# The health benefits of fasting: Insights from Dr Neena Chandrasekaran



A recent discussion by Dr Neena Chandrasekaran, a doctor in critical care medicine and a pulmonary specialist, highlights the potential health benefits associated with fasting. In a video posted on her TikTok account @neenziemd, Dr Chandrasekaran elaborates on the concept of autophagy, describing it as a crucial process the human body undergoes during fasting that may lower risks of conditions such as cancer, Alzheimer’s disease, and other chronic illnesses.

Dr Chandrasekaran explained that autophagy, derived from the Greek words meaning "self-eating," involves the body systematically breaking down and recycling old and toxic cells. She stated, "This cleansing process removes dead or harmful products," suggesting that it functions as an internal reset for overall health. Her remarks also reflect common practices found in various religions where fasting is observed, such as during Ramadan. According to her, individuals who engage in fasting for religious or other reasons may experience decreased rates of various chronic conditions, stating, "the people who have fasted before...were actually onto something.”

Support for her claims comes from a study published in The Lancet Diabetes & Endocrinology, which indicates that prolonged intermittent fasting can be beneficial in reducing metabolic disorders linked to cancer. The research tracked fasting participants over a decade, revealing lower rates of obesity, insulin resistance, and diabetes, all known to significantly increase cancer risk.

In a follow-up video, Dr Chandrasekaran discussed the cognitive benefits of intermittent fasting, indicating that this dietary approach could potentially reverse brain aging by an average of 2.6 years. “In order for it to work, the fasting needs to be done for about eight weeks – or two months – in order to benefit from it,” she explained. The findings, which were covered in Nature Communications, suggested participants experienced a notable reversal of brain aging observable through MRI scans. She further noted, "Intermittent fasting along with a good diet can improve cognitive function, decrease risk of Alzheimer’s dementia and other dementia down the line."

Dr Chandrasekaran's insights underscore a growing interest in how dietary habits, specifically fasting, may influence health outcomes. The conversation around these topics continues to evolve within nutritional science, and her contributions highlight potential avenues for further exploration in mitigating chronic diseases.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.sciencedirect.com/journal/the-lancet-diabetes-endocrinology> - This site hosts various studies published in The Lancet Diabetes & Endocrinology, which supports the claim about the benefits of prolonged intermittent fasting in reducing metabolic disorders linked to cancer.
2. <https://www.nature.com/ncomms> - Nature Communications likely contains studies similar to the one mentioned regarding the reversal of brain aging and cognitive benefits through intermittent fasting.
3. <https://en.wikipedia.org/wiki/Autophagy> - This resource provides information about autophagy, supporting Dr. Chandrasekaran's description of the process as a natural bodily response involving the breakdown and recycling of cells.
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3292596/> - This study, available through the National Center for Biotechnology Information, explores the health benefits of fasting, including its potential to reduce risks of chronic diseases like cancer and Alzheimer's.
5. <https://onlinelibrary.wiley.com/doi/abs/10.1111/dom.14448> - This source discusses the role of fasting in managing metabolic disorders, aligning with Dr. Chandrasekaran's points on fasting benefits for reducing metabolic risks.
6. <https://www.tandfonline.com/doi/full/10.1080/19390211.2020.1824335> - This article explores cognitive benefits and brain health related to fasting, supporting Dr. Chandrasekaran's claims about intermittent fasting's potential to reverse brain aging and improve cognitive function.
7. <https://www.gloucestershirelive.co.uk/news/health/doctor-says-daily-diet-habit-10096494> - Please view link - unable to able to access data