How to Fast for Metabolic Fitness and Hormone Balance

Analysis by Dr. Joseph Mercola ✓ Fact Checked

January 29, 2023
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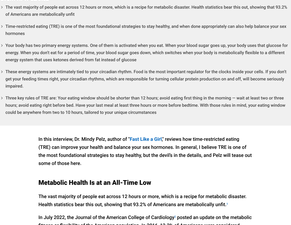

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STORY AT-A-GLANCE

- The vast majority of people eat across 12 hours or more, which is a recipe for metabolic disaster. Health statistics bear this out, showing that 93.2% of Americans are metabolically unfit.
- Time-restricted eating (TRE) is one of the most foundational strategies to stay healthy, and when done appropriately can also help balance your sex hormones
- Your body has two primary energy systems. One of them is activated when you eat. When you feed sugar goes up, your body uses that glucose for energy. When you don't eat for a period of time, your blood sugar goes down, which switches when your body is metabolically flexible to a different energy system that uses ketones derived from fat instead of glucose
- These energy systems are intimately tied to your circadian rhythm. Food is the most important regulator for the clocks inside your cells. If you don't get your feeding times right, your circadian rhythms, which are responsible for turning cellular protein production on and off, will become seriously impaired.
- Three key rules of TRE are: Your eating window should be shorter than 12 hours; avoid eating first thing in the morning — wait at least two or three hours; avoid eating right before bed. Have your last meal at least three hours or more before bedtime. With those rules in mind, your eating window could be anywhere from two to 10 hours, tailored to your unique circumstances

In this interview, Dr. Mindy Pelz, author of "Fast Like a Girl," reviews how time-restricted eating (TRE) can improve your health and balance your sex hormones. In general, I believe TRE is one of the most foundational strategies to stay healthy, but the devils in the details, and Pelz will tease out some of those here.

Metabolic Health Is at an All-Time Low

The vast majority of people eat across 12 hours or more, which is a recipe for metabolic disaster. Health statistics bear this out, showing that 93.2% of Americans are metabolically unfit.[1]

In July 2022, the Journal of the American College of Cardiology posted an update on the metabolic fitness or flexibility of the American population. In 2016, 13.2% of American were considered metabolically fit.[2] Two years later, in 2018, only 6.8% of U.S. adults had optimal cardiometabolic health.[3] That was four years ago so, today, that ratio is probably even lower.

Metabolic fitness includes things like blood glucose and blood sugar, blood pressure and weight, and metabolic flexibility refers to your body's ability to seamlessly transition between burning fat and carbohydrates as your primary fuel.

The take-home message is that now 19 out of 20 Americans would benefit from improving their metabolic health, and TRE is one of the easiest yet most powerful interventions for reducing insulin resistance, restoring metabolic flexibility and losing excess body fat.

Pelz has spent the last eight years of her clinical career using TRE, fine-tuning it in the trenches and gaining an understanding of the hormonal components that need to be taken into consideration, especially in women.

Your Two Energy Systems

As explained by Pelz, your body has two primary energy systems. One of them is activated when you eat. When your blood sugar goes up, your body uses that glucose for energy. When you don't eat for a period of time, your blood sugar goes down, and if you are metabolically flexible your body switches over to a different energy system that uses ketones derived from fat, instead of glucose.

"Some people call it the fat burner energy system. But we're really meant to metabolically switch over to this system," Pelz says. "What I think has happened is that people are trying to just manipulate the food. We have so many discussions about what type of food fuel and the calorie counting idea.

But what we're starting to see is that the more powerful conversation is WHEN to eat and how to switch over to this fat burning system. And what we know based on research, and what I'm seeing now in millions of people, is that the longer we stay in this fat burning ketogenic system, the more healing happens.

We know that at 12 to 13 hours [of fasting], we start to make ketones. We see growth hormone rise. We see inflammation come down. At 17, 18 hours in this fasted state, we start to see autophagy kick in. At 24 hours, we know that stem cells can start to come about in the intestinal area.

At 48 hours, we're seeing antioxidant production go up. And Valter Longo taught us that [with] 72 hours [of fasting], you can reboot your whole immune system. So, it's like this neurochemical magic that can happen in the body, but you can only access it when you go without food."

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The Circadian Connection

Another interesting component is that these energy systems are intimately tied to your circadian rhythm. Many know that the circadian rhythm is regulated by a master clock in the suprachiasmatic nucleus of your brain. But what most people don't realize is that most all cells in your body also have an internal clock that is unrelated to this master clock.

While light and darkness regulate the master clock, food is the most important regulator or trigger for this other clock inside your cells. So, if you don't get your feeding times right, your circadian rhythms, which are responsible for turning cellular protein production on and off, will get seriously impaired. Pelz explains:

"The easiest way to understand this is go back to how we lived in the primal days. Everything that we did back in those primal days was around the rising of the sun, the falling of the sun and the search for food.

Now we're so affected by artificial light, and we have access to food all day long, that we are out of touch with our natural rhythm, the circadian rhythm being one of them. So, when we start to fast, we actually mimic what our primal ancestors did, which is go a little longer without food.

Usually that was in the morning. They had to get up and go search for food. They came home in the afternoon and they feasted. So, this feast-famine cycling, when done within a day period, tends to tap into this circadian rhythm and can start to bring back some normalcy to these natural rhythms that modern life has pulled us away from."

How Long Is Your Ideal Eating Window?

The basic premise of TRE is that you eat at your meals within a specified window of time each day, and fast for the remainder. Where people differ is the length of that window. Here are three key rules to keep in mind:

1. Your eating window should definitely be shorter than 12 hours
2. Avoid eating first thing in the morning. Wait at least two or three hours
3. Avoid eating right before bed. Have your last meal at least three hours or more before bedtime

With those "absolutes" in mind, your eating window could be anywhere from two to 10 hours. Eventually, you'll need to find the ideal window for yourself, but to start, here are some basic considerations.

"The first thing is to remember that you are trying to mimic what we did primarily. So, feast-famine cycling. Sometimes they feasted and sometimes they went two or three days without food, and that's how they're able to switch in and out. The best way to approach fasting, in my opinion, and what I'm seeing with my community, is finding your natural rhythm.

We rarely want absolutes. I started to teach autophagy on my YouTube channel and people fell in love with the concept. But what we found is that a lot of people got very rigid with their fasting window. They'd get great results, but then they'd get stuck and start to get bad results because it became too rigid and they weren't mimicking this feast-famine cycling.

So, what I started teaching was how to vary it. I like a general 5-1-1 concept, where five days a week, you're intermittent fasting maybe 15 hours. One day a week you stretch it a little bit, and one day a week, you don't fast.

What we're seeing with that is unreal — the amounts of medication people are getting off of, the weight people are losing, and the super charging of their brain, all by just getting back into this feast-famine rhythm [that is] unique to them. So, there's really not one answer of what's the perfect fasting window.

A lot of people love the 16:8 [fasting for 16 hours and eating within eight]. That seems to be a very popular fasting window, and I think that works really great. But again, we've got to keep variation at the forefront of this conversation."

How to Customize Your Fasting Window

So, how do you go about finding your unique and ideal feasting-fasting schedule? Pelz suggests starting by getting your fat burning system working again. If you've been an all-day grazer, start by compressing the window of time within which you eat.

Note the time you normally eat your first meal or snack, and when you eat your last. Count the hours, and then cut them down by one or two hours. Pelz recommends pushing back breakfast by one hour to start.

"You want to get a little uncomfortable," she says. "Because you've applied a hormetic stress that your body can adapt to now. Once you get comfortable there, you push it back another hour, and another hour, until you get to 10 hours.

You want to feel ketones. And ketones feel like they supercharge your brain, you have better energy and your hunger goes away. That's how you really know you're switched over, and for most people, that will happen around 13, 14 hours of not eating."

Do that for one month, or until you're completely comfortable with it, and then move into a more varied schedule, such as the 5-1-1 schedule mentioned earlier. The key at that point is variation. Feasting one day, and fasting for longer and shorter times on others.

Time Window Once You Are Metabolically Healthy

After I did this interview with Dr. Mindy, I began studying Ray Peat's work and realized an important point. If you are one of the 19 out of 20 people who are metabolically inflexible, insulin resistant, and unable to easily switch between burning sugar and fat as your primary fuel, then the program that Dr. Mindy describes may be beneficial for you.

However, once you regain your metabolic flexibility, which can take anywhere from a few weeks to a few months, you will need to increase your eating window. This is because your body needs glucose and if you deprive it for too long, it will produce cortisol to stimulate your liver to make it. This increased cortisol can contribute to chronic inflammation and cellular damage.

Therefore, once you are no longer insulin resistant, it is best to vary your eating window between 8 and 12 hours and avoid going lower or higher than that window. It is also best to avoid eating before sunrise or after sunset and at least three hours before bedtime.

Another Starter Tip

Interestingly, research has shown that when you compress your eating window to around 16 hours or more, you become relatively metabolically immune to the damage that otherwise unhealthy foods would cause, such as processed food and refined carbohydrates.

