. Peyote make you so hallucinated you can't find it any more, lol.

Maybe the reason fasting (and normally, routinely, going without food for some day or two) is needed is food itself is actually unhealthy at some level.

WL

▲3 ▼ Reply

Makeme 7 hours ago

Don't eat anything with an ingredient list. Pretty simple way to health.

▲ ▼ Reply

CovidBannedTard 20 hours ago

I'm fasting right now..

Only beer and vodka today!

▲10 ▼1 Reply

Big Sexy 20 hours ago

🍻

▲1 ▼ Reply

Arising 20 hours ago

I'm in no hurry to fast.

▲10 ▼ Reply

Pizza the Hutt 20 hours ago

You're not ***Russian ?***

▲9 ▼1 Reply

nerf_crotchbat 20 hours ago

I'm Hungary.

▲12 ▼ Reply

Pizza the Hutt 20 hours ago

Chile fixes this

▲9 ▼ Reply

Arising 20 hours ago

I'm Finnish with this topic.

▲8 ▼ Reply

Pizza the Hutt 20 hours ago

Kenya elaborate?

▲7 ▼

Orly 20 hours ago

Keep eating like that, it goes straight to Djibouti.

▲6 ▼

Arising 20 hours ago

Too much Greece, it's heading down a slippery slope.

▲7 ▼

Wicheetah Lineman 19 hours ago

LMAO.

WL

▲4 ▼

major major major major 21 hours ago

I haven't eaten since happy hour.

▲10 ▼ Reply

Orly 18 hours ago

Beer nuts and goldfish.

▲2 ▼ Reply

Garth Crooks PREMIUM 18 hours ago

the olives in my martini should tide me over till dinner

▲6 ▼ Reply

notsew69 19 hours ago

As a starting point, try to always go to bed hungry.

▲9 ▼ Reply

Solarstone 2.1 19 hours ago

Great advice

▲ ▼1 Reply

chiquita 18 hours ago

I do this and I have to say it takes a whole lot of discipline, but worth it.

▲4 ▼ Reply

Lord Raglan 18 hours ago

You shout not eat for at last 4 hours before you go to bed.

▲7 ▼ Reply

Rock and Roll 20 hours ago

Avoiding vaccines and smoking quality marijuhana can help also.

▲9 ▼1 Reply

Speculum 20 hours ago

Yes on certain vaccines, definitely no to mRNA vaccines. Sadly, weed isn't the panacea you think it is. Not good for individuals under 26. It effects brain development and hurts memory. The brain is developing until the age of 25. Female brain develops faster than the male.

▲11 ▼1 Reply

notsew69 19 hours ago

And mj makes the fasting regimen almost impossible!

▲5 ▼ Reply

BlackLocust1640 17 hours ago

Lol it does the opposite for me, makes me stay up for days and clean the house. No it isn't meth lol. It also makes me paranoid so I don't touch the stuff.

▲1 ▼ Reply

PumpkinEater 19 hours ago

Female brain is an urban legend

▲12 ▼ Reply

Juche Tony 13 hours ago

yes on which vaccines?

None of them are empirically proven to be beneficial.

▲ ▼ Reply

brako69 11 hours ago

27 is when the male brain is developed female is 25 .

I just turned 55 and mine isnt there yet .

I used to teach tards to work for the military .

▲ 1 ▼ Reply

Reader1 20 hours ago

I do a 3 day fast at least once a year. It sucks and I hate it. But I feel much better afterwards. Spouse unit broke out in hives several times over a period of a week. We couldn't figure out the cause; nothing had changed. No new soap, no different foods, no drugs, etc. After fasting for a couple days, the hives went away and never returned.

▲ 9 ▼ Reply

Reader1 20 hours ago

I gotta add- it's a good way to start the New Year off wrong. After you ate all that turkey and ham and pumpkin pie and did Christmas and whatever poison you imbibed for the New Year and all the cocaine and hookers, take one of those weekends in January or February and fast. It's better if you have a 3 day weekend available so you can get the awfulness over before you go back to work. That way you can feel like you accomplished something good for yourself after all the excesses of November and December.

▲ 2 ▼ Reply

Bossua 20 hours ago

Fat cells lock in whatever shit poison was in your body at the time.

Doing a hard fat cell break down releases tons of poison stored into your bloodstream at once.

This is why.

▲ 7 ▼ Reply

Il Vero Palermitano 19 hours ago

Lotta bro science-y stuff there.

▲ ▼ 1 Reply

Bossua 19 hours ago

It's my career but you can address me better to get a solid response if you choose something other than a broey response.

▲ 1 ▼ 1 Reply

Orly 19 hours ago

Scro?

▲ 4 ▼

RR, the 5th of November/macroman 17 hours ago

Oh Orly, lol

▲ 1 ▼

Orly 17 hours ago

I don't even know what that means. Pizza the Hutt says that all the time. Call me naive but what the hell is a 'scro'?

▲ 1 ▼

Pernicious Gold Phallusy 15 hours ago

Men call each other bro rather than say brother. Scro is a satire of that, derived from scrotum.

▲ 1 ▼

Percy__Quattro 20 hours ago

That's the colonoscopy diet.

▲ 3 ▼ Reply

Wicheetah Lineman 19 hours ago

I'm no doctor, Reader, but it seems like with a fast the ingredients of your (or spouse units) fat cells are released, and in so doing, hives (allergic reaction) could result.

WL

▲ 1 ▼ Reply

SierraSnowAlert 17 hours ago (Edited)

Look, you've got an important job keeping mah lights on mate...please eat!

