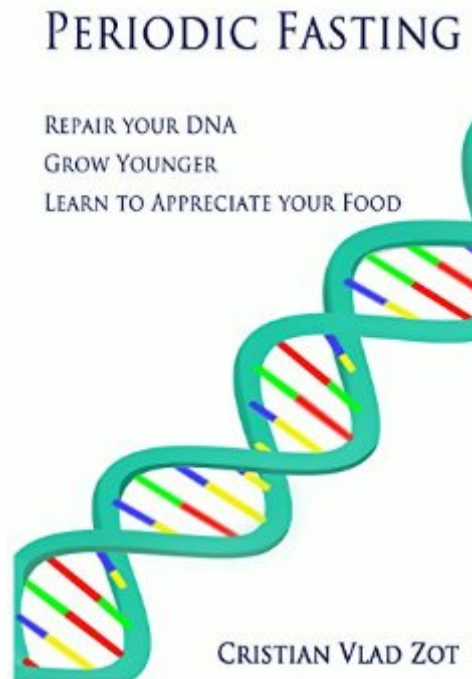


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# Periodic Fasting: Repair Your DNA, Grow Younger, And Learn To Appreciate Your Food



## Synopsis

In a modern world where it's considered normal to consume 3 meals and additional snacks everyday (otherwise you will get sick), fasting can be considered an outrageous and even dangerous practice. One of the biggest fears of fasting is the fear hunger, the false hunger that most people are afraid of while depleting their glycogen stores (the body sugar storage). Fasting has often been associated with religious customs. It is time to define a line between the two. In *Periodic Fasting*, I embark on a timeless journey from the very beginning of life on Earth, through early human societies, through the middle Ages and into modern days to explore the concepts and practices of prolonged fasting and intermittent fasting (IF). *Periodic Fasting* is about:

1. My early life encounters with fasting in the small village of my grandparents (using a high-carb diet).
2. How primitive life-forms on Earth and fasting co-evolved; fasting in the animal kingdom.
3. Early hominid species, food restriction, and meal frequency. The first organized human societies and the switch between irregular feeding to regular dietary patterns. Circadian rhythmicity and meal timing.
4. The personal story of a man from the middle Ages who started consuming less food in his mid-thirties because of poor health and lived to 102 years (narrated by himself).
5. The dozens of prolonged fasting experiments in the beginning of the 20th century; fasting as a cure to many ailments.
6. How people can live without food for 139, 236 and even 382 days (medically supervised experiments). Details of 7-40 days fasts done by lean people for rejuvenation, detoxification and increased life span.
7. The emerging science and the studies of fasting from the mid-20th century (pathological implications - diabetes, obesity, CVD, cancer, and others).
8. How fasting and semi-starvation can be totally opposite: disturbing stories from the Second World War.
9. The molecular mechanisms of fasting: what happens when your body focuses on cell repair and tissue rejuvenation, instead of digesting food.
10. How the secretion of some hormones may be widely misunderstood: especially thyroid hormones and insulin. On muscle-loss phobia, mainstream media, and bro-science.
11. The modern-day science of prolonged fasting and intermittent fasting (AMPk, SIRT, FOXO, etc).
12. My personal prolonged water-only fasting experiment; insights into refeeding and realimentation after long-term fasting.
13. My 1 year and 3 months daily intermittent fasting protocol (still on-going). My ever-adapting exercising protocol (lifting), what I eat everyday, what supplements I use and what other cool strategies help me stay consistent and compliant with the protocol.
14. How I combine intermittent fasting (IF), a well formulated ketogenic diet, and calorie restriction to immensely increase the quality of my life, and paradoxically, never feel hungry; how energy levels and mood can increase if you correctly adopt a fasting protocol.

Once armed with this knowledge, you will drastically alter your perspective about your body's limits.