This is not permission to eat junk food forever, but it does allow you to have a less than perfect diet all the time and still lose weight. This also means that when you're first starting out, don't change WHAT you're eating. Only change WHEN you're eating. So, if you eat a lot of processed foods, continue as normal, and just compress the eating window.

Once you've used to that, THEN you can start making nutritional changes, start cutting out some of the unhealthiest foods and add in more wholesome choices you may not be used to. This will give you the greatest chance of success.

Dip Into Longer Fasts

In her book, "Fast Like a Girl," Pelz describes six different fasts, ranging from 13 to 72 hours, all of which have been tested on millions of people. She suggests thinking of fasts as "switches," where the longer you stay in a fasted state, the more healing is allowed to take place in your body.

"The idea of an eight- to 10-hour eating window is really easy. But I want to encourage people to dip into some of the longer fasts because that's where we're seeing incredible results. For example, a lot of people who are struggling to lose weight will do an eight- to 10-hour eating window, and they're like, 'I don't have any ketones. I'm still hungry. I'm not losing weight.'

And so we've got to push it a little bit more so that we can get the body to find the glucose that it stored years ago (as triglycerides in your adipose tissue). The one for weight loss I love is 36 hours, where for 30 days, people do 36 hours of fasting followed by 12 hours of eating.

They saw a tremendous amount of reductions specifically in belly fat, which is an area where people really want to see a lot of weight loss. So, we know that when we go to those longer fast, we can push weight loss a little more.

There's an incredible study showing that at 48 hours we start to see the whole dopamine system reboot, and we actually get new dopamine receptors. And we see that in our community, where people with mood disorders, not clinically intense ones but just general depression, malaise and anxiety, when they go into a 48-hour fast, they start to notice that they're happier in the weeks afterward.

So, we're saying, find what works for you most of the time, and then experiment and dabble in some of these longer fast. Sprinkle them in so that you get the healing benefit that occurs in these longer periods [of fasting]."

Goal Considerations

Aside from improved mood, those benefits also include autophagy and increased stem cell production. All of that said, though, longer fasts are not ideal for everyone. While in the past I've done up to 10-day water fasts, I no longer go beyond 20 hours or so, due to my age and my already optimized metabolic flexibility.

At this point in my life I'm far more concerned about maintaining muscle mass and preventing sarcopenia. I am more than convinced that the daily 18-hour fasts I do provide me with more than enough autophagy.

If I cut calories by 500 or 1,000, I can lose a pound or two, maybe even 5 pounds if I do it over a weekend of travel. So, again, there are no hard and fast rules. You really need to determine what works best for you, and keep your eye on your goal. What is it that you're trying to achieve? Weight loss? Disease reversal? Antiaging benefits? Muscle mass maintenance?

Each may benefit from a different fasting schedule. "As long as fasting is not hurting you and you're not getting stuck [on a plateau], then you don't need to take that one-day [fast]," Pelz says. For the record, muscle loss is not a given, even with longer fasting intervals, so if you're younger and fit, you can still do them. The key then lies in making sure you're feeding your muscles correctly when you do eat. As explained by Pelz:

"When you're fasting, you're going without food. But then once you open up that eating window, eat! This is a time to nourish yourself.

And what we see in our community is, if you go from that fasting window and eat more protein, you start to stimulate not only mTOR in a positive way, but you also can trigger amino acid receptors in the muscles that will help the muscles grow stronger. So, the trick is once you eat, you get to eat and you get to eat the right macronutrients to keep that muscle really strong."

The Importance of Protein

For muscle maintenance, you want at least 30 grams of protein, twice a day, to activate mTOR and provide enough raw materials to sustain your muscle mass, if not increase it. The reason muscle mass is so important is because within your muscle you have receptors that drive sugar into the muscle, so they act as a glucose sink. That's how increasing your muscle mass helps counteract high blood sugar and lower your risk of diabetes.

"My recommendation is, always break your fast with protein, and come in with at least 30 grams," Pelz says. "So now we've switched back into sugar burner, but we got mTOR to build that muscle.

The hardest thing is that you might have to eat, even if you're not hungry, because the ketones have killed that hunger hormone. So, you may have to really be mindful and intentional about your food.

This is where I get in a lot of debates sometimes, especially in the women's health world, about calorie restriction versus fasting. Women, especially women over 45, do not want to be in calorie restriction. When you eat, you want to eat, and you want to eat protein.

Think of it like this: There's a time when the eating window is closed, and then once you open it, then it's like, 'OK, now I'm going to eat.' And the research [suggests eating] 30 grams [of protein] a few times a day.

Sometimes we can get away with 20, but the clinical research on protein cycling [shows] 30 grams every two to three hours is the best way to stimulate those amino acid receptors in the muscle that will build muscle.

The other really cool tool is working out in a fasted state, stress your muscle, break that muscle down, and then follow up with protein. We're seeing a lot of her body muscle masses happening approaching it that way."

Guidance for Timing Your Eating Window

As mentioned earlier, you want to eat your last meal at least three to four hours before bed. One reason for this is because digestion continues for five to six hours after your last bite or drink of any food (calories). So, if you eat your last meal three hours before bed, you'll remain in digestive mode for another three sleep hours.

Assuming you sleep for eight hours, that gives you five hours in repair and regeneration mode while sleeping, plus however many hours you fast into the morning. Getting this timing right is important, because if you eat your insulin level and related hormones, such as melatonin, when you're digesting food, melatonin will be inhibited, and hence the quality of your sleep will go down and your insulin

resistance will go up.

"If we could solve insulin resistance, we'd solve a lot of problems. So, you have to remember that when melatonin goes up, you're going to become more insulin resistant. When does melatonin go up? It starts to go up as the sun goes down. So, in the winter time, you're going to need a lot earlier. You're going to need to stop eating around 2 p.m. or 3 p.m.

If you want an eight-hour eating window, you want to make sure you're measuring that window to melatonin's demands. When you first get up in the morning, melatonin's high, you're again going to be more insulin resistant. So, we've got these bookends of light that we need to look at for our eating window and act accordingly.

Personally, in the summertime, I'm a fan of fasting between 11 and 5, maybe even 4. In the wintertime, you're going to probably have to move that eating window up a little bit so that you end up stopping well before sunset so that your body can be more insulin sensitive with that meal."

Fasting and Female Hormones

Men and women differ in terms of the sex hormones that predominate and drive key health processes. For men, testosterone is a primary one, and research shows intermittent fasting has a beneficial impact on testosterone in men. A 15-hour fast can raise testosterone by as much as 1,200%.

In women, testosterone, estrogen and progesterone are a key triad. While women don't have as high a testosterone level as men, it's still a very important hormone. After the age of 40, estrogen starts to fluctuate, often resulting in weight gain and insulin resistance. Timing your fasting to your menstrual cycle can help smooth out these estrogen dips.

Glucose is required to make progesterone, so the week before a woman's cycle, her body will raise glucose and become more insulin resistant.

A woman who follows a one-meal-a-day lifestyle will often see adverse changes related to her sex hormones, such as hair loss, cycle changes and early menopause, because her progesterone is tanking. The good news is you can normalize your hormones by changing the length of your eating window during the different phases of your menstrual cycle.

"So, it's these three hormones that we have to learn to cycle," Pelz says. "In 'Fast Like a Girl,' I show how to cycle it for a menstruating woman and for perimenopausal women. But even postmenopausal women have to think about this as those hormones decline.

I have been shocked by how many women don't have a regular cycle. This is a problem, because our cycle is how we detox ... In the book, we have a 30-day fasting reset that women can do if they don't have a cycle to time it to.

You want to go through a 30-day period where you're playing with the principles of how estrogen, testosterone and progesterone would play. So, you're having some [hormetic] where you're going into a little longer fast, then you step out of fasting and you move into some liver-promoting foods and more gut healthy foods that'll help you break down those hormones.

Then you go into longer fasts trying to simulate coming out of ovulation. And then you have a period where you're not fasting and you're leaning into more root vegetables, potatoes and squashes, to raise progesterone.

There's a lot of nuance in that statement I just made. But for women without a cycle, who age appropriately should be having a cycle, we've got to start to kind of mimic what that cycle would look like. And what we're seeing is, eventually with that rhythm, their cycle comes back."

A Woman's Fasting Cycle

One of the prime reasons for the interview was to understand how time-restricted eating is modified based on a woman's reproductive cycle. In her book, Pelz maps out what she calls the fasting cycle, which is a tool women need when they first start fasting.

"It looks like this. Day 7 through Day 10 of a woman's cycle, estrogen is building. You can go into those longer fast. So, if you're already fasting and want to throw a three-day water fast, throw it in during that first 10 days.