▲ ▼ Reply

---

yerfej 20 hours ago

When the western nations go into full anarchy the huge fat whale pigs can sit back and live off their lard while everyone else wanders the streets looking for food and fighting each other.

▲ 9 ▼ Reply

Pizza the Hutt 20 hours ago (Edited)

In the future gangs of men in chopped up vehicles with chopped up hairstyles and the ass chopped out of their pants will use those vehicles to herd the landwhales off cliffs like the plains Indians did to the Buffalo

▲ 11 ▼ Reply

TheWrench 20 hours ago

Some one should make a movie.

▲ 5 ▼ Reply

Wicheetah Lineman 19 hours ago

And make soap of their cellulite..

And never, ever, talk about the club.

WL

▲ 3 ▼ Reply

Sparehead 20 hours ago

Those morbidly obese people will still be fooked as they cannot maneuver when necessary and as they start metabolizing all that fat they'll be freeing all the toxic shit stored in their fat reserves, likely making them sick.

▲ 5 ▼ Reply

pierre delecto 20 hours ago

morbidly obese = well marbled

▲ 10 ▼ Reply

Sparehead 20 hours ago

You read that in a Haitian cookbook?

▲ 7 ▼ Reply

Reader1 20 hours ago

ewwwww. Somebody watched Defcon 4 one too many times.

▲ 1 ▼ Reply

russellthetreeman PREMIUM 20 hours ago

watched that movie when I was a kid, scared the hell out of me.

▲ ▼ Reply

Wicheetah Lineman 19 hours ago

Reader, ever see that movie
"Colossus: The Forbin Project"?

Countless others were spawned from this one, methinks.

WL

▲ ▼ Reply

Bossua 20 hours ago

All the poisons locked into those fat cells being released all the sudden doesn't sound pleasant to me.

▲ ▼ Reply

Drink Feck Arse Girls 20 hours ago

You can fast as long as you have muscle reserves. many severely obese people have little muscle mass and there have been cases of them dying while fasting.

▲ 1 ▼ 1 Reply

Bossua 20 hours ago

Please stop.

Protein is the last thing your body tries to convert for fuel.

▲ 2 ▼ Reply

Drink Feck Arse Girls 20 hours ago

It's the first thing, actually, until ketosis kicks in. After that, a bit of muscle mass is needed, but not nearly as much. It's called protein sparing.

▲ 1 ▼ 2 Reply

Bossua 19 hours ago

No, it's carbs b/c we've trained our bodies on that.

Then protein but ketosis kicks in quickly starting the fat burn that we are supposed to be on.

I give very little shit for your brief bit of protein sparing rebuttal about metabolism.

Wanna compare physiques and diets?

▲ 3 ▼ Reply

Orly 18 hours ago

Can you wipe down with baby oil first?

▲ 4 ▼

Bossua 18 hours ago

Only for you Orly, only for you.

Otherwise, there would be a lot of blind folks all the sudden.

▲ 2 ▼

SierraSnowAlert 17 hours ago

We need a doctor to chime in...or a food company executive, or a PR dude from a pharmaceutical giant. Then I'll listen!

▲ 1 ▼ 1

yerfej 11 hours ago

Are you implying you're a bodacious beefcake!

▲ ▼

Drink Feck Arse Girls 11 hours ago

Then piss off. Why comment?

▲ ▼ 1

JimiP 12 hours ago

It's not that fasting everything claimed in this article, it's that being in ketosis does it. This is why ketogenic diets are becoming more popular, because all the information you need is out there for free - Humans are not supposed to consume carbohydrates.

▲ 8 ▼ Reply

---

twinmom PREMIUM 19 hours ago

Fasting is not about starving yourself? My brother in Christ that is literally the point of fasting.

▲ 8 ▼ Reply

Lord Raglan 18 hours ago

It is not about starving but discipline and being true to your efforts and goals.

▲ 5 ▼ Reply

Obamanism666 16 hours ago

40 days fast in the desert. Is the Catholics reason for Lent

The lunar month fasting by Muslims is also the point

▲ 3 ▼ Reply

Towinfell 19 hours ago

Most religions have been promoting fasting for a very long time. And I do beleive that it actually works

▲ 8 ▼ Reply

Obamanism666 16 hours ago

Hence why big pharma is against fasting unless it is Nil by mouth including liquids

▲ 3 ▼ Reply

JohnnyHenricksen 20 hours ago

I started the 16:8 routine about three months ago and have dropped from 181 lbs to 162 lbs.

▲ 8 ▼ Reply

WhatsLeftNow 20 hours ago

true

▲ 2 ▼ Reply

GoldHermit PREMIUM 21 hours ago

I've been 18:6 for awhile. I like it.

▲ 8 ▼ Reply

cowdiddly 20 hours ago (Edited)

That's kinda what I do too. I just wait until about 6oc to eat any thing for a 2-3 days. It makes you feel great and its not like your starving yourself to death. Makes you want less when you do eat normally to. Keeps your metabolism in check.

▲ 4 ▼ Reply

Garth Crooks PREMIUM 18 hours ago

me too. almost a year. I've dropped 35 lbs.

▲ 1 ▼ Reply

SierraSnowAlert 17 hours ago

I do the 24:7...yup..works great.

▲ ▼ 1 Reply

---

rockstone 21 hours ago

Adopting and following a regiment of fasting is one of the best things I've ever done. Period. Every part of my body feels and performs better.

