QUICKSILVER SCIENTIFIC

Fasting: An Ancient Practice For Metabolism & Immune Health

Rarely do most people in the Western world go for more than a few hours without eating. While chronic eating can have obvious effects like weight gain, it also initiates subtle physiology shifts that undermine our metabolic health.

The antidote? Intermittent fasting (IF). This ancient practice supports healthy metabolism and immune function — essential elements of long-term health in our modern world.

History of Fasting

While popular right now, the practice of fasting, or abstaining from food intake for a period of time, is not a diet fad — it is woven into human DNA. Until the advent of the modern food industry approximately 150 years ago, our hunter-gatherer ancestors routinely went through periods where food was unavailable, forcing them to fast.

This challenge shaped the evolution of our genetic code and physiology. Today, scientific research reveals the profound health benefits of engaging in intermittent periods of fasting.

Fasting Supports Metabolic Clarity

The foods many of us eat in abundance contain glucose (in carbohydrates) and amino acids (in proteins), keep us in a hyper-fed state, activating mTOR and inhibiting AMPK, two specific pathways in the body that affect metabolism. We want the reverse to happen when we fast. See, the mTOR pathway promotes growth and fat storage, while the AMPK pathway supports fat-burning and healthy blood sugar levels among other things. When working on metabolic clarity, our bodies need activated AMPK and tamed mTOR.

By taking regular breaks from the ingestion of carbs and proteins, we shift our bodies out of the mTOR (fed) state and into the AMPK (fasted) state, giving us the powerful metabolic benefits of AMPK activation. By fasting, we help our bodies support healthy:

- Blood sugar levels & insulin sensitivity
- Blood lipid levels
- Mitochondrial energy production
- Body weight

Fasting "Primes" Immune Defenses
Believe it or not, fasting isn't only good for weight management, it also supports the immune system by working to balance a healthy inflammatory response to better fend off and destroy invasive bugs. How does it do that?

Fasting activates autophagy, your body's "housekeeping" process, which breaks down and recycles dysfunctional cellular components. This helps your body maintain healthy populations of immune cells to support whole body health and resilience.

Did You Know...
That regularly practicing IF may improve appetite control, making it easier to tune in to your hunger and satiety cues over the long term? This means that although fasting may feel difficult initially, it will become easier the more you practice! Happy fasting!