When you get into ovulation and all these hormones are surging — we've got estrogen at its highest, testosterone at its highest and a little bit of progesterone — we need to bring the fast down to 13, 15 hours. And you definitely don't want to push it. If that's a stretch, you can even do 12. This is not a time to push your fast. It's a time to lean into more vegetables and bitter foods to really help support the liver and the gut to break down those hormones.

Then around Day 16, we come out of ovulation and the hormones have dropped, so we can go back into a little longer fast. If you like a 24-hour fast, you can do that at this point. But as we start to get into about Day 19, progesterone's building, and this is where we don't want to fast, and we don't want to be in keto.

That's another big piece. We've got to raise glucose so that progesterone has what it needs to be able to kick in. A lot of these 25-year-olds, 32-year-olds that have abnormal cycles, if they start to create that rhythm, they'll start to bring their cycle back."

The graphics below from Pelz's book can be helpful in understanding the female fasting cycle.

Fasting Cycle for Perimenopausal and Menopausal Women

If you no longer menstruate because of your age, this next section is for you:

"Around 40, you really need to start to get to know the characteristics of progesterone and estrogen, primarily because as your ovaries are going into retirement, you're going to see some pretty dramatic shifts in those two hormones ...

If you're spotting, that's progesterone tapping you on the shoulder saying, 'Hey, I need a little more glucose.' So, you would step out of a keto fasting day, and the next day you may shorten your fast, elongate your eating window and use more of nature's carbs to give progesterone more glucose. So, spotting is a big one.

Anxiety is another big one. Trouble sleeping is another big one, where we need to have women step out of keto and fasting and step into more of this higher glucose [level], i.e., eat more, and expand your eating window[.](#) Progesterone loves root vegetables, all the squashes, grass-fed beef, even tropical fruits. Bananas, mangoes, papayas, citrus fruits, those really help support progesterone production.

A perimenopausal woman will know that estrogen's really low when she starts getting hot flashes, when her hair starts getting frizzy and dry. When her skin is really dry, she's starting to get more wrinkles, her mucosal membranes become really dry and cognition is difficult.

If that's happening, then you actually want to lean into a little bit of the longer fast, because estrogen does really well in a longer fasting window, and you want to lean into more of a ketogenic diet. I think she still needs some carbs, but she really needs to lean into longer fast to get estrogen and more protein. And that will dramatically help."

If you're in menopause, Pelz recommends doing the 30-day reset detailed in her book, but timed to the moon cycle. You may notice that the four cycles in the charts above have the same names as the moon cycles. So, you'd start your reset based on the moon cycle that is present at the time that you begin. For example, the day of the full moon is evaluation of Day 11, so you'd start at Day 11 and follow the schedule for the next 29.5 days from there.

More Information

To learn more, be sure to pick up a copy of "Fast Like a Girl." She's also releasing an app that will guide you on what you should be doing each day, which can be a very helpful tool.

+ Sources and References

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Guillermous
Joined On 4/17/2015 6:47:46 AM
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As Dr. Mercola reports in this excellent article, circadian rhythms run through all of biology, from the molecular level to complex behaviors like eating and sleeping. These rhythms are driven by molecular clocks within cells, and different tissues may have unique rhythms. Circadian disruption can trigger insulin resistance, obesity, and other common metabolic disorders, such as aging, diabetes, and cardiovascular disease, and circadian genes control metabolism. TRF reinforces eating and fasting rhythms without reducing caloric intake and improves metabolic disorders such as obesity and associated cardiac dysfunction, as well as reducing inflammation.

TRF optimizes the expression of genes and pathways related to normal metabolic function, linking metabolism to the benefits of TRF and demonstrating the molecular link between metabolic disorders and circEGLain rhythms. Thus, TRE has tremendous therapeutic potential that could easily be adapted to reduce obesity-related dysfunction and cardiovascular disorders, and demonstrating the molecular link between metabolic disorders and circadian rhythms.

Insulin resistance leads to cardiovascular disease by altering the availability and utilization of substrates in the heart, but also by damaging the endothelium, which can lead to the accumulation of atherosclerotic plaques in the context of elevated circulating lipid levels. Insulin signaling dramatically alters clock function, regulating central transcription factors of the cellular circadian clock through insulin receptor-mediated signaling pathways.

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Guillermous
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Rhythmic insulin release and insulin-like growth factor 1 receptor are important for circadian gene expression by driving the synthesis of PERIOD paralogs in cardiomyocytes, among other cell types. ostrovlabcrc.wixsite.com/...ldp/23464 (2022) — www.ncbi.nlm.nih.gov/...PMC6317452 (2018) — www.ncbi.nlm.nih.gov/...PMC3365280 (2012) — www.ncbi.nlm.nih.gov/...PMC5613695 (2016) — www.ncbi.nlm.nih.gov/...PMC6306277 (2019) — In this randomized clinical trial, eTRE was more effective in losing weight and improving diastolic blood pressure and mood than eating over a period of 12 hours or more at 14 weeks.

jamanetwork.com/journals/jamainternalmedicine/article-abstract/2794819 (2022) — TRE plus a low-sugar diet can reduce adipocyte and improve hepatic, lipid, and inflammatory markers in patients with nonalcoholic fatty liver disease (NAFLD), with decreased fibrosis score, transaminases, triglycerides and CRP.
www.frontiersin.org/articles/10.3389/fnut.2022.865 (2022) — In this review among protocols, alternate-day fasting (ADF) and time-restricted feeding (TRE) were the most common and were shown to have different metabolic signaling mechanisms. TRE influences weight control and biochemical parameters by regulating the circadian system and improving satiety control systems by acting on hypothalamic neurons.

ADF leads to a 75% reduction of all energy intake regardless of diet composition as well as promoting hormonal adjustments that favor weight control. Both protocols showed the ability to remodel the gut microbiome and increase the ratio of Firmicutes/Bacteroidetes ratio and increase the abundance of strains such as Lactobacillus spp. and Akkermansia m. They have a protective effect on metabolism against the effects of weight gain. europepmc.org/...23502929 (2022)—

Mark as Spam · Posted On: 1/29/2022 2:36:07 AM

juststove
Joined On 1/5/2012 11:13:54 AM
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Gut, while there is a lot to absorb here it is more welcomed expansions and fine turning to create This Size Fits Me... instead of the decades long lay a scale and sign up for an expensive lose weight diet programs. Whole lake in libraries of diet books only leading to rollercoaster up & downs, along with associated malaises to add to the No Get a Fit for That Cuffs Cow Treadmill. An active lifestyle and/or exercise most likely does on a whole range of valuable tools from our maintain our own health toolbox. Similar to an integrated cyclical exercise program tapping and engaging various sections of our physical wellbeing, weight resistance training, walking, stretching, followed by rest, repair and meditation for the mind body connections, these insights to today's article tends to address some or all or greatly reduce runner's issues in a cyclical way.

Add these insights to the many others shared here while a lot to take in, as one finds their rhythms and what works for them should affirm a life actually enjoyable to be living. Yes, effort and brainwork are involved but given time such things become second nature and usually may need the occasional fine tuning or adjustments.

Mark as Spam · Posted On: 1/29/2022 4:28:52 AM

Guillermous
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Very true Just, we know that humanity has a true parity of resources to maintain health with fasting or calorie restriction, combined exercise, healthy food choices with probiotic fiber and fermented foods and other spaces resources, medicinal plants, etc., for avoid disease and not become intoxicated with allopathic medicines and transgenic "vaccines" that are the vicious circle that maintains the disease and increases the wealth of pharmaceutical and agri-food companies united with the approval of government institutions in a common objective: to cause illness and death We must consider that maintaining the integrity of the intestinal barrier is essential for health, protecting against intestinal microbes, food antigens and toxins.

Many factors, such as enteric infection, antibiotics, low-fiber diets, fasting, circadian rhythm disruption, and psychological stress can affect the integrity of the intestinal barrier and lead to low-grade systemic inflammation due to translocation of bacteria and their components. In the TRE group, the intestinal microbial richness improved significantly, with an enrichment of Prevotellaceae and Bacteroidaceae. TRE enhanced circadian gene expression likely by activation of sirtuin-1, which is positively associated with gut microbiome richness.

TRE could be a safe remedy for the prevention of metabolic diseases related to dyslipidemia, pubmed.ncbi.nlm.nih.gov/...35114098 (2022) ——In this review, TRF.E would be a specific approach to restore molecular pathways associated with the gut microbiome, hormonal signaling, the circadian system, metabolic regulators, neural and immunoinflammatory responses. Modulation of the gut microbiota through TRF.E could contribute to the proper utilization and availability of nutrients protecting against diseases to take advantage of personalized nutrition approaches to improve human health. www.mdpi.com/.../258 (2023)

Mark as Spam · Posted On: 1/29/2022 5:03:26 AM

juststove
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Gut the human body as most life systems of living things are so amazing. They are like onions. Take off as many layers of onion skin you want, and you find another layer of onion. Our many complex, integrated functions work back and forth in so many ways, yet there never seems to be an end to what they are capable of. Only self-important individuals simmering in their own hubris could think they can hack to super excite what already exists. Despite what little we think we know, there is so much more to realize. Educated idiots like Yuval Noah Harari need not apply. The sum of what he knows and others like him barely register on the face of the Creator.

