

FASTING AS PREVENTION AND TREATMENT STRATEGY

18.05.2025

Association Luxembourgeoise des
Intolérants au Gluten

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OUTLINE

- 🍃 Definition
- 🍃 What happens during fasting?
- 🍃 Beneficial effects of fasting
- 🍃 Different types of fasting
- 🍃 ExpoBiome Study



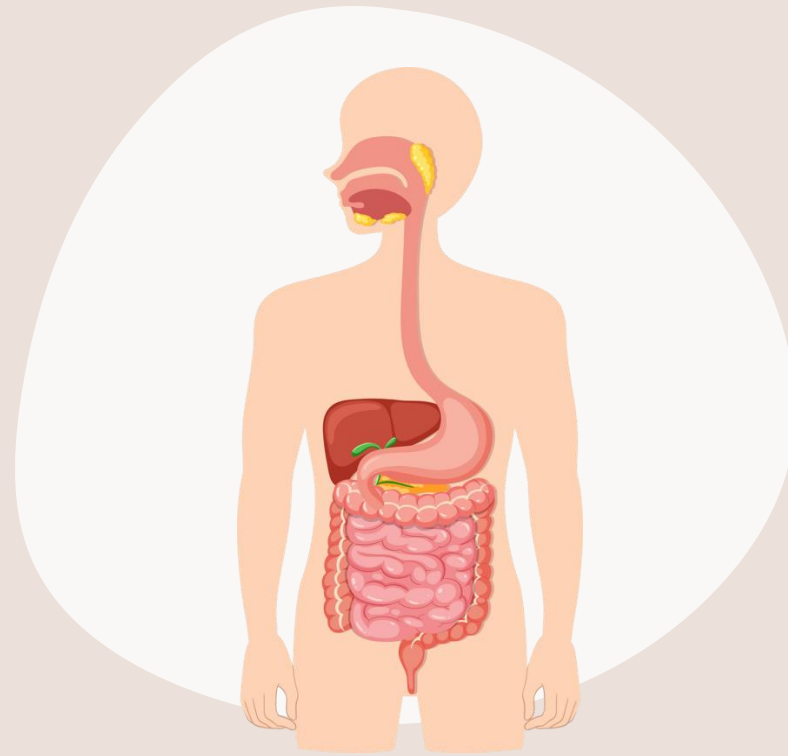


DEFINITION

WHAT IS FASTING?

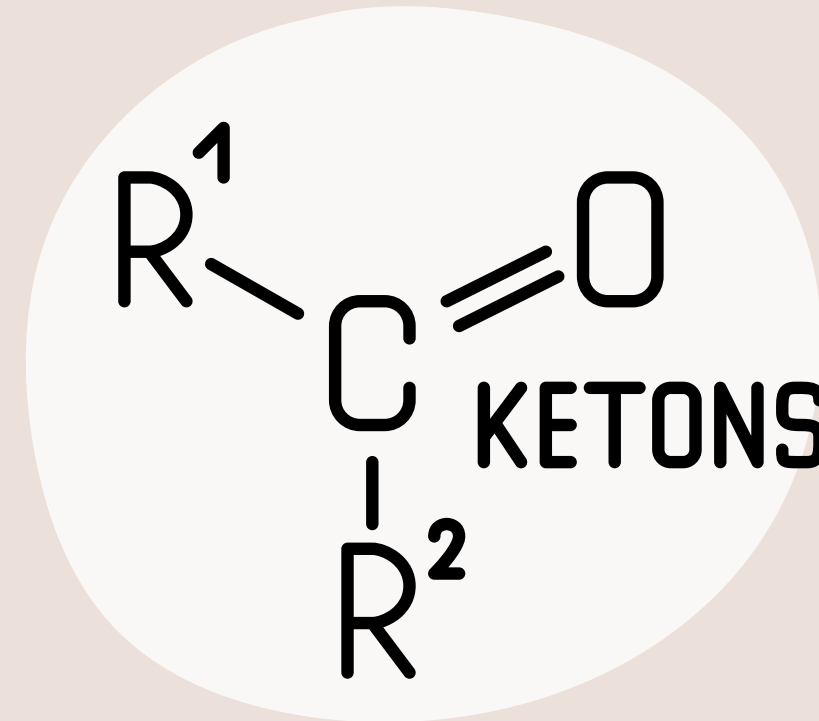
“abstinence from [food](#) or drink or both for [health](#), ritualistic, religious, or [ethical](#) purposes. The abstention may be **complete or partial, lengthy, of short duration, or [intermittent](#).**”

WHAT HAPPENS DURING FASTING?



