

Links to Information on Fasting for Health

Fasting and Aging:

<https://news.usc.edu/82959/diet-that-mimics-fasting-appears-to-slow-aging/>

Fasting and Cancer:

<https://news.usc.edu/103972/fasting-like-diet-turns-the-immune-system-against-cancer/>

Fasting for Cognitive Enhancement:

<https://www.forbes.com/sites/jerrybowyer/2017/01/06/looking-for-a-cognitive-enhancer-skip-the-drugs-and-try-fasting-instead/#5fd088a94592>

Fasting for Diabetes:

<https://www.medscape.com/viewarticle/876331>

Fasting's Five Stages:

<http://cristivlad.com/the-five-stages-of-fasting-dr-nikolayev-russian-case-studies/>

Fasting and IBS:

<http://www.chewsomegood.com/fasting-ibs/>

Fasting and IBS_2:

<https://www.ncbi.nlm.nih.gov/pubmed/17078771>

Fasting and Immune System:

<https://news.usc.edu/63669/fasting-triggers-stem-cell-regeneration-of-damaged-old-immune-system/>

Fasting and Metabolic Health:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4516560/>

Fasting and Multiple Sclerosis:

<https://news.usc.edu/101187/diet-that-mimics-fasting-may-also-reduce-multiple-sclerosis-symptoms/>

Fasting and Rebooting Your Body:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4684131/>

Fasting and Schizophrenia:

<https://pdfs.semanticscholar.org/542b/4954547b280b2a12dcc3d0fa4525952cbda4.pdf>

Fasting and Weight Loss:

<https://www.youtube.com/watch?v=v9Aw0P7GjHE>

<https://www.youtube.com/watch?v=RGBorkNvOkU>

Two Excellent Documentaries on Fasting:

<https://www.youtube.com/watch?v=t1b08X-GvRs>

https://www.youtube.com/watch?v=Ihhj_VSKiTs