Mark as Spam · Posted On: 1/29/2022 5:15:55 AM

grulla
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"#2 Avoid eating first thing in the morning. Wait at least two or three hours."I'd never heard this BYTREE rule before. And depends what you call 2-3 hours. When I first wake up in the morning, I watch the early morning (fake) news for an hour or so in bed, just to be informed, (and then if necessary, following on line in hopes of getting the real story). And when I finally get out of bed, it takes me at least an hour or so to prepare breakfast. So I guess I qualify for 2-3 hours wait????

Reply · Mark as Spam · Posted On: 1/29/2022 1:32:04 PM

Segstar
Joined On 10/30/2012 3:30:42 PM
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Grulla a whole hour to prepare Cornflakes lol... I'm presently on a 'seafood' diet. I see food, I eat it, sooo ay ple!

Mark as Spam · Posted On: 1/29/2022 2:20:29 PM

grulla
Joined On 1/17/2012 8:03:55 AM
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Bon appetite, 'segg'. lol

Mark as Spam · Posted On: 1/30/2022 6:36:27 AM

jancoco47
Joined On 2/16/2015 1:16:48 PM
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I remember when I was young, 60's 70's... they weren't that many fat people walking the streets then.I think there maybe something else that is overlooked for health....and we have not discovered it yet. Who knows what most of our food nutrition is based with....the diabetical cabal top part of the pyramid do not want us healthy and thrive and want us dead.I think round-up and now perhaps some form of wave particles placed in our foods.....then we both in the sea of bad frequencies and vibe bad.

Reply · Mark as Spam · Posted On: 1/29/2023 9:52:18 AM

sunflowerjanis
Joined On 5/11/2014 4:50:34 PM
Add as Friend · Send Message

Ancel Keys was one of the MSDNFORMORS who directed the population toward using unhealthy seed and vegetable oils, away from using the health enhancing animal foods and fats. So, our population is over-loaded with too many omega-6s as Dr. Mercola has talked about in previous articles. I've mentioned this before, avocado oil did a number on me!

Mark as Spam · Posted On: 1/29/2022 4:14:44 PM

SeeStraight
Joined On 12/14/2018 1:49:32 PM
Add as Friend · Send Message

I often have to laugh when I read articles about fasting. Sun, the author writing about a very important subject, and if he/she knows what they are talking about, that's great. But here's the thing: Your body already knows what it needs, and how best to satisfy that need in the healthiest manner possible. JT ONLIook at this article. All sorts of rationales and justifications for calculating specific fasting timing, carefully eating precise 30g of protein, making certain you are correctly entering and adjusting your 'power phase'. TheScienceTMC says, of course, and you should always go with TheScienceTMC, even if your body is most definitely saying otherwise.

JJ from time to time the author does mention to try to imagine how human primal eating occurred, and then try to adhere to that. But again she is talking about imagining some schedule and then forcing yourself to stick with that. JJ The bottom line in all personal healthcare is this: Your own body knows exactly what it needs, and when. It will most definitely tell you what it needs and when. It's called meditation. Learn how to tap back into your intuition, and let it tell you, regardless of what TheScience (TM) says, or what your 'primal imagination' says, or what other people tell you.

Of course, it may take awhile to get back to that easy-going intuitive awareness and trust, so that is the time to be aware of legitimate science and other's experiences... that information is helpful when you first get on the path to relearning your own intuition. But don't put yourself under the yoke to TheScience and advice from others. Find your own intuition - trust it and trust Nature. Nature has been doing this "Life" thing for, oh, 1,200,000,000 years now... She knows what She is doing. And You are Nature. You are not separate from it. The more you tune back into Nature, the more happier you become.

Reply · Mark as Spam · Posted On : 1/26/2020 8:12:42 AM
Like · Dislike

Jennisin.E
Joined On 5/31/2022 10:37:00 AM
Add as Friend · Send Message

Yes. Well said. To separate us from God's creation and then make only poison synthetic substitutes is the easiest way to Kill us all with no liability

Mark as Spam · Posted On : 1/26/2022 12:20:22 PM
Like · Dislike

Segstar
Joined On 7/3/2013 3:30:40 PM
Add as Friend · Send Message

Not only are you seeing straight...but your shooting is impeccable!! Not that this information is not valuable, but when you consider that cultures around the world have been fasting for thousands of years, I could see them laughing at how foolish western civilization are...all in the name of "science." Any wonder the populace is confused?

Mark as Spam · Posted On : 1/26/2022 2:14:47 PM
Like · Dislike

henrysmom
Joined On 9/8/2010 2:36:37 PM
Add as Friend · Send Message

One of the benefits of having very young parents and grandparents was that I had the privilege of knowing my great grandparents well.I remember my paternal great grandparents who lived on a farm in Western Nebraska. They used to rise at 4 or 5 in the morning, drink coffee with cream and go to work. My grandfather would milk the cows and feed the livestock and come in for breakfast around 9 (around the time that I was getting up), which was full eggs, bacon, fried potatoes and slabs of white bread and butter. Supper was around 2 and was generally a large hot meal. Around 6 if they were hungry they would have toast or a cheese sandwich or cereal fruit with cream.

So their window was about 9 or 10 hours and they ate all sorts of traditionally unhealthy foods like white bread, cornbread, fried potatoes and oral. Yet my grandfather lived until he was 94, whipped him and sharp and my great-grandmother lived to be a healthy 90 and declined very quickly. I do remember they ate very little sugar except pie or cake on Sunday. So many good habits, time restricted eating, physical labor, deep spiritual beliefs and little to no reliance on doctors. Where did I go wrong? Lots to think about.

Reply · Mark as Spam · Posted On : 1/26/2020 9:28:34 PM
Like · Dislike

CBolt
Joined On 7/30/2020 4:29:55 PM
Add as Friend · Send Message

I think I saw a typo. In the paragraph under ANOTHER STARTER TIP it says, "when you compress your eating window to around 16 hours or more..." I think you meant to say 8 hours or less.

Reply · Mark as Spam · Posted On : 1/26/2020 7:35:18 AM
Like · Dislike

RICKGEES
Joined On 3/1/2019 8:38:24 AM
Add as Friend · Send Message

Dr. Mercola good useful article thank you for this another fine article.

Reply · Mark as Spam · Posted On : 1/26/2020 7:49:28 PM
Like · Dislike

bee8527
Joined On 7/18/2021 11:45:16 AM
Add as Friend · Send Message

Glad to see an article geared toward women. Too many recommendations on this site do not take into account how a women's physiology is different from a man's.

Reply · Mark as Spam · Posted On : 1/26/2020 10:16:31 AM
Like · Dislike

Segstar
Joined On 7/3/2013 3:30:40 PM
Add as Friend · Send Message

I dunno BWO, the way things are going some days I just take everything I think I know and toss it outta the winds. Today men are becoming more and more effeminate, women more masculine, plus they are chopping off kids genitals and parents have no say in the matter...And just think iconic songs like Aretha Franklin " you make me feel like a natural woman" is under attack..Not to mention a female Supreme court judge cant even define what a woman is. You cant make this street up. Really https://youtu.be/3QFcxdFPpg

Mark as Spam · Posted On : 1/26/2020 9:54:48 PM
Like · Dislike

nothingsound
Joined On 6/13/2018 9:47:47 AM
Add as Friend · Send Message

What I like is the sense that one can make this fit you. It is not start at 17 hours and eat nothing but this. It is a gentle way for people to start being healthy and to truly have a change of habit. I've been within TRE for just about a year, and I am feeling better, have lost weight. But I do not feel like I've "done something wrong" if I go out to with friends at night or when some morning I wake so hungry that if I eat early I feel guilty. I know I can switch my timings around. The one piece I did struggle was eating enough of what my body need in veggies and fruits. I had to design a plan for cooking meals well within the two meals I eat. I snack on cold meat and fruit. And yes, I have treat of chocolate covered cashews.

Reply · Mark as Spam · Posted On : 1/26/2020 6:09:09 AM
Like · Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

I make delicious yogurts made from cocoa, ginger, macadamia nuts, sweet potatoes, coconut oil and broad-spectrum prepiotics. Yes, each person must improve and personalize their diet based on their knowledge of dietetics. We must consider that research on dietary approaches and food properties constitute an excellent tool to address an adequate personalization of food. As you specify, in this way we also have Nutritional Genomics that focuses on the interaction between the bioactive components of food and the genome. Nutrigenetics and Nutrigenomics. The influence of nutrients on gene expression is termed nutrigenomics, while the heterogeneous response of gene variants to developing nutrients, dietary components, and nutraceuticals is termed nutrigenetics.