## Book Information

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## Customer Reviews

I have just finished reading *Periodic Fasting* by Cristi Vlad and really enjoyed it. I first encountered the subject of Fasting through Herbert Shelton's books and the Natural Hygiene movement. I have done numerous fasts over the past 25 years, ranging in length from 3 days to over 3 weeks. Fasting is the single best tool I have ever discovered to support my health. I am always looking for the best books on the subject to recommend to others, and Vlad's book is definitely going on my list. For longer fasting, I always recommend Dr. Joel Fuhrman's book *Fasting and Eating for Health*, as well as Dr. Jack Goldstein's book *Triumph Over Disease Through Fasting and Natural Diet* (an out of print classic). However, while I love the information they present on the benefits of fasting, I completely disagree with their plant-based dietary recommendations. A plant-based diet was extremely harmful to me, and it is unfortunate that all the best literature on fasting comes from the plant-based eating community. So, it is very nice to have another book to recommend that focuses more on shorter intermittent-style fasting, as well as coming from a Low Carb Ketogenic perspective and approach to nutrition and health. Vlad's book is filled with fascinating anecdotes and research from the past, in addition to exploring the most recent studies available on this

under-appreciated healing modality. I am glad I have added this valuable volume to my collection. Great Job Cristi! On a side note: I recently completed a 16-day water fast with my dog to address some health issues he was experiencing. I have posted before and after blood work on my blog if you wish to see the amazing results that can be achieved very quickly simply by not eating for a short period of time:<http://zerocarbzen.com/2015/07/15/a-16-day-water-fast-with-my-dog-sasha/>

I have researched and written on fasting and I believe Christian Vlad Zot has done a marvelous job of introducing his readers to this topic. Christian introduces us to his personal experiences during fasting. He discusses the early history of intermittent fasting through testimonial reports referenced in several books. I like his nutritional research into the chemical processes occurring during fasting in the human body. He has a few charts depicting those changes over time. Christian compares fasting in the animal kingdom to those of the evolving human species. He provides insight into the differences of intermittent fasting, intermittent energy restriction, caloric restriction and ketogenic diets. He also examines the difference between fasting and starvation. Of particular interest to me was the section on physical performance and fasting. Christian provides facts backed up with lots of medical and nutritional references. I thoroughly enjoyed his book and anyone seriously interested in learning how intermittent fasting can improve your health and help you achieve healthy weight loss.

So one of the reasons why I think this book is so good is that it takes a topic that on the surface so simple: Not Eating and gets into the nitty gritty of just how profound it is and frankly how silly it is to be scared of it if one is in decent health to further that point, the author takes the time how to implement the benefits of fasting and minimizing the pain of it by doing a ketogenic diet prior to it...the downside is that the author took away all my fears, now I really have no excuses left for a 5-7 day water fast:-)

Because dietary caloric restriction is generally recommended in moralistic terms, its serious scientific benefits tend to be under-appreciated. I wrote the introduction to this book because it successfully brings out the importance of periodic fasting and clearly presents things from the perspective of the benefits of actively fasting rather than simply the need to avoid eating too much. The book is well-written and, although there is clearly a good deal of literature research, like *Ketone Power*, there is an interesting personal perspective. Cristi's examination of the problem and the evolution of his own behavior make the story compelling. There is good advice, or at least description, on how to do fasting in a practical way. The discussion of fasting in the context of

cancer provides good \ overall information if it somewhat underplays the problems, mostly in regard to the heterogeneity of cancers. Overall a very good introduction to this methodology which is of current interest.

This is a great book, well referenced and researched, that gives a bit of history on published articles on fasting and tells you what is happening physiologically in your body. He also includes his own personal experiences with a ketogenic diet and fasting. He makes a clear distinction between fasting and starvation that is often confused in other works about fasting. He talks about how if you go on a low carb diet and are keto adapted prior to starting to fast, that it pretty much eliminates the negative effects of going through sugar withdrawal such as things like headaches, feeling weak, tired, etc... I personally found this to be true. The only downfall is there are a few problems with the English in the book, but don't let that put you off, it is well worth reading.

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