

Fasting

Summary

- 24 hour fast will reduce blood sugar, start to go into ketosis, cravings go down, energy goes up, better mental focus
 - 2 day fast leads to more autophagy, cleaning up of old and damaged cells
 - 3 day fast leads to a near full regeneration of the immune system
 - Stick to water, salt water and electrolytes
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Dr Berg - 6 stages of fasting

Summary

- 8-14 hours - blood sugar start to stabilise, use sugar in blood
 - 14-24 hours - start to get into ketosis, cravings go down, energy goes up, better mental function
 - 24-36 hours (1-1.5 days) - Full ketosis + fat burning, appetite is down
 - 36-48 hours (1.5-2 days) - Lots of autophagy (cleaning up old cells, destroying cancer cells)
 - 48-60 hours (2-2.5 days) - More autophagy, less inflammation
 - 60-72 hours (2.5-3 days) - More stem cells, near complete regeneration of immune system
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Dr Berg - 6 stages of fasting

Summary

- Boost white blood cell count
 - Enhancement of T cell - suppresses inflammation
 - Decreases PKA - Slow stem cell generation
 - Increases autophagy - Destroys old white blood cells
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Liquids to drink and avoid while fasting

Summary

- Liquids to avoid: bone broth (high in protein, collagen powder, coconut water (high in sugar), sodas, energy drinks, alcohol, soy milk, almond milk and dairy
 - Liquid to drink: Water, electrolytes, apple cider vinegar, lemon water, green tea, Celtic salt water
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Benefits of prolonged fasting

Summary

- Regenerates certain brain cells
- Increase in mitochondria from energy from fat
- Enhanced stem cell production
- Decreased tumor growth (cancer can't survive on ketones)
- Increase in antioxidants

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