Ideally, we would have the possibility of evaluating our genetic variants and polymorphisms, which can reveal diseases or a predisposition to suffer from them and thus have more information for a better personalization of the diet. This is not always possible due to the cost and diagnostic advice. There we can also apply the phrase "experience is the mother of science"

Mark as Spam · Posted On : 1/26/2020 11:55:59 AM
Like · Dislike

sti3047
Joined On 9/15/2015 6:23:42 PM
Add as Friend · Send Message

What I'm describing here is "Gut Rest." Wake up in the morning and eat a breakfast that is low on the glycemic index. Eat a lunch that is the same. Avoid fat from animals. No cheese, milk products, or sugar. Have snacks that are fruits, but choose berries. STOP EATING AT 3:00 PM. If you can, brush your teeth. Brush your tongue vigorously. Do this EVERYDAY. It is not a complex process. Drink a lot of water. Good luck. It can be accomplished.

Reply · Mark as Spam · Posted On : 1/26/2020 10:04:16 PM
Like · Dislike

Deb3667
Joined On 7/28/2017 3:32:41 PM
Add as Friend · Send Message

Sunlight is left out of this conversation and it needs to be included as priority for circadian biology. Also, if you are overweight and leptin resistant you must eat within 30 min of waking.

Reply · Mark as Spam · Posted On : 1/26/2020 8:54:07 PM
Like · Dislike

sunflowerjanis
Joined On 5/17/2014 4:50:34 PM
Add as Friend · Send Message

I've been reading several books on the Paleo, Early man way of eating and living. This article correlates to what I've been reading in these books. Fresh and famine sounds like what would have been the food situation for Early man. In Lights Out, I remember the author advising to eat up a storm and "party" more so this is what our ancestors would have been exposed to. But, when winter comes to sleep more like 12-14 hours and eat less due to having less daylight hours. Makes sense to me since mankind's biology has barely evolved over the years.

Reply · Mark as Spam · Posted On : 1/26/2020 4:20:30 PM
Like · Dislike

epi-cure
Joined On 6/12/2012 7:02:04 PM
Add as Friend · Send Message

Here's a memorable quote from John Cleese: "The awful thing about getting older is food tastes better, it's just wonderful, I eat nothing else now". Jordan Peterson's answer to the MEF. www.youtube.com/watch Wow, thanks youtube, 722 views already !

Reply · Mark as Spam · Posted On : 1/26/2020 1:22:05 PM
Like · Dislike

Segstar
Joined On 7/3/2013 3:30:40 PM
Add as Friend · Send Message

Sure sounds like "food" for thought Epi. Peterson is legendary...

Mark as Spam · Posted On : 1/26/2020 2:19:40 PM
Like · Dislike

HealthCurious
Joined On 2/3/2022 3:46:05 AM
Add as Friend · Send Message

The YouTube video (interesting!) is actually unlisted. It won't get many views. Hopefully there are other copies on free speech friendly platforms like Rumble, etc. There is a huge amount of censorship on YT these days. Half of my comments are shadow banned.

Mark as Spam · Posted On : 1/26/2020 7:10:31 PM
Like · Dislike

sitis101
Joined On 7/10/2014 6:30:32 PM
Add as Friend · Send Message

epi-cure, that is an over the top discussion by Jordan Peterson. As of now 2,600 views. As Peterson says - "Enough food for everyone"

Mark as Spam · Posted On : 1/26/2020 7:24:49 PM
Like · Dislike

Sanbrunes9
Joined On 10/3/2011 8:49:58 AM
Add as Friend · Send Message

Me! Up at 5 a.m. Bano. Glass of water. Walk 4 miles. Healthy breakfast. Clean the pool. Swim and get vitamin D3. Lunch. No preservatives. . Chicken,beef and pork. Turkey other. Work on my tour business. Dinner at 6 p.m. light. Bed by 9. Repeat. Water Jun and exercise are key for me. And belief in God! Sabino Sanbrunes

Reply · Mark as Spam · Posted On : 1/26/2020 1:15:15 PM
Like · Dislike

nat958288
Joined On 10/28/2021 6:05:39 PM
Add as Friend · Send Message

Another GREAT INTERVIEW. THANK YOU DR.MERCOLA. I'm aperson that has loved learning how to improve my health. The human body is an amazing machine. Individuals have the power to make it great, it takes discipline. Once you get passed the initial struggle, it gets and feels AMAZING. What I have found that it gets EASY, like a second nature. Your body just wants to be better, on it own. It's like your body takes over. THANKS AGAIN.

Reply · Mark as Spam · Posted On : 1/26/2020 11:41:20 AM
Like · Dislike

Lynnfay
Joined On 6/17/2009 9:48:02 AM
Add as Friend · Send Message

Intermittent fasting is good. A day without food can really jot your system right. However people with stomach problems can't eat all their nutrition in one sitting. Smaller meals is 6-8 hour window at least. Not eating before bedtime used to be hard for me cuz I'm often hungry then, but now I can't eat close to when I go to bed. I eat from about 12-8 maybe. Sometimes a bit shorter window.

Reply · Mark as Spam · Posted On : 1/26/2020 8:40:07 AM
Like · Dislike

hea2490
Joined On 3/5/2019 10:37:49 AM
Add as Friend · Send Message

Does coffee count as eating? I have a coffee with creamer in the morning, but start the day with lemon and apple cider vinegar infused water prior to that.does that count as disrupting my fast?

Reply · Mark as Spam · Posted On : 1/26/2020 7:38:09 AM
Like · Dislike

lostand
Joined On 1/29/2023 6:32:32 AM
Add as Friend · Send Message

This all sounds great, but if only I could follow it as someone who takes comfort just in food (whether its junk or healthy) as my solace in this place. :(Thank you.

Reply · Mark as Spam · Posted On : 1/26/2020 6:36:34 AM
Like · Dislike

Rundyfast
Joined On 5/6/2018 6:42:42 PM
Add as Friend · Send Message

One size NEVER fits all!

Reply · Mark as Spam · Posted On : 1/26/2020 7:15:25 AM
Like · Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

I am thin and this is what suits me best. I get up around 8 in the morning. I have gradually gotten used to going without breakfast until 13 11 in the morning. Until that time I do meditation, mental exercise and cardio. These 2-3 hours without eating in the morning I perceive the detoxification. The second and last meal is made at 5-6 pm. I go to sleep at 10-11 pm. So I have an interval of 7-8 hours between the 2 meals of the day and 17-18 hours without eating. My fasting glucose is about 75-80 (normal 75-100). glycated hemoglobin 4.7-4.9% (normal 4.5-5.6%). Triglyceride 85-90 (normal 20 to 150).

Mark as Spam · Posted On : 1/26/2020 7:41:09 AM

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

Thanks, Gal. If it works for you; then it's right for you.

Mark as Spam · Posted On : 1/29/2023 8:18:05 AM
Like · Dislike

Pete Smith
Joined On 10/11/2013 9:19:55 AM
Add as Friend · Send Message

Good to hear these good numbers Gal. So I wonder about your 17-18 hours without eating, and you being metabolic flexibility: Did you extend your eating window? Because dr. Mercola advised more hours eating window to avoid cortisol going up. In today's article Dr. Mercola writes: "If you're metabolic flexibility your body needs glucose and if you deprive it for too long, it will produce cortisol. This increased cortisol can contribute to chronic inflammation and cellular damage."

Mark as Spam · Posted On : 1/29/2023 9:19:46 AM
Like · Dislike

brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

Thank you Randy. That eating window just keeps getting shorter and shorter. Waiting for it to get down to 1-3 hours.

Mark as Spam · Posted On : 1/29/2023 9:48:29 AM
Like · Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

Hi, Brian. I can only eat small amounts of food. My stomach isn't very big and can only hold so much. I'm usually full for at least a couple of hours afterwards. I also eat very slowly, as I have no teeth to chew with. Softer foods are ideal and I puree my chili and make smoothies. Essentially, my choices are quite limited and I really have to work, so that I don't lose any more weight. If I don't get enough calories in a day, eventually, a large gout of wind might carry me away. I try not to eat anything between 4pm and 6am. I've finished my yogurt and banana and am now off for my bike ride. It's -3C outside. Cool!

Mark as Spam · Posted On : 1/29/2023 10:03:57 AM
Like · Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend · Send Message

Randy I have no idea why the Super size me mantra popped into my head;) BTW It's 2.20 pm and I just had my first meal, 4 eggs and a small slice of organic 20 whole grain bread loaded with organic butter . My once a week treat . This is after my 2 or 3 cups of freshly brewed black organic whole bean coffee... I'm good until 6-7 pm...

Mark as Spam · Posted On : 1/29/2023 1:25:52 PM
Like · Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

Sag...It's called "Marketing". "Supersize me - please! I want to be a biimp". I'm back from my bike ride (cold!). I'm finishing what's left of my Organic Whole Bean coffee (using my French Press) and I have 4 organic (we shouldn't even have to qualify that) poached eggs in a bowl, with a BIG chunk of butter I love my butter and cheese. How many people know that an egg is just about the most complete food you can eat? You've got the essence of a whole chicken in one egg!

