



Effects of Fasting and Homoeopathy

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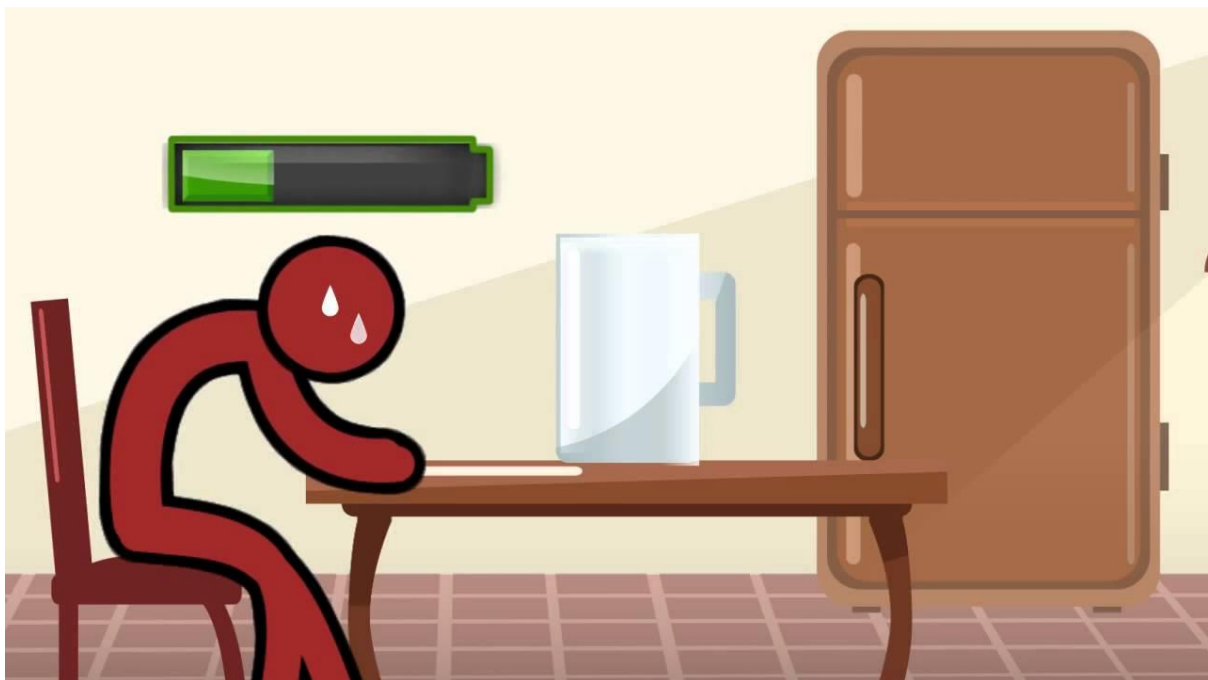
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Definition

Fasting is a condition of willing abstinence or reduction from all or some kinds of food or drink, especially as a religious observance or medical or experimental reasons, for a period of time. (Psora)



Etymology

Old English- ‘Feastan’- to fast, observe, be strict.

Synonyms

Abstain from food, refrain from eating, deny oneself food, go without food, go hungry, eat nothing, starve oneself; go on hunger strike

Pathophysiology

Physiologically, fasting is the metabolic status of a person who has not eaten overnight. Thus, it is a state achieved after complete digestion and absorption of a meal.

Numerous metabolic changes occur during fasting. Metabolic changes of fasting start after absorption of a meal, typically 3–5 hours after a meal. Fasting is a post-absorptive state in contrast to the postprandial state of ongoing digestion.

A long fast forces the body to rely entirely on its own fat stores instead of dietary fat intake and leads to ketosis. The ketosis suppresses hunger and makes for fairly easy weight loss. Fasting affects the system as below-

Physiological effects of fasting are –

- Increased insulin sensitivity resulting in reduced plasma glucose, reduced insulin concentrations and improved glucose tolerance (Psora)
- Reduced levels of oxidative stress as indicated by decreased oxidative damage to proteins, lipids and DNA (Psora)
- Increased resistance to various types of stress including heat, oxidative and metabolic stresses (Psora)
- Enhanced immune function (Psora)
- A significant reduction of body fat and mass, which supports a healthy cardiovascular system and reduces incidents of myocardial infarction (Psora/ Syphilis)
- Development of a greater tolerance to stress in liver (Psora)
- Reduction of excessive and deleterious blood glucose by an enhanced sensitivity to insulin and glucose and its utilization as an energy source (Psora)
- Headaches (Psora)
- Dizziness (Psora)
- Lightheadedness (Psora)
- Fatigue (Psora)
- Low blood pressure (Psora)
- Abnormal heart rhythms (Psora)
- Impairment in the body's ability to absorb certain medications or even alteration in drug interactions (Psora)
- Ultimately death by starvation (Psora/ Sycosis/ Syphilis)

