

## **Is it safe to fast when you're not feeling well or recovering from an injury?**

That depends. It depends on how long you're talking about in terms of the fasting period and what the injury or illness is. So if you're talking about illnesses, very often if you're sick with a virus or a cold or a flu or something, you don't feel hungry. So it's perfectly fine not to eat. In fact, this is what's been called the fasting instinct. So for most types of infections, people don't feel hungry when they're sick. Think about a time when you had the flu or something. You're lying in bed with a big fever and so on. The last thing you really wanted to do is eat a couple of steaks. So that's natural and it's really part of the healing process. When the body is feeling sick, it actually tries to get rid of the glucose because the bacteria like the glucose and it tends to increase the blood pressure with some of these other hormones that go up. So it is natural.

However, if it starts to go on for a long time, then fasting for prolonged periods of time might not be advantageous. So I would say keep it short and do what feels right, because there's always going to be another time that you can fast. There's no hurry to fasting. You can always wait until you're better. Remember that fasting is a sort of intensive dietary strategy. So you don't want to pile everything on at once. You're trying to recover from sickness and do the fast thing and lose weight, and you don't have to do it all at the same time. Just take it one step at a time. And the same goes for recovery from an injury. So theoretically, there's no reason why you couldn't fast during an injury... from your recovery. In fact, growth hormone may go up, but you don't want to extend it too far where you're not getting enough protein that you need to rebuild the injury and so on.

So keep it short. Make sure that you're listening to your body, always be safe during a fast, and those are the most important principles.