

# Fasting

**Post by “Godfrey” of August 8, 2019 at 2:28 PM**

A couple of years ago my doctor suggested that I try a ketogenic diet along with intermittent fasting. I enjoyed both, but a cholesterol test showed that my bad cholesterol levels had skyrocketed. Apparently some percentage of people have this reaction to keto; I've stopped and would recommend to anybody doing keto that they monitor their cholesterol levels.

I'm thinking of giving intermittent fasting another try. For me it was as simple as having a late breakfast and slightly early dinner. I'm not doing it for weight loss but for energy.

I've never done any multi-day fasting but have read about the benefits. The hedonic calculus doesn't add up for me on that, though. 😊