

Fasting For The Health Of It.pdf

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[Fasting: health benefits and risks - Medical News Today](#)

Thu, 25 Jun 2015 16:50:00 GMT

While fasting for Ramadan is down to spiritual beliefs, many of us choose to fast with the belief that it benefits our health. But does it? A number of studies have suggested intermittent fasting has numerous health benefits, including weight loss, lower blood pressure and reduced cholesterol.

[Intermittent Fasting and Human Metabolic Health](#)

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20 Health Benefits of Fasting for Whole Body Wellness ...

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Fasting has become increasingly popular over the years, especially among the health community. Whilst most health practitioners are afraid to recommend eating less due to the stigma involved, it still doesn't alleviate the incredible benefits of fasting when used sensibly.

[Fasting for Health: the wisdom of the ages - Tibb](#)

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Fasting for Health: ... Most religions consider the act of fasting to be good for spiritual health, and encourage it as part of their doctrine. Even so, ...

[Is Fasting Healthy? - Better information. Better health.](#)

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Studies published in *The Proceedings of the National Academy of Sciences* and *The Journal of Nutrition* in 2003 showed that mice forced to fast every other day, while eating twice the normal amount of food on non-fasting days, had better insulin control, neuronal resistance to injury, and other health indicators than mice fed calorie-restricted diets.

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