Most common outcomes of prolonged fasting appear as below-

Heart Failure

Fasting puts two different types of stress on heart-

Cannibalizing cardiac muscle for fuel

The human body does everything it can to conserve muscle during a fast, but inevitably some muscle may be sacrificed at the beginning of the fast. After a few days, the body switches over to using fat, but protein utilization actually increases again later on, even though fat stores are still available. This

protein catabolism leads the cardiac muscles weaken too much, and heart failure may result. (Psora/ Syphilis)

Demineralization

Strict water fasting is also a risk for heart failure because during a fast, the body's intracellular stores of minerals vital for cardiac function, like magnesium and potassium, are depleted, even though serum levels remain normal.

The results of this cardiac muscle loss and mineral deprivation can be tragic. (Psora/ Syphilis)

Diminished immunity

Some fasters die of infectious diseases that they do not have the energy to fight off without adequate nutrition. Infectious diseases are the most common cause of death among starving people, because the immune system, weakened by malnutrition, tends to give in before heart problems start to show. This is particularly common among children who go on long fasts. (Psora/ Syphilis)

Endocrine effects

Less serious problems include intense mood swings, low energy, and irritability. Fasting lowers blood pressure, feeling weak, dizzy, or nauseous. It raises levels of the stress hormones norepinephrine and cortisol, probably to provide more energy for finding food, but not beneficial for optimum health. (Psora/ Syphilis)

Detoxification issues

Another likely disadvantage of long-term fasting is the rate of detoxification. Fat and toxins may have been accumulated in body tissues over the years. In fasting, all these toxins have to be removed through the bloodstream, which can be extremely uncomfortable. Due to rapid rate of detoxification during fasting, nauseous, sick, or unwell feeling may be observed.

Thus, fasting may be just as dangerous as any other form of chronic malnutrition and starvation. (Psora/ Sycosis/ Syphilis)

Etiology

Etiology of fasting is dependent on either some mental conditions like anorexia nervosa or expectation of some desired health or religious effect.

Anorexia nervosa

Anorexia nervosa, often referred to simply as anorexia, is an eating disorder characterized by a low weight, fear of gaining weight, a strong desire to be thin, and food restriction. (Psora)

Need of Health effects

Fasting may be induced to achieve some health effects which may be medically needed or self-awaked.

Medical application

Prior to surgery or other procedures that require general anesthetics because of the risk of pulmonary aspiration of gastric contents after induction of anesthesia i.e., vomiting and inhaling the vomit, causing life-threatening aspiration pneumonia.

Some medical tests like lipid panel or certain blood glucose measurements require fasting for several hours so that a baseline can be established. (Causa occasionalis)

Mental health

Fasting can help alleviate some symptoms of depression. (Psora)

Immune system

Fast may cause white blood cells to break down, resulting in the replacement of old damaged ones. (Psora/ Syphilis)

Weight loss

Fasting will lead to weight loss. (Psora/ Syphilis)

Political application

Fasting is often used as a tool to make a political statement, to protest, or to bring awareness to a cause. A hunger strike is a method of non-violent resistance in which participants fast as an act of political protest, or to provoke feelings of guilt, or to achieve a goal such as a policy change. (Causa occasionalis)

Spiritual application

A spiritual fast incorporates personal spiritual beliefs with the desire to express personal principles, sometimes in the context of a social injustice. (Psora/ Syphilis)

Religious beliefs

Most of the people believe that certain intermittent or prolonged fasts may be the way to pray and adore the Gods or Goddesses as per their religion. (Psora/ Syphilis)

Types

There are numerous types of fasting, all of which offer the same many healing benefits. Fasting may be based on religious, experimental, medical, diagnostic or therapeutic purposes. Main types of fasting are given below-

Dry or absolute fasting

This is normally defined as abstinence from all food and liquid for a defined period, usually a period of 24 hours, or a number of days. This is also known as Absolute Fast, Black Fast, and Hebrew Fast. This is the most extreme of the types of fasting and generally has spiritual reasons. It consists of foregoing food and water for short periods.