▲ 8 ▼ Reply

---

reader2010 18 hours ago

Before doing a 14_day water fast in June, I did a fasting blood work. 14 days later right after I broke the fast, did another blood work. I can tell you this: the fast dramatically decreaed the blood pressure, glucose, triglycerides , but it increaed LDL but lowered HDL and testosterone, which tanked below 200 in my case. Four months after the fast, did another blood work. This time my testosterone level went up to 1014, which is way above normal range for my age group. The LDL has more than doubled the 150 max ceiling and the HDL went up to 96. The large LDL particle to the small LDL particle is above 5. The normal ratio is set at large than 0.4, very health at 1. Also the LDL protein size is way larger than their recommended size. In other words, looking at LDL number alone is just a BS. Prolonged water fast does work wonders to your body thanks to autophagy (or cell'a self eating process).

▲ 7 ▼ Reply

Lord Raglan 18 hours ago

In 20 years, they'll say, we were all wrong. Cholesterol is good for you!

▲ 4 ▼ Reply

BlackLocust1640 17 hours ago

Cholesterol is protective against Parkinson's and dementia. They tell me mine is "high" but I'm really healthy so I don't worry about it. Guess I should quit smoking but otherwise I'm good.

▲ 7 ▼ Reply

Orly 17 hours ago

Cholesterol is brain food. Cholesterol is not responsible for clogging arteries.

▲ 3 ▼ 1 Reply

Obamanism666 16 hours ago

Exercise is for unclogging the Arteries. In the film SuperSize me, there was a lumberjack theat ate at McDonlds 3 times a day and he was not fat and had low cholesterol as he did a a hard days work out in the air.

▲ 4 ▼ Reply

Juche Tony 13 hours ago

he died a few weeks ago. If I recall, in his early 50s.

▲ 1 ▼

---

desertdog 20 hours ago

The muslims are onto something with their fasting routine.

▲ 7 ▼ Reply

Sparehead 20 hours ago

Fasting is the process that leads many people to believe the sham of chemo/radiation has any success at beating cancers. It's that many people stop eating because they get so ill during these damaging treatments. Simply cutting out sugar/carbs makes a big difference, but fasting is even better.

▲ 7 ▼ Reply

Pernicious Gold Phallusy 16 hours ago

I know people who sometimes go ten minutes without eating.

▲ 6 ▼ Reply

Rebellion 11 hours ago

They are called females.

▲ 2 ▼ 1 Reply

---

dog breath 20 hours ago

The 16:8 is a good fasting but you need to have at least one 3 day fast once a month with this.

▲ 6 ▼ Reply

TheWrench 20 hours ago

Here is another health secret: no drugs, tobacco or alcohol........

▲ 6 ▼ Reply

Garth Crooks PREMIUM 18 hours ago

Hey bro, I'm here for a good time, not a long time.

▲ 11 ▼ Reply

---

russellthetreeman PREMIUM 20 hours ago

Is this why tweakers never die of cancer?

▲ 6 ▼ Reply

Xscream 20 hours ago

Nah. Instead of eating less and fasting. Go get yourself some ozempic for only 800 bucks a month to lose ten lbs on average.

▲ 6 ▼ 2 Reply

Roaming potato 20 hours ago (Edited)

Eat one meal every 24 hours. I've been doing it for 20 years. Not everyday, but probably 4 days a week... I'm not old enough to tell if it works or not...

▲ 6 ▼ 1 Reply

RR, the 5th of November/macroman 17 hours ago

You look it....

▲ 2 ▼ Reply

Thaddeus H. Leukawa III 12 hours ago

I've been doing this for about 5-6 years now. I had a widowmaker in 2012. I cut out all the processed foods, quit smoking, mostly quit drinking (I love beer). I only eat about once a day, or only from about 1PM until 6 PM. About once a week I do a 36-40 hour fast just because I am really too busy to prepare something or sit down and eat.

I have four massive stents. I haven't seen a doctor in 5.5 years or even taken an aspirin in that time. I am more physically active than I have ever been. I don't have the same energy level obviously as I am older. You just have to know your limitations.

▲ 5 ▼ Reply

ZIRPdiggler 19 hours ago

Fast 3 days, once every 3 months;

and fast for 24hrs, once a week

▲5 ▼ Reply

Al Capone 20 hours ago

Somebody should tell Oprah and Whoopi about this.

▲5 ▼ Reply

PumpkinEater 19 hours ago

Tell?....I think you meant harpoon

▲5 ▼ Reply

Wicheetah Lineman 18 hours ago

Dang Whoopie (cushion) irritates me no end.

She gets an acting job as a supernaturally wise bartender on Star Trek, TNG, now she tries to pull it off in reality on The View and you can just see her brain chemistry running her mouth like a boulder rolls downhill. She manifests mindlessness.

WL

▲7 ▼ Reply

Drink Feck Arse Girls 20 hours ago

I do a 2 week fast every other year. Feel great at the end.

▲5 ▼1 Reply

ithos 20 hours ago

A supervised water only fasting will also cure addiction to the most addictive drugs. It essentially resets your mind and body.
https://www.healthpromoting.com/water-only-fasting

▲5 ▼ Reply

Drink Feck Arse Girls 20 hours ago

You can buy a potassium monitor for around $300. Don't really need to have the fast supervised, unless you have metabolic disease or some other chronic condition.

▲1 ▼1 Reply

Bossua 19 hours ago

You could also just take trace minerals in your water...

Oh boy

▲2 ▼ Reply

MCDirtMigger 10 hours ago

I try not to drink for at least three hours each day. Does that count?

▲4 ▼ Reply

dystopian logistics 8 hours ago

it is a start......

▲ ▼ Reply

KickIce 17 hours ago

Fasting and Autophagy... as a wrestler we always called it making weight.

▲4 ▼ Reply

Senseless Urinal Cake 8 hours ago

Cup spitting

▲ ▼ Reply

Reverend Lowe-brow PREMIUM 17 hours ago

The more internal organs are called upon to digest/process/metabolize, etc., the faster they wear out over a lifetime.

