

PREVIEW_ Dr. Jason Fung - Therapeutic Fasting (SD 2016)

Dr. Fung: Every time I mention fasting, you get this kind of eye rolling response. "Oh you're going to starve people!" And I'm like, "I'm not going to starve people. There's a big difference." Fasting is actually the voluntary abstinence from eating for whatever reason. There is a lot of spiritual reasons, there's health reasons, there's lots of different reasons.

So everybody thinks that is this. You know that's not fasting. These kids just don't know where they're going to eat, they don't know when they'll eat, or what they'll eat. That's starvation, okay? There are not a lot of these people in America. The point is that it's very different, because fasting is completely under your control.

You can start it or you can stop it. If you don't feel good, then don't do it. Starvation is not the same. But everybody who tries to kind of denigrate it, says, "Oh, it's starvation, you are going to go into starvation mode." Which is slightly funny, because caloric reduction has been proven to put you into starvation mode.

And this is the biggest myth that people get. So this is what they say - "Okay, if you're going to starve, then your body will go into starvation mode and your body will shut down." What they are talking about is that your energy expenditure, your basal metabolic rate will shut down.

Which is exactly what happens when you try and follow the standard diet. You will go into starvation mode. But what doesn't put you into starvation mode is actual starvation. So if you don't eat, what happens to that basal metabolic rate?

Well, this is data on a fellow who went four days fasting. And you can see that after four days his weight is dropping nicely. So it's 64 kg to down to 61 kg. And here's his resting energy expenditure at the basal metabolic rate.