

The Dr. Saritha Lee Weekly Newsletter

Number 44

<hero shot of Dr. Lee and newsletter logo>

*Combining the best of old and new medicine -
using only what heals the patient.*

Would Short-Term Fasting Help You Lose Weight and Age More Slowly?

by "Dr. Saritha Lee"

*"Human beings are not programmed for abundance.
Humans are programmed for loss."*

-- Dr. Wilhelmi de Toledo

That might seem like an unusually negative quote to start this issue off with, but it makes an important point.

One of the oldest medical remedies known to humanity is simply going without food. It's why you lose your appetite when you get sick.

We usually tell sick people they've got to eat to keep up their strength, but maybe we should let them subsist on water until they begin healing.

And our Paleolithic ancestors often went without meals, probably for days and even weeks at a time during cold weather.

Our bodies are designed not only to survive such an irregular, undependable eating system, but to thrive on

it.

Our genes have not yet adapted to fast food restaurants on every corner. :)

Science Backs Up the Value of Fasting

There's a growing body of scientific research showing that we can't reach optimum health (or weight) by constant eating.

As a healing technique that stretches back to prehistory AND which is validated and verified by modern science, fasting is an important integrative medicine tool.

And it's great for both healing and preventing chronic health problems.

Times of not eating is when we burn stored body fat.

And when our bodies clean up damaged cells and mitochondria, which may help protect us against cancer and diseases such as Alzheimer's.

And it adds brain-derived neurotropic factor to our brain and nerve cells, making us smarter.

Fasting also:

Lowers blood sugar levels.

Reduces insulin.

Brings down blood pressure.

Brings down cholesterol.

Increases Human Growth Hormone.

Intermittent Fasting Seems Easier Than Conventional Dieting

Many people who eat just one or two days a week lower their caloric intake, but say it's easier than regular dieting. That's because when they do eat, they eat well.

So, fasting doesn't have to be a long period of starvation.

Many people just skip one or two meals or eat during a 4-6 hour window. Others go 24 hours without food, but only one or two days a week.

And, because the feelings of deprivation and hunger are intermittent, people can keep up such an eating schedule for a long time.

My Recommendations

If you need to lose weight and the conventional approach hasn't worked for you, try skipping a few meals. You'll get hungry, but the more you do it, the easier it is.

When you're ready, try eating breakfast one day, then nothing else until the next day's breakfast. Or go dinner to dinner if you prefer.

It's easy and flexible.

I do not believe anyone should fast longer than 72 hours without medical supervision.

Who Should Not Fast

- * Children and teens
- * Pregnant or breastfeeding women

* Anyone with Type I diabetes

* Anyone with hypoglycemia (low blood sugar)

* Anyone severely malnourished or suffering from chronic adrenal fatigue

If you're one of my Type II diabetes patients, come in and consult with me first.

Office Notes:

Sue Lynn Brown, my got-my-back receptionist is due to have her first baby late next week.

And so, if you come in and see a new face, it's just her temporary replacement. Please make her feel welcome.

We're all waiting to wish Sue Lynn Congratulations on her baby.

Dr. Saritha Lee & Associates
Integrative Health
Suite 908
4456 E. Main St
Anytown, USA