▲4 ▼ Reply

Il Vero Palermitano 20 hours ago

Next on ZH.....which protein powder to use....oh, wait....

▲4 ▼ Reply

Hiedler 20 hours ago

Fasting is very important. It keeps down inflammation.

▲4 ▼1 Reply

Orly 20 hours ago

I did the OMAD (one meal a day...) for about a month. I always ate at a certain time and my body figured it out in like two days what time that was. About an hour before meal-time, my stomach was growling and I had hunger pangs like I haven't had since I was a kid.

Otherwise, I felt great. I will get back to it when I have a more routine schedule, instead of the chaotic lifestyle I have been living these last fifteen years.

▲4 ▼ Reply

Hiedler 20 hours ago

You will feel alot better not being fat.

▲1 ▼1 Reply

Orly 20 hours ago

I'm not exactly fat. I haven't been able to exercise in decades, so I am more 'soft' than anything.

▲ ▼ Reply

Hiedler 20 hours ago

I mean if you sate your hunger pangs you will gain fat and inflammation.

▲1 ▼1 Reply

Orly 20 hours ago

I suppose. I have no idea what that means.

What I was talking about is, say, eating every day at 1400, in a two-hour window, you can eat what you want but nothing after 1600. On the third day, your body already knows and at 1300, you start to get hungry, whereas before going on a timed diet, I rarely got hunger pangs at all. I just ate because I knew I had to.

This way, your body is compelled to eat. I found that quite fascinating, actually.

▲ ▼ Reply

Hiedler 20 hours ago

You can eat whatever you want long as your body can absorb what you are eating. Your doctor can consult you on your proper regiment depending on your personal condition.

▲1 ▼3

Bossua 19 hours ago

The range of motion not being fat is delightful.

▲3 ▼ Reply

Orly 19 hours ago

Soft makes you stiff, though. I can attest to that, too.

▲ ▼ Reply

RR, the 5th of November/macroman 17 hours ago

Hmmm...

▲ ▼ Reply

Orly 17 hours ago

Meaning without exercise, rigidity will set up in the tendons and ligaments. So when your muscles are soft (flabby...), the ligaments shorten and reduce flexibility (stiffness...).

▲1 ▼

Bossua 20 hours ago *(Edited)*

Did a 5 day water fast and it was the best thing I've ever done.

Food tube track is much better for it.

Hard to want to do another one though, I don't find it enjoyable.

Maybe electrolyte maintenance would make it better but I dread that 5th day feeling where just washing dishes made me regret everything.

▲4 ▼ Reply

In search of true money PREMIUM 21 hours ago

lol autophagy

▲4 ▼1 Reply

Miffed Microbiologist 20 hours ago

Kinda sounds like eating a car. Or maybe a car that's gay.

Miffed

▲3 ▼ Reply

Bossua 20 hours ago

Kinky

Are you an apO ptosis type or an aPOP tosis type?

▲ ▼ Reply

Pernicious Gold Phallusy 15 hours ago

a pop TO sis

▲ ▼ Reply

ProsperD9 13 hours ago *(Edited)*

As you get older your body needs less food anyway. There are people 65 years old still trying to eat like they're 35 years young hence all the disease and rapid aging. The body can easily get by on one small nutritious meal a day once you get older.

▲3 ▼ Reply

Juche Tony 13 hours ago

something I've been noticing recently is the benefit of occasionally getting really bloody angry, adrenaline coarsing and blood pumping. It seems to shift little bits and bobs sticking to arteries. Unsettles the heart rhythm for an hour or two, then the system resets overnight and purrs the next day.

Maybe it's just me.

▲3 ▼ Reply

sparkadore 12 hours ago

Isn't that what wives are for?

▲4 ▼ Reply

MaxmaxExtreme 16 hours ago

> *Fasting is not about starving yourself*

Yes it is.

▲3 ▼1 Reply

DeeDeeTwo 18 hours ago

This article is the same anecdotal urban legend that have been recycled within the health food industry for 50 years. "Granny was in a wheelchair and now she goes dancing".

▲3 ▼9 Reply

gmacpherson 19 hours ago

Finding: westerners eat too much (but we need further study)

▲3 ▼1 Reply

liberty2day 19 hours ago

no they do not eat too much. they eat inflammatory chemical laden crap.

▲7 ▼3 Reply

JUST THE FACTS 18 hours ago

Why did a blonde on a diet eat her food quickly?

She thought she was fasting.

▲5 ▼ Reply

Bossua 18 hours ago

Eh, I would counter that with proportions are way too big for the energy expenditure in modern times.

Also, just not working the body to stressful conditions.

This on top of chemical crap, is making us fallout material.

▲2 ▼ Reply

Swampthedrain 20 hours ago

Now except if you had the fake jab, in which case you're fucked no matter what. Sorry.

▲3 ▼ Reply

Hiedler 20 hours ago

Think of it this way. You have to eat when your metabolism is high. That's during the day. If you eat while your metabolism is low you won't get the benefits from your food. Most Americans have it backwards! Small breakfast and large dinner. That's why their energy gets stored away(wasted) and they feel tired during the day.

▲3 ▼3 Reply

I Write Code 20 hours ago

Resveratrol may trigger some of the same mechanisms (if it does anything at all).

Metformin, too, maybe.

Everybody fast on Saturday, it's Yom Kippur.

▲3 ▼ Reply

espirit 20 hours ago

You forgot to add /sarc...

▲2 ▼ Reply

Speculum 20 hours ago

I'm not a yamika owner.

▲2 ▼ Reply

Wicheetah Lineman 18 hours ago

I do have a yamaha?

