

FASTING BENEFITS OVER TIME

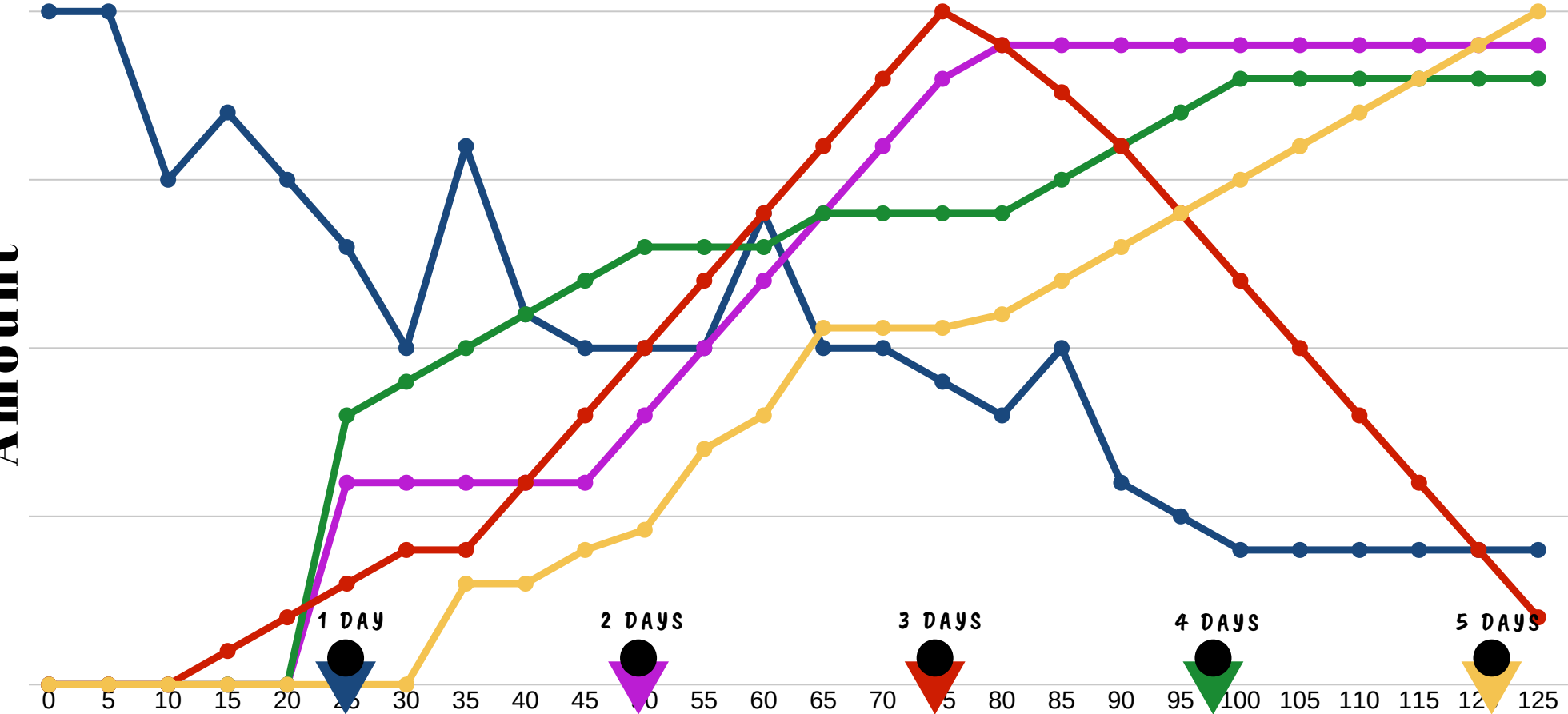


How long to fast for which purpose?
 This chart is an **ESTIMATION** on average of when various benefits of fasting kick in.
 Every individual is different!
 This is not medical advice and does not replace the care of your personal physician.
 These results are approximate summations of the sources best available to us,
 including studies, clinical reporting, and anecdotal reporting

- BLOOD GLUCOSE/ INSULIN
- AUTOPHAGY & HGH
- WEIGHT LOSS & KETONES
- INTESTINAL STEM CELLS
- IMMUNE REBOOT & MUSCULOSKELETAL STEM CELLS

Maximum

Amount



Minimum

Number of hours

Citations: Wilhelmi de Toledo F, Grundler F, Bergouignan A, Drinda S, Michalsen A (2019) Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects. PLoS ONE 14(1): e0209353.
 Antunes F, Erustes AG, Costa AJ, et al. Autophagy and intermittent fasting: the connection for cancer therapy?. Clinics (Sao Paulo). 2018;73(suppl 1):e814s. Published 2018 Dec 10. doi:10.6061/clinics/2018/e814s
 Fasting boosts stem cells' regenerative capacity A drug treatment that mimics fasting can also provide the same benefit, study finds. Anne Trafton | MIT News Office, May 3, 2018

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