

Fasting's impact on Cognitive health

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Fasting is a practice that involves refraining from consuming food and sometimes beverages for a specific duration. There are different types of fasts, each with its distinct approach and purpose. Some of the more common types include:

1. **Water Fasting:** This involves consuming only water for a specified period, usually lasting one to three days.
2. **Intermittent Fasting:** Intermittent fasting restricts food intake to a specific daily time window, typically involving 16-20 hours of fasting and 4-8 hours of eating.
3. **Alternate Day Fasting:** In this approach, fasting occurs every other day, with some variations allowing limited calorie intake on fasting days.
4. **Religious Fasting:** Fasting is observed as a spiritual discipline in some religions, such as during Ramadan.
5. **Partial Fasting:** Certain foods are restricted during partial fasting.

Fasting has been shown to stimulate the growth of new nerve cells, improve cognitive function, and reduce the risk of neurodegenerative diseases such as Alzheimer's and Parkinson's. Below is some of the recent research in this area.

1. **The Effects of Intermittent Fasting on Brain and Cognitive Function**
 This article reviews the potential benefits of intermittent fasting (IF) on brain function and brain-related diseases in both humans and animals. While the short-term effects on cognition in healthy people are not clear, there is evidence suggesting potential

advantages for conditions like epilepsy, Alzheimer's disease, multiple sclerosis, Parkinson's disease, stroke, and mood disorders. However, more research is needed to figure out the best fasting patterns, nutrient intake, and long-term effects on brain-related diseases.

2. **Caloric restriction and intermittent fasting: two potential diets for successful brain aging.**
 As we get older, our nervous system becomes more vulnerable to diseases like Alzheimer's and Parkinson's. But research shows that two types of diets, caloric restriction (CR) and intermittent fasting (IF), can help protect our nerve cells and make them last longer. These diets affect our energy metabolism and cellular signaling, which helps nerve cells resist aging factors. These diets activate pathways that make protective proteins and enzymes, helping our cells deal with stress and fight off disease. By understanding how these diets affect our nervous system, we might find new ways to prevent and treat neurodegenerative diseases.

3. **The Effects of Dietary Interventions on Brain Aging and Neurological Diseases.**
 Changing our diet can improve how our brain ages by making it more resilient. This review looks at studies where different diets were tested on animals with age-related brain diseases and discusses the results of human studies exploring these diets for prevention and treatment. Some studies show that calorie restriction can improve memory in older people, while fasting-like diets

improve signs of aging. Several clinical trials have seen improvements in conditions like Alzheimer's, Parkinson's, epilepsy, and multiple sclerosis with dietary changes. But the research is still in its early stages, and more trials are needed to fully understand the benefits of fasting for neurodegenerative diseases. Currently, trials using fasting as a therapy are ongoing for Alzheimer's Disease, Parkinson's, and multiple sclerosis.

3. Lobo F, Haase J, Brandhorst S. The Effects of Dietary Interventions on Brain Aging and Neurological Diseases. *Nutrients*. 2022 Nov 30;14(23):5086.

Fasting can provide many benefits and it is important to check with your healthcare practitioner prior to initiating any new health care regime or practice.

Practitioners trained by the Metabolic Terrain Institute of Health take a scientific approach to working with patients who wish to implement fasting as a treatment option. It is essential to consult with a MATC Certified™ Practitioner to properly test, assess and address each patient before and during implementing therapeutic fasting interventions, or at the very least consult with a practitioner or health care provider familiar with your specific state of metabolic health. It is crucial to work with a certified practitioner and follow a proper fasting protocol, especially when implementing fasting alongside other treatments.

References:

1. Gudden J, Arias Vasquez A, Bloemendaal M. The Effects of Intermittent Fasting on Brain and Cognitive Function. *Nutrients*. 2021 Sep 10;13(9):3166.
2. Martin B, Mattson MP, Maudsley S. Caloric restriction, and intermittent fasting: two potential diets for successful brain aging. *Ageing Res Rev*. 2006 Aug;5(3):332-53.