Should I eat fish?

WL

▲1 ▼ Reply

JUST THE FACTS 18 hours ago

Fasting isn't expected of Muslims until they reach puberty.

This means that absolutely all Muslim children

grow up to fast

▲2 ▼ Reply

davodamus 20 hours ago

Trump should take this advice.

▲3 ▼6 Reply

nerf_crotchbat 20 hours ago

Obsession is tantamount to possession. One of these days, you will be possessed by the spirit of your Orange Menace.

▲6 ▼ Reply

End Times Prophecies 20 hours ago

Starting from the beginning with Hippocrates will ensure the greater picture of what's happening associated to the so called Modern Medicine (MM = 1313 & 33) failures and purposeful and intentional harm and damage leading to disease and illness associated to the increasingly corrupted, perverted, abomination of a Global society and community.

And increasing number of Eastern doctors are no longer using not only traditional but natural healing and using prescription poisons and other knowingly harmful and damaging so called medicine.

▲3 ▼ Reply

BlackLocust1640 17 hours ago

I swear by acupuncture. Recommend it to anyone and everyone who will listen. Have an appt in the am actually! I go weekly and it's always helped my health issues.

▲1 ▼ Reply

Catullus PREMIUM 20 hours ago

I do 3-4 day fast once a month for years. It's been great

▲3 ▼ Reply

herbgerbert 20 hours ago

just look at people. look at 18 year olds from the 50s and compare them to today...its like we are domesticated cattle being farmed for slaughter. all from the poison in the food.

▲3 ▼ Reply

pierre delecto 20 hours ago

Unlike cattle (in at least this one way) people are slaughtered over decades at the pharmacy counter.

▲1 ▼ Reply

Reader1 20 hours ago

I think it's the easy fast food. Take Eastern Europe after 1991. Everyone was pretty much skinny. Then, McPoison and Kentucky Fried Heartattack moved in and now they're getting fat and diatbetic like the rest of us.

▲2 ▼ Reply

dystopian logistics 8 hours ago

not going tell people how to eat, drink or smoke, but I know this, taking control of your health including your diet and exercise is absolutely essential. You have to learn defend your self from the very heath system that claims to to help you, and you have learn to protect you self form the big corporation food industry, and ideologs who work for all them. I will say this if you start someplace, start with all food preservatives and processed food and start exercising, it is a life long battle, with many set backs, not a quick fix. Longer you stay away from big medical industry, big food corporations; happy and healthier you will be.

▲2 ▼ Reply

perpetualWAR PREMIUM 8 hours ago

I'm on hour 27 of a 36 hour fast.

▲2 ▼ Reply

foxenburg 12 hours ago

In my case, sadly, it is all down to booze. Cut out the booze for as month or two...my appetite moderates...weight falls off until I reach an easy equilibrium...but it's boring. Coupla gin & tonics and a half bottle of wine with my wife...the world looks a better place...food tastes better...pass me another chunk of cheese...and before I know it I've put back on 7 or 8 kg. Round and round we go.

▲2 ▼ Reply

Obamanism666 17 hours ago *(Edited)*

The religous groups knew in the past Fasting and abstaining worked.

Hence most have 40 days of fasting,at least twice a year, and abstaining. Others had no meat for 10 days.

Now modern science claim it is new....... more BS they tell you.

I fast 2 days per week for 24 hours then once every 4 months fast for 48 hours.

Also stay away from "all you can eat" buffets this is just pure gluttony

Now if I could only kick the coffee habit

▲2 ▼ Reply

rtb61 18 hours ago

It is exceedingly unlikely for fasting to promote health recovery. Far more likely avoiding the toxins in industrial food production is helping recovery, eat healthy organic food only and likely you will get the fastest recovery.

▲2 ▼ Reply

Juche Tony 13 hours ago

worth bearing in mind that the most poisonous toxins are safely stored in fat. So if you force your body to burn fat, you're releasing those toxins into your bloodstream. Tread cautiously.

▲2 ▼1 Reply

MrP50 19 hours ago *(Edited)*

The 16:8 would be easier for me than the 5:20

The 16:8 would be easier for me than the 5:20 .

But I try to limit myself to no more than 2600 calories per day on average. Go by what's on the nutrition labels and if it doesn't have a label, then I'll estimate how many calories it has.

Oh yea, and weigh daily or every other day .

▲2 ▼ Reply

Hiedler 19 hours ago

Midnight snacking is the main cause of death in the usa. Going for that box of twinkies in the middle of the night when nobody is looking!

▲2 ▼1 Reply

MrP50 19 hours ago

Honey buns are my weakness.

▲1 ▼ Reply

Bossua 18 hours ago

microwaved to perfection

▲1 ▼ Reply

MrP50 18 hours ago

Yep

▲ ▼ Reply

everything1 20 hours ago

You can go live two weeks without water, a month without food. If your ex-military you will live up to 6 weeks without food. I learned the bit about ex-military from hospice care nurses, they said those guys are different. Females who knows, hospice and home health aides say they are a nightmare to deal with in the end. They love it when they get a man.

▲2 ▼4 Reply

Wicheetah Lineman 18 hours ago *(Edited)*

A couple things.

Think of what reward you may give for a person volunteering. It is not to be spoken of.

A nurse at a V.A. hospice said "The ones with dementia fade, fade, fade, until all they can do is swear. Then they can only swear portions of the word." I got severe heebie-geebies hearing that.

Try to keep my brain (mind) well pruned I don't swear.

Think about it. Not too much tho :)

WL

▲4 ▼ Reply

chiquita 18 hours ago

Garp

▲1 ▼ Reply

Bossua 18 hours ago

gae

▲ ▼ Reply

Juche Tony 13 hours ago

3 days without water will kill you, less if it's hot.

