



What are the benefits of fasting?

Well, fasting is an ancient and time tested practice that has been part of human history since the beginning of mankind. Almost every major religion in the world practices some form of fasting.

Here are some of the documented benefits of fasting. Weight loss, improvement in hemoglobin A1C levels or diabetic control, reduction in diabetic medication dependency, improvement in symptoms associated with polycystic ovarian syndrome or PCOS, improved markers of nonalcoholic fatty liver disease and improvement in mental clarity and gut microbiome health, and reduction in inflammation. Other reported benefits of fasting are improvements in symptoms associated with colitis, Hashimoto's disease, and hypothyroidism, as well as improvement in symptoms associated with most autoimmune conditions such as Crohn's disease, as well as attention deficit disorder or ADHD, anxiety, depression, and an improvement in blood pressure as well as insomnia and sleep disorders and neurological conditions such as multiple sclerosis and Parkinson's disease. But we still need more research in order to verify these other reported benefits of fasting.