Mark as Spam · Posted On : 1/29/2023 2:08:38 PM
Like · Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend · Send Message

Randy you, when you ride like a horse you gotta eat like a horse, that was my old man's mantra ... Especially in the cold weather ... And those eggs are one of the most nutritious and absorbable source of protein . Now I wonder what the useless Turd promised the freedom convoy so they don't celebrate the one year debacle. twitter.com/ ...t1 twitter.com/TulsiGabbard/status/1619652572123745410?s=20&t=CTuvPh0...

Mark as Spam · Posted On : 1/29/2023 2:28:25 PM
Like · Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

Seg, before I even look at that link...the TURD probably 'promised' them a serious beating by the Gestapo, jail time and their bank accounts emptied! He has already sold us out to the WHO, WEF and UN! WEF Young Global Scum? — BTW, I was curious about your name and found many Segstar's on the web. Are you any of them?

Mark as Spam · Posted On : 1/29/2023 3:03:49 PM
Like · Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend · Send Message

Randy yes I was thinking as you said, I also thought it's appropriate to say FJT and FJB... Pleasantries outta the way so far as I know, I am the one and only Segstar. Often imitated but never duplicated...Anyone else parading as me could be a FJT plant lol...

Mark as Spam · Posted On : 1/29/2023 3:17:42 PM
Like · Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

Sorry, to be so slow responding, Seg. I had to play my sax, then make my smoothie. I love that woman! Smart, beautiful...and she put the FUBB in his place. On second thought, Klaus Schwab put him where he is right now and we can't get rid of him, no matter what he does. He's protected from below! Last year, he' decided that he was going to hang onto his "power" until 2025. I don't recall him asking for anyone's input on that! He only wants to stay there until the WHO, WEF and UN take over this entire civilization - because he wouldn't trust anyone else to totally sell out Canada! — Tulsi: please come to Canada and be our PM!

Mark as Spam · Posted On : 1/29/2023 5:58:17 PM
Like · Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend · Send Message

Randy don't worry about the response time. I really didn't expect one especially since it's Sunday. Besides saw time is something that has to be done, as Larry the cable guy says "git er dunne". Kiss reminds me of that saying by Heredia " you don't stop playing because you get old, you get old because you stop playing" And yes we have to put up with the useless turd in what seems like an eternity... here's to a lifetime of playing and bringing Gadbaut here...

Mark as Spam · Posted On : 1/29/2023 7:01:00 PM
Like · Dislike

Heart_jewel
Joined On 11/25/2022 10:14:47 AM
Add as Friend · Send Message

My experience with losing weight is to count calories! I decide on my limit and eat my usual healthy food, but temporarily eliminate nuts, avocado, etc. It works for me. I'm also in my 70s.

Reply · Mark as Spam · Posted On : 1/29/2023 8:02:14 AM
Like · Dislike

Jennmish_8
Joined On 5/31/2022 10:37:58 AM
Add as Friend · Send Message

After reading this article, I felt the need to drink beer and take up smoking.

Reply · Mark as Spam · Posted On : 1/29/2023 1:50:25 PM
Like · Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend · Send Message

Dear Lord lol... Now say 20 half Mary's and all will be forgiven...Temptations included:)

Mark as Spam · Posted On : 1/29/2023 2:14:25 PM
Like · Dislike

MrPCsoug
Joined On 7/18/2009 12:58:14 AM
Add as Friend · Send Message

No criticism of this at all however there's nothing wrong and for some of us grazing and drinking juice and nibbling raw food through out the day including early in morning also creates perfect health.

Reply · Mark as Spam · Posted On : 1/29/2023 12:12:35 PM
Like · Dislike

DoozyTuesday
Joined On 1/4/2021 3:12:21 AM
Add as Friend · Send Message

Maybe I woke up on the wrong side of the bed...BUT the first thing that struck me is how this article is filled with such impossibly "accurate" percentages and statistics, like 93.2, 12.2, 6.8...SERIOUSLY!!!What did they last? 31% or loss of some group? The One Size Fits All theory? They like to throw around such pretended "precise" numbers as part of promoting worship of the White Coat Priests. We know they were cocky and arrogant before inside their Rockefeller Institute funded Medical Model. The last two years have shown how backsliddppingly corruptible...and Unscientific... the White Coats are. ...and the Dancing Tik Tok nurses. These top level medical editors have read and enjoyed and profited and Filled the fake cover from published medical material for decades.

Material they themselves have published. Therefore, these are CONFESSIONS. ONE: "It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine." (Dr. Marcia Angell, NY Review of Books, January 15, 2009, "Drug Companies & Doctors: A Story of Corruption) TWO: "The case against science is straightforward: much of the scientific literature, perhaps half, may simply be untrue.

Afflicted by studies with small sample sizes, tiny effects, invalid exploratory analyses, and flagrant conflicts of interest, together with an obsession for pursuing fashionable trends of dubious importance, science has taken a turn towards darkness" Our love of significance pollutes the literature with many a statistical fairy-tale,journals are not the only miscreants. Universities are in a perpetual struggle for money and talent" Dr. Richard Horton, editor-in-chief, The Lancet, in The Lancet, 11 April, 2015, Vol 385, "Offline: What is medicine's 5 sigma?"

Reply · Mark as Spam · Posted On : 1/29/2023 9:55:53 AM
Like · Dislike

NancyLJ
Joined On 1/4/2021 3:06:42 AM
Add as Friend · Send Message

Does anybody know if keto coffee with heavy whipping cream and mct oil in the morning will interrupt a fast? I'm doing the ketogenic diet and can go til about 11:30 -Noon without eating but definitely need coffee around 8am and have never drank it black.

Reply · Mark as Spam · Posted On : 1/29/2023 6:36:02 AM
Like · Dislike

grafis
Joined On 1/17/2012 8:03:55 AM
Add as Friend · Send Message

A homeopathic doctor I love once had back in the early 70s always insisted not to eat or drink anything with flavor in between meals that would needlessly trigger the digestive system, just plain water. And back in 2019, my vascular surgeon postponed my TCAR procedure because I inadvertently violated a pre-procedure rule by having put some CCO in my otherwise plain black coffee. Unembellished plain black coffee or plain water would have been OK, according to my surgeon, but any food residue in my gut could have interfered with the anesthesia causing big problems. Though you are probably not in that situation, it helps to explain what proper fasting could be, according to some knowledgeable doctors.
www.stanfordmedicine.edu/patients-and-visitors/patient-care/clinical/v...

Mark as Spam · Posted On : 1/29/2023 6:54:42 AM
Like · Dislike

mag4049
Joined On 10/17/2013 10:07:24 AM
Add as Friend · Send Message

Similar to my basic question, can you drink anything except water outside your eating window. I look forward to hearing what everyone says. I only have one cup of coffee in the morning and don't eat until 11 am or later, but I don't care for black coffee. And I like a glass of wine in the evening now and then, but I know there are sugars in wine. So I hope someone will enlighten me.

Mark as Spam · Posted On : 1/29/2023 6:56:25 AM
Like · Dislike

Madison7
Joined On 6/1/2019 6:56:41 AM
Add as Friend · Send Message

You can add 2 tbls of heavy cream to your coffee and still be on Keto. To verify, in the search bar type in keto coffee with heavy cream and several sites will tell you it is ok. Only 0-2 carbs.

Mark as Spam · Posted On : 1/29/2023 7:04:28 AM
Like · Dislike

NancyLJ
Joined On 1/4/2021 3:06:42 AM
Add as Friend · Send Message

Thanks Gru. Much appreciated. Ugh. I wanna stay in my fast so I guess I'm gonna have to learn to enjoy black coffee. Insert sad and irritated face here. Lol

Mark as Spam · Posted On : 1/29/2023 7:11:17 AM
Like · Dislike

NancyLJ
Joined On 1/4/2021 3:06:42 AM
Add as Friend · Send Message

Hi Madison- I'm ok with it being keto, but I'm trying to stay in my fast until lunch.

Mark as Spam · Posted On : 1/29/2023 7:12:48 AM
Like · Dislike

joyceajohnson
Joined On 11/3/2018 10:22:07 AM
Add as Friend · Send Message

Thank you. Much appreciated. Ugh. I wanna stay in my fast so I guess I'm gonna have to learn to enjoy black coffee. Insert sad and irritated face here. Lol

Mark as Spam · Posted On : 1/29/2023 7:11:17 AM
Like · Dislike

NancyLJ
Joined On 1/4/2021 3:06:42 AM
Add as Friend · Send Message

Hi Madison- I'm ok with it being keto, but I'm trying to stay in my fast until lunch.

Mark as Spam · Posted On : 1/29/2023 7:12:48 AM
Like · Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend · Send Message

Unless your "whipping cream" is organic, you're not doing your body any favours.

