

# Fasting

**Post by “Cassius” of August 8, 2019 at 2:35 PM**

I've read a pretty good amount from Jason Fung and other low-carb doctors, and I gather that they say that sometime when we are losing weight the cholesterol numbers can go up. I am certainly no expert but I wouldn't give up without researching that aspect further, because the benefits of a method that actually works ought to be worth temporary number changes. I know in my own experience I have tested my blood sugars after a variety of types of high carb vs low carb foods, and so I have seen for myself how high-carb makes the blood sugar numbers skyrocket. To me doing the tests on your own body to see how you react to types of food is an excellent illustration of an Epicurean attitude in gathering evidence for oneself.