

Fasting enhances growth hormone secretion and amplifies the complex rhythms of growth hormone secretion in man.

Augmented plasma adiponectin after prolonged fasting during ramadan in men.

Pituitary-testicular axis in obese men during short-term fasting.

Caloric restriction and intermittent fasting: Two potential diets for successful brain aging.

Interleukin-6, C-reactive protein and biochemical parameters during prolonged intermittent fasting.

Alternate Day Calorie Restriction Improves Clinical Findings and Reduces Markers of Oxidative Stress and Inflammation in Overweight Adults with Moderate Asthma.

Effect of fasting on young adults who have symptoms of hypoglycemia in the absence of frequent meals.

Effects of fasting on neuroendocrine function and follicle development in lean women.

Short-term fasting affects luteinizing hormone secretory dynamics but not reproductive function in normal-weight sedentary women.

The effects of intermittent or continuous energy restriction on weight loss and metabolic disease risk markers: a randomized trial in young overweight women.

Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women.

Gender-Related Differences in the Metabolic Response to Fasting.

The metabolic role of growth hormone in humans with particular reference to fasting.

Gender differences in lipid and glucose kinetics during short-term fasting.

Effects of fasting on insulin action and glucose kinetics in lean and obese men and women.

The Scientific Evidence Surrounding Intermittent Fasting.

Effect of intermittent fasting and refeeding on insulin action in healthy men.

Short-term modified alternate-day fasting: a novel dietary strategy for weight loss and cardioprotection in obese adults.

Fasting – the ultimate diet?

Total fasting in the treatment of obesity.

Intermittent fasts in the correction and control of intractable obesity.

Effects of growth hormone on lipoprotein lipase and hepatic lipase.

The metabolic role of growth hormone in humans with particular reference to fasting.

Effects of growth hormone on glucose, lipid, and protein metabolism in human subjects.

Effects of GH on protein metabolism during dietary restriction in man.

The protein-retaining effects of growth hormone during fasting involve inhibition of muscle-protein breakdown.

Impact of Fasting on Growth Hormone Signaling and Action in Muscle and Fat.

Modulation of basal glucose metabolism and insulin sensitivity by growth hormone and free fatty acids during short-term fasting.

Effects of growth hormone on insulin action in man. Mechanisms of insulin resistance, impaired suppression of glucose production, and impaired stimulation of glucose utilization.

Exercise and fasting activate growth hormone-dependent myocellular signal transducer and activator of transcription-5b phosphorylation and insulin-like growth factor-I messenger ribonucleic acid expression in humans.

Augmented growth hormone (GH) secretory burst frequency and amplitude mediate enhanced GH secretion during a two-day fast in normal men.

Fasting activates the gene expression of UCP3 independent of genes necessary for lipid transport and oxidation in skeletal muscle.

Fasting, but not exercise, increases adipose triglyceride lipase (ATGL) protein and reduces G(0)/G(1) switch gene 2 (G0S2) protein and mRNA content in human adipose tissue.

Short-term fasting in normal women: absence of effects on gonadotrophin secretion and the menstrual cycle.

Progressive alterations in lipid and glucose metabolism during short-term fasting in young adult men.

Is advice for breakfast consumption justified? Results from a short-term dietary and metabolic experiment in young healthy men.

Intermittent fasting does not affect whole-body glucose, lipid, or protein metabolism.

Effects of a high-fat diet on postabsorptive and postprandial testosterone responses to a fat-rich meal.

Responses of leptin to short-term fasting and refeeding in humans: a link with ketogenesis but not ketones themselves.

Short-term fasting-induced autonomic activation and changes in catecholamine levels are not mediated by changes in leptin levels in healthy humans.

Effect of an acute fast on energy compensation and feeding behaviour in lean men and women.

Training in the fasted state facilitates re-activation of eEF2 activity during recovery from endurance exercise.

A double-blind, placebo-controlled test of 2 d of calorie deprivation: effects on cognition, activity, sleep, and interstitial glucose concentrations.

Lack of effect of short-term fasting on cognitive function.

Metabolic responses to exercise after fasting.

Influence of a 24 h fast on high intensity cycle exercise performance in man.

Effects of fasting on endurance exercise.

Effects of a 36-hour fast on human endurance and substrate utilization.

Running endurance in 27-h-fasted humans.

Influence of fasting on carbohydrate and fat metabolism during rest and exercise in men.

Running to maintain cardiovascular fitness is not limited by short-term fasting or enhanced by carbohydrate supplementation.

Influence of a 3.5 day fast on physical performance.

Effects of a 3-day fast on regional lipid and glucose metabolism in human skeletal muscle and adipose tissue.

Meal frequency and energy balance.

Restrained Eating Behavior and the Metabolic Response to Dietary Energy Restriction in Women.

Alternate-day fasting in nonobese subjects: effects on body weight, body composition, and energy metabolism.