Liquid fasting

As the name implies, this is fasting on liquids only. This may be of several types-

Water fasting

This allows drinking water but nothing else. Water fasting is the simplest and perhaps the oldest form of liquid fasting. It brings the utmost level of therapeutic benefit physically and in a short period of time, as detox occurs more quickly.

Juice fasting

Juice fasting is extremely popular. It is often used for intestinal cleansing.

Intermittent fasting

Intermittent fasting is the ancient secret of health and has been practiced throughout all of human history.

Partial fasting

Some fasts may be partially restrictive, limiting only particular foods or substances and are called partial or selective fasts. This type of fasting practice may preclude intercourse and other activities as well as food. It includes cleansing diets and mono-diets, like rice fasting etc.

Medical fasting

This may include-

Experimental fasting

This is carried on to study the effects of fast on metabolic activities as well as therapeutic effect of partial elimination of substances from diet.

Diagnostic fasting

This one refers to prolonged fasting, from 8–72 hours depending on age, conducted under observation for investigation of a problem, usually hypoglycemia.

Therapeutic fasting

Fasting is an important treatment modality for health preservation. The duration of the fast depends upon the age of the patient, the nature of the disease and amount and type of drugs previously used.

Signs and symptoms

During fasting, the body rids itself of mental, emotional and physical toxins, the following observations are common-

Mental & Emotional Symptoms

- Appearance of underlying fears and other negative emotions as detoxification
- Anxiety
- Poor concentration until the body has achieved an inner balance

Physical Symptoms

- Diarrhea
- Fatigue
- Headaches
- Increased body odor due to elimination of toxins
- Irritability
- Lack of focus
- Lethargy
- Minor depression
- Muscle and joint pain
- Nausea
- Negative emotional and mental patterns
- Skin rashes due to elimination of toxins through skin
- Slight dizziness
- Susceptibility to colds or flu viruses due to increased mucus in system developed during detoxification
- Vomiting

Diagnosis

Fasting differs from starvation in one crucial way. That is control. Starvation is the involuntary absence of food. It is neither deliberate nor controlled. Fasting, on the other hand, is the voluntary withholding of food for spiritual, health, or other reasons. The fasting state can be determined by some diagnostic tests.

Treatment

Treatment of fasting depends on the consequences and its stage. Many people also fast safely. There are many short-term side effects of fasting. Even fasts of a few weeks or less can have dangerous consequences.

Homoeopathic treatment

Homoeopathy itself believes in eliminating all the toxins and morbidic agents away from the living body by stimulating and guiding the so called vital force, the entity, animating the material body and consequently converting it into a living organism. Since fasting affects the organism as a whole, including its mental, physical as well as social domains, Homoeopathy is the only solution to encounter the effects of fasting in an individual.

Common remedies for effects of fasting

Acon. Adam. agar. aloe alum-sil. alum. am-c. Am-m. Ambr. anac. ant-c. arn. ars-i. ars. asaf. asar. aur-m. Bar-c. Bar-i. bell. berb. borx. bov. brass-n-o. Brom. Bry. Cact. calc-i. calc-sil. CALC. cann-s. canth. caps. Carb-ac. Carb-an. carb-v. carl. carneg-g. castm. Caust. CHAM. Chel. Chin. cina cist. Coc-c. Cocc. coloc. CON. CROC. crot-h. cycl. Dig. dios. dulc. elaps euph. euphr. fago. ferr-p. ferr. Fl-ac. fuma-ac. gran. GRAPH. grat. hell. Hep. hura hyos. Ign. ind. indg. IOD. Kali-c. kali-n. kali-p. kali-s. kali-sil. Kola kreos. LAC-AC. LACH. laur. lob. LYC. m-arct. mag-c. mag-m. mand. mang. meph. merc. Mez. nat-c. NAT-M. nat-p. nicc-met. Nit-ac. Nux-m. Nux-v. Oncor-t. par. petr-ra. Petr. Ph-ac. PHOS. PLAT. PLB. pot-e. Psor. ptel. puls. RAN-B. ran-s. rhod. rhus-t. Rumx. ruta Sabad. sabin. Sang. sars. sel. seneg. sep. Sil. Spig. spong. stann. STAPH. stront-c. Sul-ac. sul-i. SULPH. TAB. Tarax. tax. teucr. thuj. tritic-vg. uran-met. uran-n. Valer. verat. Verb. vero-o. Zinc.

