

How Fasting changes Testosterone (Fasting Science)

What I've Learned

- David Blaine fasted for 44 days and lost 60 pounds, but it was during the final days of the fast that he almost went into shock from starvation. Biologist Walter Longo has found that fasting and refeeding is a process of breaking down and rebuilding anew, and he calls fasting the "auto repair mode." Fasting can set the stage for your body to be able to grow back stronger when you reintroduce food as early as 1913. Dr. Sergius Morgius Morgius was interested in this phenomenon, and he temporarily starved an animal to see how fasting affects testosterone production. The longer the fast, the more sensitive the body is to GnRh. It raised luteinizing hormone more and it raised testosterone more. There are other ways fasting could raise testosterone in some people, such as improving insulin sensitivity.
- We should break our fast to get the most benefits by eating protein after fasting. This phenomenon where people can die from a heart attack from eating after fasting is called refeeding syndrome. When you eat again, it causes a sudden rise in insulin and where the body had been carefully balancing the levels of electrolytes in your blood and cells. This insulin rise causes the electrolytes to rush into your cells and sodium to rush out of the cell and into the blood. To get the growth benefits you'll want to eat protein after your fast so your body can increase its growth factors to allow for rejuvenation of the body. David Blaine's 44 day fast probably crushed his testosterone, but after he started eating again his testosterone rose from 449 to 867 in 10 days.