▲2 ▼ Reply

Doctor Faustus 10 hours ago

I've volunteered for Hospice and have visited dozens of patients. ALL of the men who've made it to their 90s are thin. Those few I've seen in their 60s are fat and have a variety of diseases, but mostly diabetes-related.

Stay thin. That's the secret to long life.

▲2 ▼ Reply

Rich Stoehner 20 hours ago

Stop trying to make being hungry fashionable.

▲2 ▼3 Reply

Bossua 19 hours ago

Stop trying to make being full from rectum to mouth be the norm.

It is not normal that immediately after eating you HAVE to take a shit to make room.

▲1 ▼1 Reply

Rod9301 PREMIUM 20 hours ago

I fast 16;8, but if i drink an espresso in the morning with 1.5g of sugar, will this break my fast?

▲2 ▼ Reply

TheWrench 20 hours ago

Yes. The idea is 0 calories during fast periods.

▲2 ▼ Reply

WhatsLeftNow 20 hours ago

true

▲1 ▼ Reply

I Write Code 20 hours ago

"almost" fasts seem very popular these days. 1.5g of sugar shouldn't hurt the fast.

▲5 ▼1 Reply

Orly 20 hours ago

A cup of tea with milk and sugar does not count as food.

▲1 ▼1 Reply

TheWrench 20 hours ago

You are fasting from calories, not food.

▲1 ▼ Reply

Orly 20 hours ago

I don't know about that. It seems to me that there would have to be a certain amount of calories to kick metabolism off and a cup of tea with milk and sugar doesn't seem that it would cross that threshold.

▲2 ▼1 Reply

Bossua 19 hours ago

It is a certain amount but you will get told zero.

Splash your coffee or tea with milk and you'll carry on just fine with the program.

▲3 ▼

Orly 19 hours ago

It seems it would be a certain percentage of normal intake. It's like light in your plant room. People freak out if there's a less than one percent light-leak in the room, when the truth is the plant needs a certain percentage of necessary light in order to set off certain metabolic processes.

Under moonlight, the plants do just fine because it is not over the available light threshold to reverse sleep time.

▲ ▼

BlackLocust1640 17 hours ago

I fast a lot but sometimes I get a latte (no sugar) and I don't count it. But usually I don't start drinking it til right before I stop fasting. Usually I just drink black coffee. I also count my calories.

▲ ▼

Nelbev 18 hours ago

> *"You are fasting from calories, not food."*

Overall food or caloric consumption remains the same, it is just not spread out evenly, fast eat fast eat fast eat with the fasting lasting 8 16 or 24 hours and total caloric intake remaining the same. All the medical journal papers on intermittent fasting and cancer had constant caloric intake over the whole eat fast cycle or period.

▲2 ▼ Reply

Bossua 19 hours ago

For Ketosis, probably.

For a general fast and its benifits, probably not.

I fast with some milk in my coffee and it turns out just fine.

▲3 ▼ Reply

liberty2day 19 hours ago

it is incremental. I do a coffee each morning with sugar and cream and I still get most of the benefit of intermittent fasting.

▲1 ▼ Reply

cowdiddly 20 hours ago

Do pretzels and beer nuts count?

▲2 ▼ Reply

espirit 20 hours ago

Yep, if supplemented with a high calorie alcohol drink...

▲2 ▼ Reply

zeronetwork 20 hours ago

What are they saying, Ramadan everybody.

▲2 ▼ Reply

nerf_crotchbat 20 hours ago *(Edited)*

I notice a lot of women are wearing beekeeper's equipment these days.

▲1 ▼ Reply

Somebody from Berlin 20 hours ago

Japanese get over 100 with it, also have a heart attack at overworking.....

▲2 ▼ Reply

Bossua 20 hours ago

Doesn't matter if you forget to reproduce

▲1 ▼1 Reply

Ben A Drill 20 hours ago

I eat breakfast, then smoke three cigarettes for lunch, then eat dinner when I get home from work.

▲2 ▼ Reply

JohnnyHenricksen 20 hours ago

Smoke the cigarettes for breakfast and make lunch your first food meal of the day. Voila, you're on the 16:8 plan.

▲2 ▼ Reply

WhatsLeftNow 20 hours ago

no true

▲ ▼ Reply

nerf_crotchbat 20 hours ago

> *However, some cancer patients suffer from cachexia or are unable to eat at all. In these cases, fasting is not appropriate.*

Fasting is not appropriate for people who are unable to eat.

▲2 ▼ Reply

In search of true money PREMIUM 21 hours ago

so technically, the fed is doing all of us favor re: food price inflation

▲2 ▼ Reply

Serapis 6 hours ago

Fasting during Ramadan?

I remember my colleagues in Egypt telling me most people put on weight during Ramadan because they feast after breaking the fast, often in such a way as to consume more calories than they otherwise would in a day.

▲1 ▼ Reply

Yikes Stripes 4 hours ago

They only stop eating during daylight.

Then pig out every night.

▲1 ▼ Reply

Wing-8-Man 9 hours ago

Fasting / hunger pains, as a young kid going to school i remember eating a porridge breakfast, sandwiches for lunch then mom's dinner, then working age, the same, then married life, pretty much the same 3 squares a day that made me bloated, sleepy, got bad hunger pains, then separated, started cooking for myself, i never eat what i don't cook, skipped breakfast, came lunch time, had a coffee, about 3pm had another coffee, about 6 -7pm had some soup with some protein, i gave up bread and milk a long time ago, don't eat red meat much, i eat fish and chicken a lot, today i have so much energy, people my age spend time having a nap, i'm down the beach looking at the sexy beach bums, i never get any hunger pains or feel hungry, i gave up sugar also, replaced it with Stevia, so maybe it's a good thing, when i see people wheeling a shopping cart full of processed packaged food i just think they are poisoning themselves, good luck evetyone.