Mark as Spam · Posted On : 1/29/2023 8:19:53 AM
Like · Dislike

kickthechair
Joined On 7/7/2021 10:19:53 AM
Add as Friend · Send Message

I am new to the health scene, used to drink my coffee light and sweet. Then I discovered I was hurting myself, switched to black organic coffee it was a 2 week process, bitter, so I started adding just coconut oil, butter, and a bit of salt I love it this way now. Not always adding salt. These fats I believe help me I eat in a 4 -5 hour window 6 days a week and do a 24 hour once a week. I am never hungry. Never tried the MCT oil, but I know it comes from the coconut oil which has a nice sweetness to it.

Mark as Spam · Posted On : 1/29/2023 11:31:47 AM
Like · Dislike

mem4477
Joined On 5/19/2016 7:50:07 AM

Add as Friend · Send Message

I tried using whipping cream with my coffee for 3 months and had a gall bladder attack. I saw on the site I needed bile salts to do THE. I'm restricting my coffee except for special occasions.

Mark as Spam · Posted On : 1/29/2022 12:46:51 PM

Segstar
Joined On 15/3/2012 3:30:42 PM
Add as Friend · Send Message

If you feel okay with it I say let er whip.Or you may try this Organic version instead..https://youtu.be/SE7-tWEEqQ

Mark as Spam · Posted On : 1/29/2022 4:45:29 PM
Like · Dislike

sila101
Joined On 7/10/2010 6:30:32 PM
Add as Friend · Send Message

Anyone with a list of a variety of sources for 30 grms of protein twice a day?

Reply · Mark as Spam · Posted On : 1/29/2022 1:32:41 PM
Like · Dislike

Segstar
Joined On 15/3/2012 3:30:42 PM
Add as Friend · Send Message

Otis check this out..Of course if you want to get that Atlas body you'll have to kick er up several notches..
www.eatingwell.com/article/290472/a-guide-to-protein-serving-sizes/

Mark as Spam · Posted On : 1/29/2022 3:11:29 PM
Like · Dislike

sila101
Joined On 7/10/2010 6:30:32 PM
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Otis this is the stuff!

Mark as Spam · Posted On : 1/29/2022 7:00:38 PM
Like · Dislike

Segstar
Joined On 15/3/2012 3:30:42 PM
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Otis bet you I'm working on keeping my Lou Ferrigno physique..I believe I'll be somewhat there by the turn of the century..Mail down 2 beds now thanks..

Mark as Spam · Posted On : 1/29/2022 9:44:08 PM
Like · Dislike

weather
Joined On 10/5/2008 7:50:29 PM
Add as Friend · Send Message

I have diabetes in my family and have been diagnosed with hypoglycemia. So I am keenly aware of what I eat and when I eat. Does Dr Mercola have any advice on intermittent fasting or time restricted eating for those with hypoglycemia or diabetes?

Reply · Mark as Spam · Posted On : 1/29/2022 7:39:38 AM
Like · Dislike

Draker7
Joined On 6/3/2021 12:24:25 PM
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I'm not a foodie, so going prolonged periods without eating is not a problem, although sometimes the hunger nausea kicks in and I eat something to appease it. But waiting for 3 hours in the morning for coffee (can't drink it black) is a no go for me, and not being able to enjoy a few beers in the evening is a deal breaker. In spite of those useful behaviors, I don't eat junk food, I'm reasonably healthy not overweight, and was doing the gym in my garage until Covid gave me a double hernia and two fractured ribs. It's the same thing with the circadian rhythms and metabolic etc. I've been waking up 6.5 times a night for 25 years, so I guess my body has adapted. I think it's great if you're so inclined, but everyone is different.

Reply · Mark as Spam · Posted On : 1/29/2022 4:07:53 PM
Like · Dislike

mag0449
Joined On 19/11/2013 10:07:28 AM
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I have a question I haven't seen answered: when, if ever, does drinking count as eating? I have a single cup of coffee in the morning when I get up, with a level teaspoon of sugar and a dollop of cream. After dinner, while reading a book or watching a movie, an alternate nightly I will have a couple glasses of wine (organic) outside my eating window. Does that count as eating? Am I sabotaging myself? Is only water allowed outside the eating window? I apologize if this is covered and I missed it. I've been doing TRE between 11 am and 5 pm for over a year now and haven't dropped a pound even if it's because I have a small amount of drink that has sugars in it outside my eating window. (I'm 70, in good health, take no prescription or nonprescription drugs of any kind, seeking to balance my hormones and drop 10-15 pounds that came on suddenly a few years ago and which seems to be an ancestral pattern for the women in my family.)

Reply · Mark as Spam · Posted On : 1/29/2022 6:52:43 AM
Like · Dislike

joyceajohnson
Joined On 7/10/2018 10:23:07 AM
Add as Friend · Send Message

HI,Just sharing my way with wine, since alcohol is disruptive of many issues and organs, I'm a recovering alcoholic. You don't need wine. It is highly addictive. Very acidic/sugar thing. But, I think it is just have a half a glass now and then, which would be safe, unless you are addicted, in which case you will not be able to settle for a small glass now and then. Ditch it. It takes discipline and be ready to overcome WR. Tell yourself, NO. And too, exercise daily is in my experience #1 rescuer. It moves the old energy out.

Mark as Spam · Posted On : 1/29/2022 7:16:24 AM
Like · Dislike

Randyfast
Joined On 6/8/2010 8:42:42 PM
Add as Friend · Send Message

A teaspoon of GMO sugar...really? Although the following article uses the same false rhetoric that "GMOs are good for you", it does indicate where your "sugar" is coming from. It's also is virtually ALL processed "food"! —
www.idahofb.org/news-room/posts/sugar-beet-industry-flips-narrative-on...

Mark as Spam · Posted On : 1/29/2022 7:23:33 AM
Like · Dislike

2whitewaves
Joined On 10/25/2019 6:52:11 AM
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I would definitely ditch the sugar and the wine. They count toward your eating window. And also does count what you eat within your window. So if you are eating things with sugar and or lots of starchy carbs, weight loss will be elusive. But the sugar and wine may be impeding your weight loss. So sorry!

Mark as Spam · Posted On : 1/29/2022 7:47:00 AM
Like · Dislike

jrf9075
Joined On 6/24/2016 1:41:14 PM
Add as Friend · Send Message

HI mag0449. I don't know if the tsp. of sugar and glasses of wine are sabotaging your eating plan or not. I would suggest that you experiment with not taking them for a while and find out if it has a positive effect on you. I use stevia instead of sugar... a few drops here and there. As far as coffee goes, I drink 2 cups of homemade bulletproof coffee in the morning. 1.) Mercola's coffee beans (grind at home). 2.) 1 TBSP of grass-fed butter. 3.) 1 TBSP of MCT Oil. 4.) 1 tsp. Turmeric powder (menstalck). 5.) 1 tsp. Ginger powder (menstalck). 6.) 1 level tsp. Cinnamon powder (organic cayton). 5.) 1/8 tsp. Real Salt. 6.) pour hot coffee (use a french press) into a GLASS blender with all the other ingredients and blend for 10 seconds. Makes 2 cups or so. GLASS blender is very important as you minimize or eliminate plastic from leaching into mixture.

Mark as Spam · Posted On : 1/29/2022 9:02:22 AM
Like · Dislike

brianallen1
Joined On 6/7/2021 10:12:38 AM
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It took me over 50 years but I finally got rid of all the plastic food containers. We go with glass now. Pyrex glass bowls and classic canning jars for leftovers. A lot better, safer, cleans up perfectly, saves money.

Mark as Spam · Posted On : 1/29/2022 12:51:06 PM
Like · Dislike

grullo
Joined On 11/7/2013 8:03:55 AM
Add as Friend · Send Message

I have a question I haven't seen answered: when, if ever, does drinking count as eating? Perhaps the other way around, when does eating count as drinking. Ice cream of course, at least if it is unsweetened, sugar free and lactose free by Rebel Creamery Sold in pints at $1.00 less than NOBS at Wally. Unfortunately it is not USDA organic, and does not claim to be from A2/A2 dairy cows. But if you can find a better dessert, please let me/us know. https://rebelcreamery.com/

Mark as Spam · Posted On : 1/29/2022 1:43:20 PM
Like · Dislike

Pete.Smith
Joined On 10/11/2013 8:19:55 AM
Add as Friend · Send Message

Today's article talks about the "Circadian Connection". Also our gut microbiome is influenced by bio-rhythms and circadian clock. A mice study by the University of California found that not only too much food but eating too frequently resulted in poorer microbial and metabolic health, leading to obesity and type 2 diabetes. . "It's important to realize that the gut microbiome is constantly changing, not only based on what we're eating, but also based on the time of day" said senior study author Amir Zarrinpar, MD, PhD, "And what we've learned is that cyclical changes in the gut microbiome are quite important for health since they help with the circadian clock, and with that the regulation and control of glucose, cholesterol and fatty acids – and overall metabolic health." In the absence of TRF (the mice could eat as much as they wanted whenever they wanted) resulted in disruptions to gut microbiome rhythms and the signaling pathways that help modulate intestinal clocks.

