

Fasting

Post by “Cassius” of August 8, 2019 at 11:16 AM

I have traditionally not been interested in exploring fasting, in significant part because I associate it with asceticism and/or mystical eastern religious practices. I've been a reader and fan of low-carb diet theory, but I've not expanded that to fasting.

In recent years however I've become interested in the work of Dr. Jason Fung, especially with intermittent fasting such as [here](#). Anyone here have any experience with that? Here's their main [Facebook](#) group, which I hate to recommend but which has good info.