▲1 ▼ Reply

steve2241 17 hours ago

Not O/T

https://www.technologyreview.com/2024/10/09/1105335/google-deepmind-wins-joint-nobel-prize-in-chemistry-for-protein-prediction-ai/

▲1 ▼ Reply

KatLivesKatter 17 hours ago

If you Really want to stop the selfreplication of the nanoparticles in your blood, you can fast for 3 or 4 or 5 days while taking EDTA and Vitamin C every 12 hours.

Its actually super easy to fast while taking EDTA and its the only way you can get oral EDTA close to the efficiency of IV EDTA, because EDTA binds with so many things... including food in your gut.

There are other things you can take at the same time while EDTA fasting that dont bind with EDTA but Will speed up the chelation process like Vitamin E, Malic acid, NAC, ALA, glutathione, bromelain and sodium citrate.

Fasting or diet alone wont slow or reverse it or stop you from getting the shddding either but EDTA fasting is the best tool we have so far.

And that polymerization of the blood is what causes the gray clots. And Everyone has it now. Get someone to pull a vial of your blood in a vacutainer without edta or citrate, then just leave it out at room temperature for a few hours... then watch the whitish synthetic polymer that develops inbetween the layers. EVERYONE.

So do what you want but I plan on Living.... and thats the realest chit in the world, my former pureblood brothers.

▲1 ▼6 Reply

Juche Tony 13 hours ago

it's not fucking everyone.

You keep saying it over and over and over. It's fucking tedious.

▲1 ▼ Reply

KatLivesKatter 3 hours ago

Yep, you are magic and all those live blood analysts that now see it in Everyone are All wrong.

Thats why your blood doesnt develop the synthetic polymer at room temperature, right?

Its your life, do with it as you will.

▲ ▼ Reply

First There Is A Mountain 18 hours ago

I do two 48 hour fasts a week and the other days eat only in a 4 hour window. Occasionally I go out 72 hours.

Having said that, most studies reveal that autophagy is most activated after prolonged periods of fasting. Some going out as far as 72 hours. I don't doubt there is some benefit from shorter periods but I don't encounter many Americans who can fast longer than 8 hours before it's Pringles time.

▲1 ▼ Reply

Obamanism666 17 hours ago

So you donot eat 4 days a week? what is the pattern eat Wednesday, Saturday and Sunday

▲3 ▼ Reply

BlackLocust1640 17 hours ago

I wish I could do that but I exercise strenuously 3x a week and I'd probably die. I do 16:8 a lot but I'm already really thin. What do you think, how can it be easier for me? I might be able to do 2x a week (the 2 consecutive days I don't exercise) but I don't think I could do more. Do you get headaches? If so, what do you do?

▲2 ▼1 Reply

fxrxexexdxoxmx3 PREMIUM 17 hours ago

Depending on your age the 16:8 night be overly aggressive. I felt light headed and repeatedly almost passed out if I stood up quickly.

I modified to a 12: 2 basically two meals a day.

It has worked great but cut in half my fat loss.

The intermittent fasting is about limiting total caloric intake and the total removal of detrimental carbohydrates.

There is a massive difference if you are attempting muscle gain and body fat percentage reduction or only fat loss without mass gain.

Every exercise hurts and while in ketosis your body is not efficiently building muscle tissue.

▲ ▼ Reply

Al Capone 20 hours ago

I guess this means that starving Palestinians don't have to try to experience autophagy.

▲1 ▼ Reply

man_hammer 20 hours ago

Fasting starves cells and gut bacteria, resulting in anemia, which causes low blood oxygen levels, Regular fasting thus may accelerate organ failure, aging and tumor formation.

▲1 ▼10 Reply

Orly 20 hours ago

Link?

▲2 ▼1 Reply

Wicheetah Lineman 18 hours ago

I'd think fasting concentrates gut bacteria (microbiome)?

Anemia IS the inability for blood to carry O2.

Trying to understand your point (Hammer) maybe *starvation* causes anemia?

WL

▲1 ▼ Reply

Hiedler 20 hours ago

That's why a healthy diet is important. Fasting is not starvation it is smart eating. If all you eat is empty calories then yes you will starve yourself. A trick I use is whenever I feel hunger pangs when I shouldn't be eating is to drink water and take some multi vitamins.

The worst thing you can do is eat before bed.

▲4 ▼2 Reply

Wicheetah Lineman 18 hours ago

Dude you are so right, and it is so hard not to eat a snack before bedtime, even though I know how I will feel for HOURS the next morning. Worse, if drinking alcohol, it somehow masks the activity, that is, it is hard to notice why I feel so crappy the next day. (been drinking for only about 7 years now, am old guy).

WL

▲3 ▼ Reply

BlackLocust1640 17 hours ago

Yes! If I eat before bed I wake up hungry and often with a headache. Sometimes my stomach hurts. If I don't, I wake up feeling fine. Go figure.

▲2 ▼ Reply

Speculum 20 hours ago

Read the article closer. Autophagy is the key. The cells won't starve, they start using the waste products accumulated in the cells that haven't been cleared. When you eat during the meal time window, you need to eat wisely, to get the nutrients you need.

▲7 ▼ Reply

Wicheetah Lineman 18 hours ago

Y'know (gotta mis-spell this) I recall going to a scein toology seminar, 30 bucks, over 40 years back, and that was **precisely** what they did- had you not eat, take loads of vitamins, (buku C and Niacin, per memory) and sit in a sauna.