Short repertory of fasting

ABDOMEN - CONSTRICTION - fasting agg. carb-an. hep.

ABDOMEN - DISTENSION - morning - fasting agg. dulc.

ABDOMEN - EMPTINESS - fasting; as if from coloc. lach. psor. puls.

ABDOMEN - FASTING - agg. – Hypochondria staph.

ABDOMEN - FASTING - agg. acon. asar. Calc. croc. dulc. nux-v. plat. sep. staph. teucr.

ABDOMEN - FASTING - amel. caust. sil.

ABDOMEN - FLATULENCE - fasting agg. mag-m. plat. rhod.

ABDOMEN - PAIN - fasting agg. - cutting pain dulc.

ABDOMEN - PAIN - morning - fasting agg. - crampingdulc.

ABDOMEN - PAIN - morning - fasting agg. dulc. gran. hell. spong.

ABDOMEN - PAIN - Umbilicus - fasting agg. indg.

ABDOMEN - RUMBLING - fasting agg. [tax](#).

BACK - PAIN - fasting agg. – aching [kali-n](#).

BACK - PAIN - fasting agg. [kali-n](#).

CHEST - CONSTRICTION - morning – fasting [sulph](#).

CHEST - FASTING - agg. [iod](#).

CHEST - FASTING - sensation as if [plat](#).

CHEST - PAIN - fasting agg. [iod](#).

COUGH - FASTING agg. [kali-c](#). [mag-m](#). [staph](#).

FACE - PAIN - fasting agg. [Cact](#).

GENERALS - FAINTNESS - fasting [amel](#). [alum-sil](#).

GENERALS - FASTING - agg. [acon](#). [aloe](#) [alum](#). [am-c](#). [Am-m](#). [Ambr](#). [anac](#). [ars](#). [Bar-c](#). [bar-i](#). [bov](#). [brass-n](#). [o](#). [bry](#). [cact](#). [calc-i](#). [CALC](#). [cann-s](#). [canth](#). [Carb-ac](#). [Carb-an](#). [carb-v](#). [castm](#). [caust](#). [Chel](#). [chin](#). [cina](#) [Coc-c](#). [CROC](#). [dios](#). [ferr-p](#). [ferr](#). [Fl-ac](#). [gran](#). [Graph](#). [hell](#). [Hep](#). [Ign](#). [IOD](#). [Kali-c](#). [Kola kreos](#). [LAC-AC](#). [LACH](#). [laur](#). [lyc](#). [mag-c](#). [mag-m](#). [merc](#). [Mez](#). [nat-c](#). [nat-p](#). [nit-ac](#). [Nux-v](#). [Oncor-t](#). [petr](#). [Phos](#). [PLAT](#). [PLB](#). [Psor](#). [puls](#). [RAN-B](#). [ran-s](#). [rhod](#). [rhus-t](#). [Rumx](#). [Sabad](#). [SEP](#). [Spig](#). [STAPH](#). [stront-c](#). [Sulph](#). [TAB](#). [Tarax](#). [teucr](#). [Valer](#). [verat](#). [Verb](#). [vero-o](#).

GENERALS - FASTING - [amel](#). [agar](#). [alum-sil](#). [alum](#). [am-m](#). [ambr](#). [anac](#). [ant-c](#). [arn](#). [ars](#). [asaf](#). [bar-c](#). [bell](#). [borx](#). [Bry](#). [calc-sil](#). [calc](#). [caps](#). [carb-an](#). [carb-v](#). [Caust](#). [CHAM](#). [Chin](#). [cocc](#). [CON](#). [cycl](#). [Dig](#). [euph](#). [ferr](#). [graph](#). [hell](#). [hep](#). [hyos](#). [ign](#). [iod](#). [Kali-c](#). [kali-n](#). [kali-p](#). [kali-s](#). [lach](#). [laur](#). [lyc](#). [mag-c](#). [mang](#). [nat-c](#). [NAT-M](#). [nit-ac](#). [Nux-m](#). [nux-v](#). [par](#). [petr](#). [Ph-ac](#). [phos](#). [plb](#). [puls](#). [rhod](#). [rhus-t](#). [ruta](#) [sabin](#). [sars](#). [sel](#). [sep](#). [Sil](#). [stann](#). [stront-c](#). [sul-ac](#). [sulph](#). [thuj](#). [tritic-vg](#). [valer](#). [verat](#). [Zinc](#).

