

DR.GEO

FASTING

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OVERVIEW

Most of us eat too much. You do too, likely.

Overeating leads to many obesity, many disease, and premature mortality. Eating too much is also connected to an increased risk of strokes, Alzheimer's, and Parkinson's disease.

Longer periods of fasting helps us live longer and improve metabolic problems like diabetes, insulin resistance, and high blood pressure. In part, the body recovers and strengthens itself by getting rid of old, worn-out, unhealthy cells in a process called autophagy.

Within the last few years, there's been an abundance of science supporting the health benefits of fasting.

There are three methods of fasting:

- Alternate day fasting - fasting every other day
- 5:2 (fasting for two days every 5 days)
- intermittent fasting - it's considered anything from twelve to sixteen hours a day to three days a more a week.

Also, another form of "fasting" is calorie restriction (also known as calorie energy restrictions) where one would eat less than 1000 calories every day.

HOW TO DO A FAST

When fasting, you'd drink only water during the time that you fast or keep your calorie count to more than about 700 calories.

Drinking tea and coffee, with no milk or sugar is allowable during a fast.

Most dietary supplements are also allowable.

At this time it is not known what form of fasting is most beneficial, intermittent fast vs. alternate day fasting, for example.

My experience personally and clinically is in favor of intermittent fasting (IF). This form of fasting seems to have good science showing metabolic benefits and potentially prolonging life.

The other form of fasting I think is beneficial is a Fasting Mimicking Diet (FMD) for five days, once every three months. More on that below.

A reasonable approach is to do an FMD practice once every three months for five days then fast daily for 12 to 16 hours a day, every day while eating a clean diet.

EXERCISE DURING A FAST

One can exercise and maybe should exercise while fasting but the intensity level depends on your level of fitness, the type of fasting you are doing, and how you feel during the fast.

Some people do better by not exercising with high intensity during a fast, particularly only water fast. Others do great and feel great exercising during a low calorie fast or FMD.

Essentially, listen to your body, and, at a minimum you can go for walks during a fast.

THE FASTING MIMICKING DIET

The Fasting Mimicking Diet (FMD) is a 5-day program that helps "mimick" fasting in your body so that you get the benefits from this practice while still eating a very low-calorie diet of specific foods. I find FMD helps with losing a quick 5 to 10 pounds while resetting your body to get rid of old, poorly functioning cells.

FMD is relatively easy to do, safe, and effective in reducing body weight, waist size, body, and trunk fat, blood pressure, as well as potentially pro-markers like IGF-1. (Wei et al., 2017)

My experience doing FMD is that it helps to “get you back on track” if you find yourself eating too much or eating too much poor quality foods.

A good approach to support optimal health is to do FMD for five days, once every three months then some IF as a lifestyle while eating clean, fresh foods afterward.

PROLON FASTING MIMICKING DIET

The Prolon FMD is 5 day, very low-calorie system that allows you to eat the food provided while still “mimicking” fasting. The reason why I suggest Prolon FMD is because it can reset your body’s metabolism helps with healthy weight loss and alleviates too much, unhealthy hunger.

Prolon FMD may sound gimmicky, I know, but it is not. The developer of this program is a renowned scientist, Dr. Valter Longo, and studies fasting for longevity purposes. (Wei et al., Sci Trans. Med, 2017)

5-day supply

THE PRODUCTS DESCRIBED HERE ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR MEDICAL CONDITION. THESE STATEMENTS HAS NO BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.

ALSO, PROLON FMD MAY NOT BE FOR YOU IF YOU ARE PREGNANT, LOW BODY WEIGHT FOR YOUR HEIGHT, WITH ACTIVE FEVER OR VIRAL INFECTION.

SCHEDULE AN APPOINTMENT WITH DR. GEO IF YOU WOULD LIKE TO KNOW IF PROLON FMD IS RIGHT FOR YOU AND TO INDIVIDUALIZE YOUR HEALTH PROTOCOL.

References:

Cabo and Mattson; Effects of Intermittent Fasting on Health, Aging and Disease, NEJM, Dec. 2019
Wei et al., Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease, [Sci Transl Med. 2017 Feb 15; 9\(377\): eaai8700.](#)