I think, as young as I was, did not yet have problems needing fixed. And to their credit (hesitate to say) they plainly, directly, force me to look other people right in the eye when speaking to them, it was a hard habit to break and I won't deny nor forget it.

WL

▲3 ▼ Reply

nerf_crotchbat 20 hours ago

> *For every expert, there is an equal and opposite expert.*

▲6 ▼ Reply

liberty2day 19 hours ago

not equal once truth out

▲1 ▼3 Reply

nerf_crotchbat 19 hours ago

I should have put "expert" in quotes.

▲4 ▼ Reply

Bossua 19 hours ago

Highly doubt it unless you provide something more credible.

▲ ▼ Reply

liberty2day 19 hours ago

prepostrous. typical medical fearmongering.

how many decades did they rip on butter, eggs, meat, while promoting margarine, seed oils and other toxins?

▲6 ▼2 Reply

Hiedler 19 hours ago

The fda is all about minimal food safety standards. Fda approved means it is non toxic not that it is healthy.

The attack on natural foods or none processed foods is due to lobbying. Natural anything is good for you. Processed anything is not. Butter, eggs, meat, milk, cigarettes are all good for you.

▲ ▼2 Reply

liberty2day 19 hours ago

fda is trash.

Europe bans 1600 chemicals from food, the US 11.

I eat crap in Europe, literally any restaurant, protein, carbs, doesn't matter, and I lose weight

Sure, I walk more, but even when I eat organic in the US most of the time, hitting the occasional restaurant, I gain weight.

▲3 ▼2 Reply

Hiedler 19 hours ago

Yes the fda is not looking out for the health of us citizens.

▲1 ▼2 Reply

Wicheetah Lineman 18 hours ago

Maybe OT:

I read how vitamins were discovered. They starved mice of one thing then another, and then caused the mice to not die by giving them this or that. One after one "Vitamins" were discovered.

After back burnering this for a few decades, is it really all the FDA was after- keeping people from dying- and what about the side effects of vitamins (I hear Niacin is now thought to cause cardiovascular disease).

So. Maybe it is time to clear the "vitamin alphabet soup" and start from DNA, or from molecules or atoms?

WL

▲1 ▼

Orly 18 hours ago

Amino acids are where it's at. I have seen amazing things with amino acids.

▲2 ▼

Bossua 19 hours ago

I ate belly full in Japan and Korea for a month and still lost weight, I believe you.

I ate no less meat than normal.

▲2 ▼ Reply

Show More Replies

Hiedler 20 hours ago

Just eat when you are hungry. But the problem is most people don't eat a proper breakfast so their metabolism never gets to repair itself. Have you ever woke up feeling staving after a big dinner? That's because you never had a proper breakfast. If you eat a proper breakfast you won't even feel bad the next day.

▲1 ▼4 Reply

Bossua 19 hours ago

I just eat dinner and feel fine every other hour.

Diagnose me please

▲ ▼ Reply

liberty2day 19 hours ago

I eat once a day, big lunch. That and a coffee with cream and sugar in the morning. I try not to eat or drink coffee or likker after 4pm.

▲ ▼2 Reply

espirit 20 hours ago

People that die of starvation don't yell very loud...

▲1 ▼ Reply

espirit 20 hours ago

Ever watch the 'Alone Series'...?

They lost 25% of their body weight in 60 days due to starvation...

▲1 ▼ Reply

freedogger 19 hours ago

Great show

▲1 ▼ Reply

Surfdumb5 PREMIUM 20 hours ago

I've gone 6 days straight without eating anything, drinking only water. Almost everyone can fast for weeks for much better results.

▲1 ▼ Reply

Ronitron7000 4 hours ago

I do carnivore/animal based diet and I fast every Friday.

▲ ▼ Reply

better_off_dead 11 hours ago

Schedule: eat 2x per day only (no you dont NEED snacks - add some fruit if you want in between)

10-5:30am sleep

5:30am-12pm work or other related activities

12-1pm lunch

1-6pm work or other related activities

7pm: dinner

▲ ▼ Reply

GatorMcClusky 12 hours ago

Autophagy sure is an amazing phenomenon to have occurred through evolution. Lol

▲ ▼ Reply

That user name is already taken PREMIUM 12 hours ago

It's almost as if it was hard to find food eons ago.

What ...no McDonald's?

▲ ▼ Reply

AgrivailSmith 19 hours ago

lol, you people will do anything to avoid getting vaccinated, including literally starving

▲ ▼16 Reply

Bossua 18 hours ago

What are you?

▲ ▼ Reply

BlackLocust1640 17 hours ago

Yep! But look at the bright side! More vaxxes for the leftists and PEE OH CEES! They can enjoy the delicious fast food and GMO slop, my white privilege needs to be checked, so they can have my share of the food AND the vaxxes.

▲4 ▼ Reply

liberty2day 19 hours ago

look up dry fasting.

▲ ▼1 Reply

Bossua 19 hours ago

I can't go one day without drinking at least 1/2 gallon or more of water.

Couldn't imagine a dry fast honestly.

▲1 ▼ Reply

Orly 19 hours ago

It doesn't make sense to do that.

▲5 ▼1 Reply

IAmJack 20 hours ago

lol, learn to fast sheeple

▲ ▼ Reply

Percy__Quattro 20 hours ago

Don't forget to vote.

▲ ▼ Reply

WhatsLeftNow 20 hours ago

true true

▲ ▼ Reply

COPYRIGHT ©2009-2024 ZEROHEDGE.COM/ABC MEDIA, LTD