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## Fasting diet

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### Abstract

The aged and most radical of diets, fasting is the application of abstain from eating food alongside the solitary consumption of water or juice. Fasting Diet differs from starvation in one pivotal facet. Control starvation is the involuntary absenteeism of food. It is neither calculated nor supervises. Fasting, on the other hand, is the voluntary suppressing of food for spiritual, health, or other reasons. Variations of fasting are rehearse in many religions including Buddhism, Hinduism, Islam, Bahai, and Christianity.

**Keywords:** Fasting diet, starvation, involuntary absenteeism of food, voluntary suppressing of food

### Introduction

Food is easily available, but you choose not to eat it. This can be for any period of time, from a few hours up to days or even weeks on end. You may begin a fast at any time of your choosing, and you may end a fast at will, too. You can start or stop a fast for any reason or no reason at all.

Fasting has no grade span, as it is merely the absence of eating. The present study shows that the Fasting has been used for thousands of years for spiritual and health benefits and has become popular in recent times due to the celebrity endorsement of intermittent fasting. The new fasting is not about seizure, but about divvying up your calories. Whether a regimen calls for two fasting days a week or eating your meals in a smaller "window" of time in the day, all plans share a near-freedom from calorie counting, a big plus for weary food diarists.

### Diet history

The origins of fasting as a weight-loss method are lost in the mists of time, but it has probably being practiced since the dawn of civilization for a number of non-dietary reasons. These probably include food scarcity, religious ritual, or simply as a method of cleansing the body physically and spiritually, with weight loss as a side effect.

The practice of fasting followed by a period of extreme overeating is culturally acceptable in certain societies where large group of people fast for a specific reason and often end it participating in festive or rituals that involve an excessive consumption of food.

### How does it work?

The rationale behind a fast is that the total avoidance of food provides a quick weight-loss method. In some cultures, this practice serves as a form of penitence for overindulgence and has religious overtones.

Without food, blood sugar levels go down as no essential fuel in the form of energy is entering the body. This dip is registered a neurochemical message is send to the brain promoting hunger pangs to kick in. During a fast feeling of hunger comes and go as the body is reminding you that you will need to eat at some point.

During the first few hours of the fast, the body will obtain energy or glucose either from the glycogen stored in the muscles or the liver. This energy reverse lasts for several hours, generally about half a day, or two to three skipped meals. Once used up, and if food does not enter the body, protein from muscle and fat will be broken down and turned to glucose as energy.

With prolonged fasting, a physical state known as ketosis kicks in. Fasting causes water loss and large amount of muscles breakdown because it is composed of protein. As muscle is broken down, nitrogen is eliminated from the body.

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Important minerals such as sodium, Potassium, and calcium are depleted and this has harmful effects on the body. Low potassium levels, for example, negatively affect the state of the heart and can even be cause death during fasting.

The kidneys have to work hard to get rid of the excess waste products with significant water loss. It is vital to drink lots of water during a total fast to avoid toxins accumulating in the blood and promote their elimination through urine. Although some people regard fasting as a detox method, be aware of the increase in waste products in the blood and other systems as byproducts of protein and fat breakdown. Fasting may give the intestinal tract a rest but the kidneys are overworked and other organs will suffer breakdown for use as energy.

The importance of glucose in a healthy functioning body cannot be overstated. The brain consumes the largest amount of glucose, so when blood sugar levels drop, the brain is unable to function properly. As a result, the person may feel confused, dizzy, lightheaded, and have difficulty concentrating. The dieter may feel weak because the muscles are lacking in fuel and the blood is not pumping enough energy, the metabolic rate slow down. Prolonged fasting is dangerous and not advised. In an attempt to moderate the physical consequences resulting from muscle loss, some variations on the fasting method are more of a partial fast and include the consumption of juice.

**Pros and cons**

Weight loss results from fat and muscle being used up but also from any water loss. A quick way of shedding pounds, fasting is dangerous to the body in the long term because once food is re-introduced, the body weight gain quickly as it replenishes.

This all-or-nothing type of diet is not about moderation. After a period of deprivation, the dieter runs the risk either of eating uncontrollably or overeating.

**Is it for you?**

Fasting may appeal to someone who wants to lose weight quickly and is willing and able to undergo physical discomfort. A fast, however, should never exceed a period of two days. A complete lack of food will cause you to feel weak so restrict your activity levels.

Despite its popularity as a weight loss quick fix, fasting is generally not recommended by any dietitians. Patients with a heart condition or other illnesses should be very careful or avoid it altogether. Anyone considering going on a fast should consult a physician before embarking on this extreme form of dieting.

**Sample Menu**

Morning	-Oatmeal with raisins, fat-free milk, grape juice
	-Cold cereal, milk, banana, whole wheat toast and jelly, tea
	-Vanilla yogurt, honeydew, tea
	-Tea and water throughout the day
Lunch	-Tuna sandwich on rye bread with lettuce and tomato, pear, fat-free milk
	-White bean soup, breadsticks, carrot sticks, fat-free milk
	-Vegetable soup, green salad, tea
	-Tea and water throughout the day
Supper	-Sweet potatoes, peas, whole wheat bread, tossed salad
	-Mashed potatoes, steamed carrots, tea
	-Potato omelet, green salad, fruit salad, tea
	-Tea and water throughout the day
Snack	-Fruit salad with almonds and raisins
	-Fruit yogurt
	-Plain yogurt
	-fruit and milk smoothie
	-Tea and water throughout the day

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