GENERALS - WEAKNESS - fasting; as after – afternoon [iod](#).

GENERALS - WEAKNESS - fasting; as after [brom](#). [euphr](#). [iod](#).

GENERALS - WEAKNESS - morning - fasting agg. [con](#).

HEAD - FASTING agg. [ars](#). [cact](#). [caust](#). [cist](#). [lach](#). [lyc](#). [psor](#). [sabad](#). [sang](#). [Sil](#). [sulph](#).

HEAD - PAIN - fasting agg. - hunger is not appeased at once; if [cact](#). [cist](#). [elaps](#) [LYC](#). [Sang](#). [Sulph](#).

HEAD - PAIN - fasting agg. [Adam](#). [ars-i](#). [ars](#). [cact](#). [calc](#). [carneg-g](#). [caust](#). [Cist](#). [crot-h](#). [elaps](#) [fl-ac](#). [ind](#). [iod](#). [Kali-c](#). [kali-p](#). [kali-s](#). [kali-sil](#). [kola](#) [lach](#). [LYC](#). [mand](#). [nicc-met](#). [nux-v](#). [petr-ra](#). [PHOS](#). [psor](#). [ptel](#). [ran-b](#). [sabad](#). [Sang](#). [sep](#). [Sil](#). [spig](#). [sul-i](#). [SULPH](#). [thuj](#). [uran-met](#). [uran-n](#).

MIND - ANOREXIA NERVOSA [arb-m](#). [arg-n](#). [ARS](#). [asar](#). [aur-m-n](#). [aur](#). [bacls-10](#). [Brucel](#). [caesal-b](#). [calc](#). [cann-i](#). [carc](#). [CHIN](#). [chlorpr](#). [coli](#). [Cycl](#). [des-ac](#). [diphtox](#). [enteroc](#). [gent-l](#). [gent-q](#). [germ-met](#). [hir](#). [ign](#). [influ](#). [interf](#). [kali-p](#). [lac-f](#). [lach](#). [lat-h](#). [lat-m](#). [levist](#). [levo](#). [lob-c](#). [loxo-lae](#). [loxo-recl](#). [med](#). [merc](#). [Nat-m](#). [nat-p](#). [ol-aur](#). [perh](#). [pert](#). [ph-ac](#). [phos](#). [plat](#). [prun-v](#). [puls](#). [rhus-t](#). [sacch](#). [sep](#). [sil](#). [staph](#). [sulph](#). [syc](#). [tarent](#). [Tetox](#). [thuj](#). [tub-a](#). [tub-d](#). [tub-m](#). [tub](#). [verat](#). [verat](#).

MIND - ANXIETY - fasting; when [iod](#).

MIND - BULIMIA - alternating with - refusal to eat - insanity; with [hyos](#). [ip](#). [stram](#). [verat](#).

MIND - BULIMIA – children *carc.*

MIND - BULIMIA – nervosa *anac. aq-mar. iod. lyc. naja sacch. sep. V-a-b.*

MIND - BULIMIA – night *psor.*

MIND – BULIMIA *abies-c. abies-n. adam. agar. agath-a. alf. all-s. anac. ang. ant-c. ant-t. apoc. Aq-mar. ars. aur-ar. aur-i. aur. Bell. brass-n-o. bry. cadm-s. CALC. calen. cann-i. Carb-v. carc. carneg-g. caust. cham. CHIN. CINA cocc. coff. coloc. cygn-be. ephe-si. euph. ferr-s. ferr. fl-ac. glon. graph. hell. hep. Hyos. ign. iod. kali-c. kali-m. kali-n. levo. LYC. mag-c. MERC. mosch. mur-ac. naja Nat-c. nat-m. nat-s. nux-m. nux-v. olib-sac. op. petr. phos. pitu-a. plat. positr. pseuts-m. puls. raph. sabad. sacch. Sec. SEP. spig. spong. squil. stann. staph. Sulph. sumb. tarent. thuj. VERAT. zinc.*

