

# Benefits of Fasting

10 Reasons that Could  
Change Your Weight,  
Health and Life for Good.

<http://www.drgloriane.com/>

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# 10 Benefits of Fasting

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There are a lot more benefits to fasting than just 10. I chose these because they are the ones people ask about the most. We will cover many more in my upcoming course “How to Fast.”

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## 1. A Bigger, Better Brain

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Yes, fasting actually increases your brain size.

But does size really matter? When it comes to your brain it does.

Fasting increases the effectiveness of something called **BDNF**: Brain Derived Neurotrophic Factor.

BDNF is a protein that helps new brain cells to grow, improves connectivity in the brain, and decreases degeneration.

Given that nearly 44 million people have Alzheimer’s or a related dementia<sup>1</sup> this is reason enough alone to fast.

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<sup>1</sup> <https://www.alzheimers.net/resources/alzheimers-statistics/>

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## 2. Lowers Inflammation

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Another one of the *major* benefits of fasting is that it reduces inflammation in the brain and body.

Inflammation is a marker in nearly every major disease, especially heart disease. Lowering inflammation is an important part of any health strategy.

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## 3. Better Memory

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Fasting improves and memory and mental clarity.

So, it's not just that your brain is bigger as a result of fasting, it also gets better.

This is largely the result of improved insulin sensitivity, another benefit of fasting which we are going to cover next.

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## 4. Better Blood Sugar Balance

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More than 400 million people around the world have diabetes. That was as of 2015, and that number is growing every year. By 2030, the WHO predicts 3 million people will die every year as a result of diabetes.<sup>2</sup>

Thousands will go blind and have legs amputated from complications of diabetes.

Diabetes is serious. Fasting can help. A lot. During fasting your cells become more sensitive to insulin.

This allows your body to regulate insulin better and to keep your blood sugar in better balance.

There are many doctors who have worked with patients to completely reverse diabetes Type 2 through fasting.

But you don't have wait to get diabetes to enjoy the benefits. You can get your blood sugar under control and your insulin sensitivity regulated now with regular fasting.

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<sup>2</sup> <https://www.healthline.com/health/type-2-diabetes/statistics#5>

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## **5. Lowers Blood Pressure**

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Fasting has been shown to lower both systolic and diastolic blood pressures.

Since high blood pressure increases the risk of heart attack and stroke, keeping your blood pressure in a healthy range is a major benefit of fasting.

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## **6. Increases Fat Burning**

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Everyone loves this benefit!

Fasting is a super-fast way to get the body into fat burning mode.

Which leads to...

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## 7. Weight Loss

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Unless you're already underweight, chances are this is one of its most exciting "side effects" for you.

We live in a world where it is a lot easier to gain weight than to lose it.

Fasting can be used to reach and maintain a healthy weight and to finally put you in the size body that is right for you.

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## 8. Cleaner Cells

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You cannot digest and detoxify at the same time

Your body needs to get rid of old, unhealthy cells before it can replace them with new, healthy ones.

Fasting gives the body time to rest, repair and eliminate in a way that it just cannot do when you are eating.

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## 9. Makes You Younger

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The main reason for this is that fasting stimulates the release of Growth Hormone.

Growth Hormone is also known as your youth hormone. It stimulates growth, which means new, healthy cells.

Fasting is one of the best anti-aging tools available.

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## 10. Gives You More Time

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How many times a day do you think about time?

How often do you say, “There are just not enough hours in the day to\_\_\_\_\_”?

The number ONE obstacle to health I see people put in their own way is the idea that they do not have enough time to be healthy or to prepare better meals.

Fasting eliminates this barrier instantly.

When you fast, all the time you would have spent shopping, prepping and eating food is now freed up and available for you to get on with your day.

Yes, if you juice fast you do have to do the juicing, but there are ways to make that simpler and easier (yet still effective) too.

This makes fasting a brilliant solution during traveling.

Have a busy day with lots of meetings, errands to run, or places to be? Make that a fast day, or even an Intermittent Fast day, where you only eat one meal.

Jason Fung, MD says fasting fits into YOUR life, unlike diets and rigid programs which require you to adapt your life around them.

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As mentioned at the top of this pdf, these 10 reasons only scratch the surface of the benefits of fasting, but even one of these could change your life and health for the better.

Perhaps these will inspire to begin to add fasting into your routine and create a vibrantly healthy lifestyle.



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