

**Subject:** Re: Why fasting is Dad's best chance of resuming normal health

**From:** Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>

**Date:** 1/25/2023, 6:09 AM

**To:** Mark Cao <mark.cao@gmail.com>

Thanks Huy. With all of the issues he's had with his stomach and diarrhea, he's may be inadvertently doing intermittent fasting.

H.

On Tue, Jan 24, 2023 at 9:30 AM Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)> wrote:

Hanh and Dad,

Here is a summary of why fasting is a good idea.

First, misconceptions about fasting:

- \* Fact is, fasting has been done by billions of people for religious and medical reasons, including long fasts, throughout human history. Fasting is not the same as starvation. The body has \*more\* energy to draw on, from fat, after insulin production is normalized. This is why people using fat energy are much more alert than people who feast on starch (rice) all day.

- \* The world record for a long fast is 362 days. It's routine to do safe fasts for weeks and months. Medically speaking, fasts of 5 days and under are considered short and safe.

What fasting is:

- \* Fasting is the phase in which the body devotes all of its energy to cellular repair. Fasting has been natural and normal for one million years of human history. It's only in the last few decades that people "fast" only between 9 PM and 7 AM, and spend the rest of the day snacking and eating meals. The human genome was built over the span of one million years, not just in the 1970s and the perverse diet advised since then.

Diabetes symptoms:

- \* The first symptom to be cured is high glucose, which is very dangerous and defines diabetes. It can quickly cause limb, eyes and organ failure.

- \* The second symptom to be cured is insulin resistance, which causes: extreme fatigue, cognitive reduction, bad sleep, bad circulation, and impaired organ functions. Prediabetic people have insulin resistance. It is very misleading for Dad to see his blood glucose becoming more normal and then to assume that he is disease free. In fact, prediabetes is the slow killer he has to reverse.

Why medically supervised fasting is Dad's best chance:

\* Dad does not have the information nor a history of sticking to a healthy diet for a long time (say, a year).

\* Dad is likely to appreciate the health improvement that follows fasting. That will be an important motivator for starting a healthy diet and sticking to it.

The naps come first, then death of brain cells come second. Brain cells dying, is completely irreversible.

Even if Dad does not do fasting, there are ways to simulate fasting. That is what the NAD and resveratrol were all about, but unfortunately, Dad rejected that easy route.

Huy

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Hanh