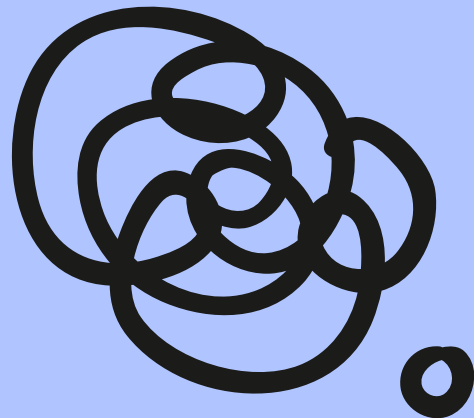




# BENEFITS OF FASTING ACCORDING TO SCIENCE

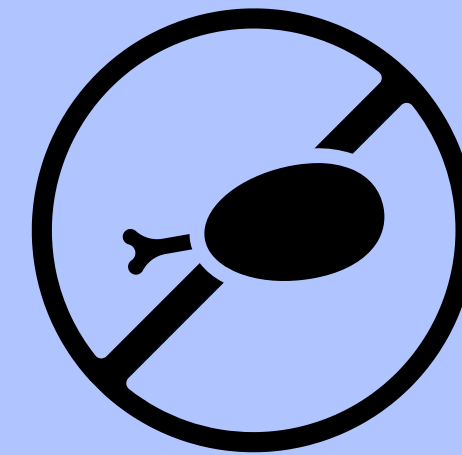
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Definition of  
fasting



The benefits



Types of  
fasting



# DEFINITION OF FASTING



Fasting involves the abstinence from all or some food and drink for a certain amount of time. Fasting has been practised for centuries and is regarded as one of the oldest forms of therapy, despite being made popular by the diet industry today.



# THE BENEFITS

1

## REDUCES INSULIN RESISTANCE TO PROMOTE BLOOD SUGAR CONTROL.

Body sensitivity to insulin can increase with decreased insulin resistance, enabling your body to move glucose from your bloodstream to your cells more quickly.





2

## IMPROVES HEALTH BY COMBATING INFLAMMATION.

Fasting has been shown in certain trials to reduce various markers of inflammation and may be effective in treating inflammatory disorders such as multiple sclerosis.





3

## IMPROVES HEART HEALTH BY LOWERING BLOOD PRESSURE, LIPIDS, AND CHOLESTEROL.

Fasting has been linked to a lower risk of coronary heart disease and may aid in the reduction of blood pressure, triglyceride, and cholesterol levels.





4

## MAY IMPROVE BRAIN FUNCTION AND HELP TO PREVENT NEURODEGENERATIVE DISEASES.

Body sensitivity to insulin can increase with decreased insulin resistance, enabling your body to move glucose from your bloodstream to your cells more quickly.





5

## HELPS WITH WEIGHT LOSS BY DECREASING CALORIE INTAKE AND INCREASING METABOLISM.

When compared to ongoing calorie restriction, fasting may result in higher reductions in body fat and belly fat..







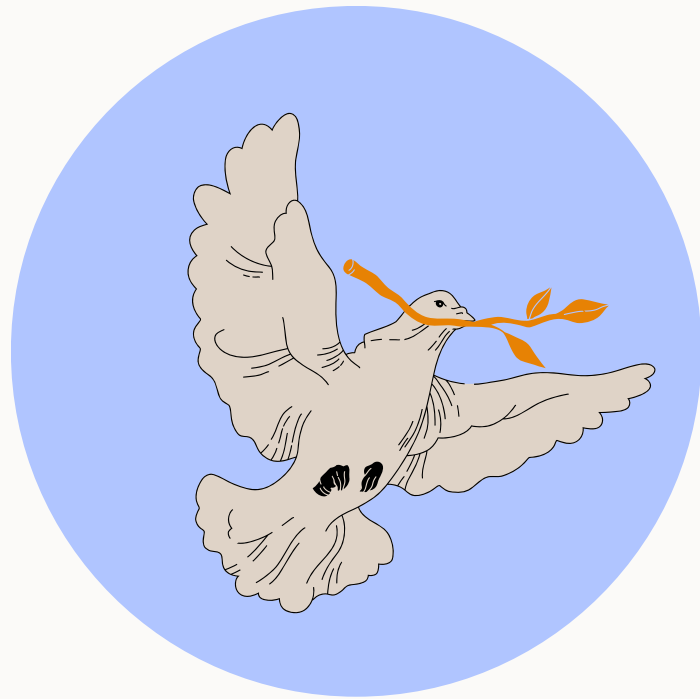
6

## IMPROVES HEART HEALTH BY LOWERING BLOOD PRESSURE, LIPIDS, AND CHOLESTEROL.

Fasting has been linked to a lower risk of coronary heart disease and may aid in the reduction of blood pressure, triglyceride, and cholesterol levels.



# TYPES OF FASTING



Religion  
fasting



Water  
fasting

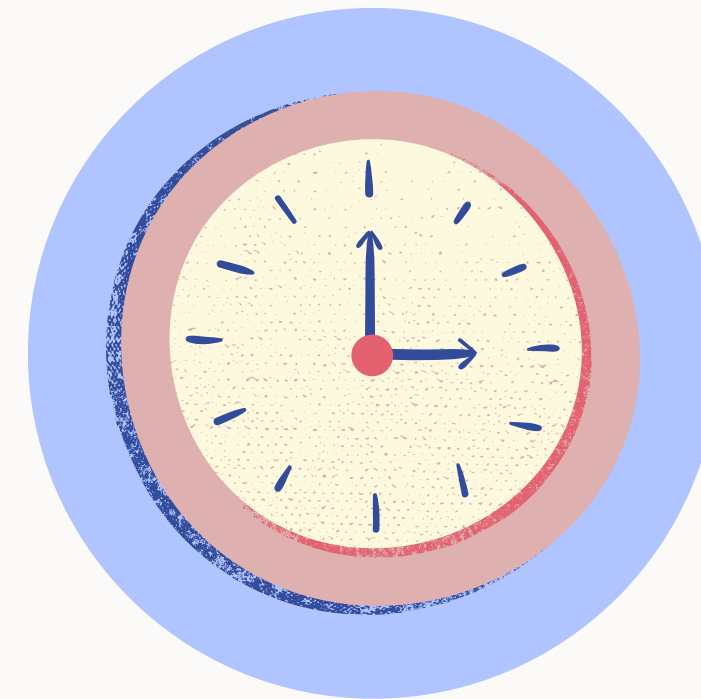


Juice  
fasting

# CONTINUE...



Calorie  
deficit



Intermittent  
fasting

# RESOURCES



<https://www.healthline.com/nutrition/fasting-benefits#weight-loss>

<https://www.bbcgoodfood.com/howto/guide/health-benefits-fasting>

