

## Can fasting get rid of loose skin?

There's no actual studies that show that fasting gets rid of loose skin. So I can really only tell you my clinical experience. So we've used fasting for thousands of patients for weight loss predominantly and we have not yet sent a single person to the surgeon to cut off that loose skin. So in our experience, fasting can get rid of loose skin and there's a good theoretical reason why. So during the fasting period, somewhere around 20 to 30 hours or so, the body switches because it's running out of sugar. So it starts to use some of the protein and turn it into energy for the body which is glucose. And this is a process called gluconeogenesis. And so there is a little bit of protein burning at this period but you have to remember that protein is not the same as muscle because everybody always gets worried that fasting is going to burn your muscle.

There is a period where you burn protein but that's not necessarily muscle because the skin, the connective tissue, the blood vessels, all that supporting structure, all of that is protein. It's not fat. So if you ever watch the TV series for example, when they do skin removal surgery, it's 20, 30 pounds of protein that needs to be used up. And so fasting is a great way to encourage your body to burn down some of this protein because we know the body can use protein as a source of energy. If you compare an overweight or obese person to somebody the same but normal weight, they have an estimated 20 to 50% more protein. So there's actually a lot of protein there that needs to be gotten rid of while you're losing body fat as well. So, the short answer is yes, I believe that fasting can get rid of loose skin but there's no scientific proof that that is possible.