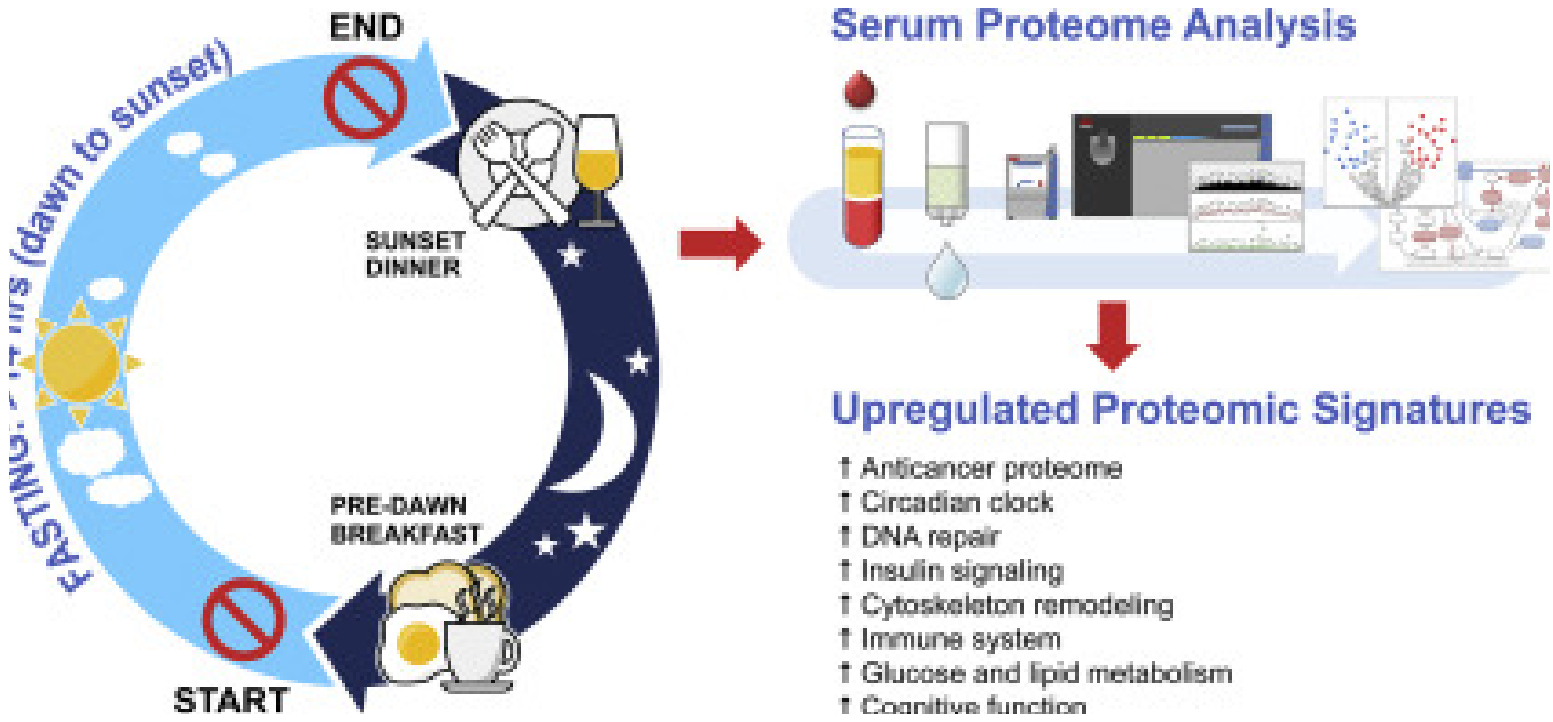
The Power Of Fasting



Watch the Intermittent Fasting Video to Further Explain

Journal of Proteomics- Volume 217, 15 April 2020, 103645
https://www.sciencedirect.com/science/article/pii/S1874391920300130

Intermittent fasting from dawn to sunset for 30 consecutive days is associated with anticancer proteomic signature and upregulates key regulatory proteins of glucose and lipid metabolism, circadian clock, DNA repair, cytoskeleton remodeling, immune system and cognitive function in healthy subjects

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Study Highlights

•First human serum proteomics study of 30-day intermittent fasting from dawn to sunset in healthy subjects

•The 30-day intermittent fasting from dawn to sunset is associated with a serum proteome protective against cancer

•Intermittent fasting from dawn to sunset for 30 days upregulates proteins protective against obesity, diabetes, and metabolic syndrome

•Intermittent fasting from dawn to sunset for 30 days induces key regulatory proteins of DNA repair and immune system

•Intermittent fasting from dawn to sunset for 30 days upregulates proteins protective against Alzheimer's disease and neuropsychiatric disorders