# What health conditions can fasting help with?

Fasting helps most with those conditions that are associated with overweight or obesity. That can also lead to Type 2 diabetes, which can lead to lots of diseases such as heart diseases, strokes, or cancers. There are certain cancers that are considered obesity related. The two most important ones are breast cancer and colon cancer or colorectal cancer. Those have been associated with being overweight and we know that being overweight significantly increases the risk of those types of cancers.

In addition, if you're talking about Type 2 diabetes, there's a whole host of skin conditions, blindness, amputations, kidney disease, all of those diseases associated with Type 2 diabetes. In addition, something like fatty liver, also called nonalcoholic steatohepatitis, is also another condition that fasting can help a lot with. It was a condition that 50 years ago was virtually unheard of. But nowadays is the fastest rising and really one of the most important reasons for liver failure in the Western world. It is a very, very important condition that is easily helped with fasting. Those are the ones associated with obesity and overweight.

But then there's a fascinating number of diseases that fasting may potentially help with. We don't know for sure, and the research is definitely coming, but there's increasing evidence that this is true. The autoimmune diseases, which are diseases where your own immune system is attacking the body, such as lupus or rheumatoid arthritis are classic examples, or psoriasis. There's some evidence that longer fasts can actually help reset that immune system for example.

There's diseases such as Alzheimer's disease where fasting might potentially be able to help get rid of some of all that excess protein that's sort of gumming up the brain. There's a whole host of diseases that might potentially be improved with fasting, in addition to the more obvious ones that are related to metabolic conditions, such as obesity, overweight, and Type 2 diabetes.