In other words, the mice became fat and unhealthy. www.sciencedaily.com/.../220705142154.htm- July 5, 2022

Reply · Mark as Spam · Posted On : 1/29/2022 3:15:24 AM
Like · Dislike

Pete.Smith
Joined On 10/11/2013 8:19:55 AM
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A mice study at Columbia University found that dietary sugar alters the gut microbiome, and eliminated the protection of Th17 cells, which leads to metabolic disease, pre-diabetes, and weight gain. The findings suggest that diet matters, but an optimal microbiome is equally important for the prevention of metabolic syndrome. After 4 weeks on the Western diet, high-sugar diet, the animals showed signs of metabolic syndrome, such as weight gain, insulin resistance, and glucose intolerance. And their microbiome had changed dramatically, with the amount of segmented filamentous bacteria falling sharply and other bacteria increasing in abundance. The reduction in filamentous bacteria, the researchers found, was critical to the animals' health through its effect on Th17 immune cells.

Further experiments revealed that the Th17 cells are necessary to prevent metabolic disease, diabetes, and weight gain. "These immune cells produce molecules that slow down the absorption of 'bad' lipids from the intestines and they decrease intestinal inflammation," researcher Ivanov says. "In other words, they keep the gut healthy and protect the body from absorbing pathogenic lipids." What part of the high-fat, high-sugar diet led to these changes? Ivanov's team found that sugar was to blame.

"Sugar eliminates the filamentous bacteria, and the protective Th17 cells disappear as a consequence," says Ivanov. "When we fed mice a sugar-free, high-fat diet, they retain the intestinal Th17 cells and were completely protected from developing obesity and pre-diabetes, even though they ate the same number of calories." However among those lacking any filamentous bacteria to begin with, elimination of sugar did not have a beneficial effect: the animals became obese and developed diabetes. But giving supplements of filamentous bacteria led to the recovery of Th17 cells and protection against metabolic syndrome. www.sciencedaily.com/.../220825194721.htm- Aug. 29, 2022

Mark as Spam · Posted On : 1/29/2022 3:16:09 AM
Like · Dislike

nonejoby
Joined On 4/23/2022 2:42:36 AM
Add as Friend · Send Message

Why fasting as primary weapon against evil was removed from modern versions of bible?
shows.acast.com/the-gate-henry-version-show/episodes/samaritans-bibles...

Reply · Mark as Spam · Posted On : 1/29/2022 3:14:36 AM
Like · Dislike

ragus
Joined On 12/25/2008 4:07:38 PM
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Another interesting bibical factoid: Lending property or money for interest used to require the death penalty ("Usury").
www.bibleresearch.org/.../usury.htm — Also, the concept of debt forgiveness for ordinary citizens ("Jubilee") has largely been forgotten, except for companies, of course. For now, see Michael Hudson:
www.goodreads.com/work/quotes/6423115-and-forgive-them-their-debts

Mark as Spam · Posted On : 1/29/2022 4:25:15 AM
Like · Dislike

jostolove
Joined On 4/7/2015 8:47:48 AM
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Yes, we have to turn to the classical Bible to find quotes on various types of fasting. An example of total fasting in chapter 4 of the book of Esther. Go and gather all the Jews who are in Susa, to fast for me. Do not eat or drink for three days, day or night. I, for my part, will fast with my maidens just like you. When I've done this, I'll appear before the king, even though it's against the law. And if I perish, let me perish" (Esther 4:16) The water fast is thought to be the fast that Jesus did for 40 days just before he began his ministry. The Gospels mention that Jesus stopped eating and was hungry but they do not say that he was thirsty. We read in the Gospel of Luke Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the desert.

There he was forty days and was tempted by the devil. He ate nothing during those days, after which he was hungry (Luke 4:1-2). Partial fasting is a type of diet that consists of eliminating certain types of food. The idea is to eat simply to keep the body functioning without overeating or overeating. In the Bible we find the example of Daniel, so we see how he practiced this fast for three weeks. Daniel stopped eating meat (abstainer or vegan) and meat. He also stopped drinking wine. On that occasion I, Daniel, spent three weeks as if I were in mourning. In all that time I did not eat anything special, nor did I taste meat or wine, nor did I use any perfume. (Daniel 10:2-3)

Mark as Spam · Posted On : 1/29/2022 5:17:27 AM
Like · Dislike

nothingsound
Joined On 6/13/2018 9:47:47 AM
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Fasting is used for the times God calls you too fast. It hasn't been removed. Chapter 58 of Isaiah speaks on fasting, and Jesus speaks on fasting in Mark. There are several passages(not remember fasting in the Bible is not for losing weight, as you stated it is for drawing closer to God and with God in mind only.

Mark as Spam · Posted On : 1/29/2022 6:14:27 AM
Like · Dislike

Randyfast
Joined On 6/8/2010 8:42:42 PM
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Also, in the NKJV it says: "The love of money is the root of all kinds of evil". KJV: "The love of money is the root of ALL evil". I think that I have a good enough command of the English language to understand the difference in the wording. There are many other instances where the words and meaning have changed in the "modern" versions - including the word "man" (political correctness?). In Revelation, God warns against anyone altering his word, either adding to it or taking away from it...seems clear enough to me. I prefer the KJV!

Mark as Spam · Posted On : 1/29/2022 8:32:40 AM
Like · Dislike

ss1212
Joined On 6/19/2006 4:01:13 PM
Add as Friend · Send Message

So how long is Mercola's eating window? In this article he says he fasts daily for 18 hours (a window of 6 hours) but then he says it should be a window of 10 - 12 hours once you are metabolically flexible. Shorter window would be detrimental. So which is it?

Reply | Mark as Spam | Posted On 1/29/2023 9:47:47 AM

Like Dislike

Disapeared
Joined On 10/5/2021 3:48:05 PM
Add as Friend | Send Message

What to do if one often wakes up from night mares and having to rise very early several times a week?

Reply | Mark as Spam | Posted On 1/29/2023 7:21:08 AM

Like Dislike

Isbells
Joined On 8/8/2010 2:44:35 PM
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I do OMAD, dinner only, regularly even though I still eat too much. However, mentally, I just can't psych myself up to skip a dinner to make it through the night. Guess I will keep trying harder. And I really want to do 3-5 day water fastings too, but no willpower!

Reply | Mark as Spam | Posted On 1/29/2023 6:44:30 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

Isbells where there's a will there's a way..Try this, go to bed with the idea of doing a water fast, for one day..The night before add 1/2 a teaspoon of real salt into a 2 liter glass water bottle or dish. Upon rising drink one very large glass of water.. Then during the day about every one to two hours or especially when you start feeling hungry, drink some more water, don't chug at this time just drink normally...Listen to your body and here's another tip.. Keep yourself BUSY during the day and away from even looking or even thinking about food.. Before you know it the day would be over and if you want from there just push on to the next day..The first day is the toughest, especially if you've never done a water fast before..give er a try and see how long you can go.. might have to do a few takes before settling into a multi day fast...cheers

Mark as Spam | Posted On 1/29/2023 1:47:17 PM

Like Dislike

Madison7
Joined On 6/1/2019 6:56:41 AM
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Not sure why the necessity to wait 2-3 hours in the morning before eating. I do TRE on a 14-16 hour fast basis, my circadian clock is set to get up daily at 6 am no matter the sunrise time and I eat breakfast within a half hour of rising. I am retired, but if I were a working individual waiting 2-3 hours to eat in the morning would mean "eating on the job." I disagree with waiting to eat. As long as you maintain the Time Restriction hours that you set for yourself you will be perfectly fine.

Reply | Mark as Spam | Posted On 1/29/2023 6:40:14 AM

Like Dislike

DArcys
Joined On 11/19/2013 10:29:21 AM
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"... your body needs glucose ..." If this is true, why is it not on the list of essential nutrients?

Reply | Mark as Spam | Posted On 1/29/2023 3:43:28 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

In a nutshell, our ancestors naturally lived through periods of feast and famine cycles...So they were essentially exercising the glucose (feast) and famine (ketones) cycles.. Pure and natural nothing fancy...

Mark as Spam | Posted On 1/29/2023 2:34:31 PM

Like Dislike

tan2582
Joined On 3/19/2015 10:40:19 PM
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interesting... ok, so basically all women have periods at the same time... what about Polar nights and women who live in those places? I didi not have my period for 20 years, no one knew why, hormones were normal, I simply moved to another country... probably moon here is different

Reply | Mark as Spam | Posted On 1/29/2023 10:31:11 AM

Like Dislike

nan6449
Joined On 11/11/2018 10:26:25 AM
Add as Friend | Send Message

Good article..but I had to mute dr. Mindy..her voice is like chalk on a blackboard lol

Reply | Mark as Spam | Posted On 1/29/2023 8:12:58 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
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LoL, you encouraged me go and listen to the vid...

Mark as Spam | Posted On 1/29/2023 5:07:43 PM

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