MIND - FEAR - anorexia from fear *carc. Ign.*

MIND - FEAR - fasting, of *kreos.*

MIND - INSANITY - bulimia; with *chin. VERAT.*

MOUTH - FASTING *agg. sabad.*

MOUTH - TASTE - altered - fasting *agg. Brom. bry. merc. puls.*

MOUTH - TASTE - fasting; as if - long time; as after *cocc.*

MOUTH - TASTE - fasting; as if *ign. m-arct. puls.*

NOSE - SNEEZING - morning – fasting *hell.*

RESPIRATION - FASTING *agg. Staph.*

SLEEP - YAWNING - bulimia, with *Lyc.*

STOMACH - CONSTRICTION - fasting *agg. carl.*

STOMACH - EMPTINESS - fasting; sensation as from prolonged *am-m. anac. ars. bov. bry. carb-an. caust. chin. cocc. ign. laur. lyc. mag-m. mez. nat-c. phos. plb. puls. sars. sep. stann. teucr. verat.*

STOMACH - ERUCTATIONS - fasting *agg. acon. bov. cina croc. kali-c. Nit-ac. Nux-v. plat. pot-e. ran-b. ran-s. valer. verat.*

STOMACH - ERUCTATIONS; TYPE OF - bitter - fasting *agg. Nux-v.*

STOMACH - ERUCTATIONS; TYPE OF - empty - fasting *agg. plat. valer.*

STOMACH - ERUCTATIONS; TYPE OF - empty - morning - fasting, after *bov. cina croc. nit-ac. Plat.*

STOMACH - ERUCTATIONS; TYPE OF - loud - fasting *agg. PLAT.*

STOMACH - ERUCTATIONS; TYPE OF - water brash - fasting *agg. grat.*

STOMACH - FASTING - *agg. Bar-c. bry. CALC. Carb-an. hell. kreos. Nux-v. plat. staph. sulph.*

STOMACH - FASTING - *amel. Chin.*

STOMACH - FULLNESS, sense tion of - morning - fasting *agg. bar-c. plat.*

STOMACH - HEARTBURN - fasting *agg. grat. nux-v. sep.*

STOMACH - HICCOUGH - evening - fasting agg. sulph.

STOMACH - HICCOUGH - morning - fasting agg. kali-n. sulph.

STOMACH - NAUSEA - fasting agg. Acon. alum. anac. aur-m. bar-c. bry. Calc. fuma-ac. graph. Kola kreos. lac-ac. lach. LYC. mag-m. meph. nux-v. puls. sep. sil. Spig. Sul-ac. teucr.

STOMACH - PAIN - fasting agg. – burning dulc. graph. zinc.

STOMACH - PAIN - fasting agg. – cramping Calc. gran.

STOMACH - PAIN - fasting agg. - pressing pain carb-an. caust. nit-ac. Petr. sep.

STOMACH - PAIN - fasting agg. Bar-c. Calc. caust. Cocc. dulc. fago. GRAPH. hura Ign. Lach. lob. nit-ac. Petr. psor. puls. rhod. seneg. sep.

STOMACH - PAIN - morning - fasting agg. - gnawing pain carb-v. nit-ac.

STOMACH - PAIN - morning - fasting agg. caust. petr.

STOMACH - RETCHING - fasting agg. berb. kali-c.

STOMACH - VOMITING; TYPE OF - sour - fasting; when - morning; in the borx.

VERTIGO - FASTING agg. lac-ac.

VISION - FASTING agg. calc.

VISION - LOSS OF VISION - morning – fasting Calc.

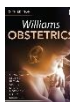
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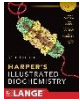
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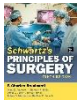
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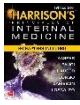
Procedural Sedation > FASTING STATE Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 8e... There is no primary evidence that the risk of aspiration during procedural sedation is increased with recent oral intake. 24, 25, 26 Current guidelines regarding the safe fasting period prior to procedural sedation were developed by expert consensus, 27 and the American Society...



Radar 10



Systemic Response to Injury and Metabolic Support > Metabolism during Fasting Schwartz's Principles of Surgery, 10e... — — — 3.4 — Lipid 2.0 1.4 0.7 9.0 1.0 g/kg per day Protein 1.0 0.8 0.8 4.0 0.8 g/kg per day Figure 2-14. Fuel utilization in a 70-kg man during short-term fasting with an approximate basal energy expenditure of 1800 kcal. During starvation, muscle proteins...



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