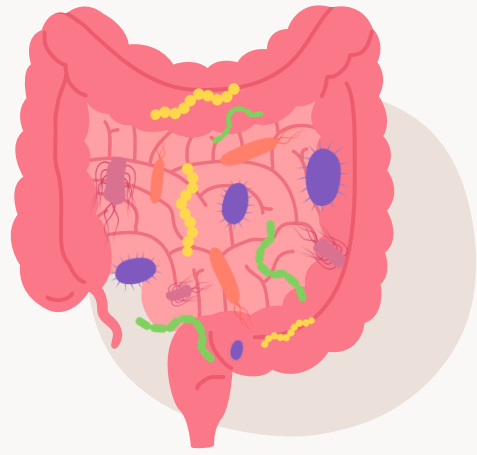
FOOD INTAKE

- Nutrients provided by last meal
- Depletion of glycogen stores



FASTING

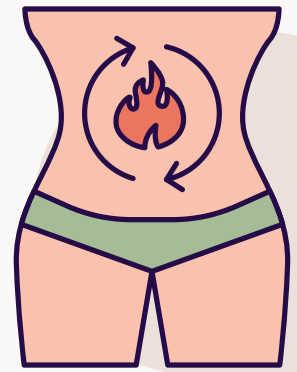
- Gluconeogenesis from amino acids and adipose tissue
- Ketogenesis



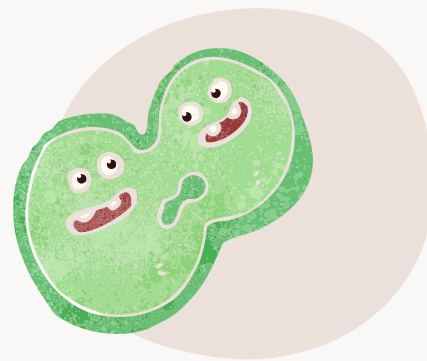
GUT MICROBIOME
DIVERSITY



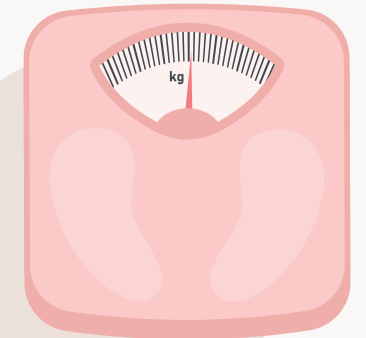
INFLAMMATION



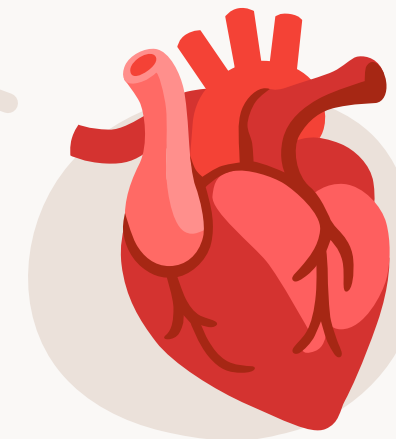
METABOLISM



CELL HEALTH



WEIGHT LOSS



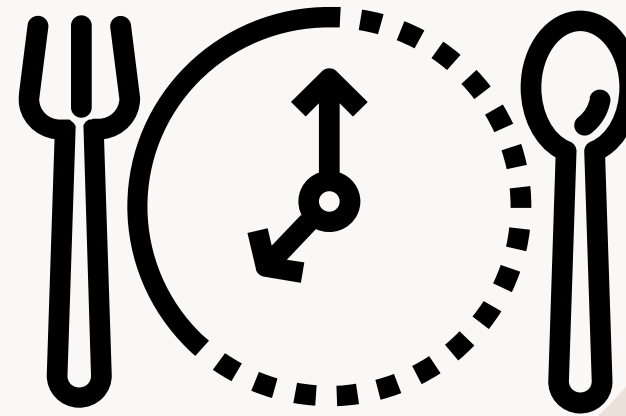
CARDIOVASCULAR HEALTH

DIFFERENT TYPES OF FASTING



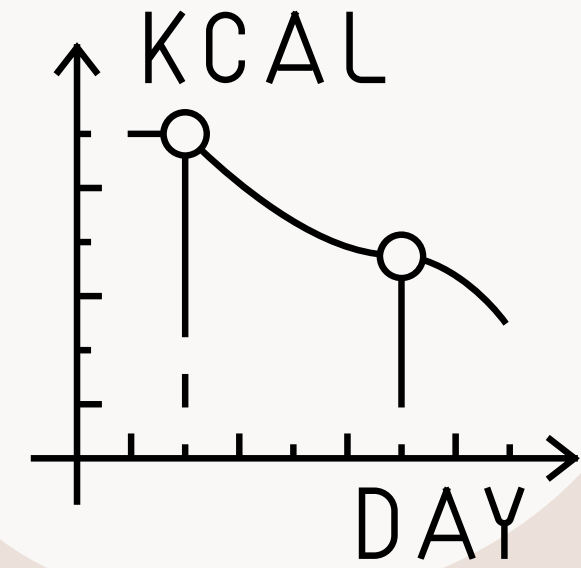
CONTINUOUS FASTING

- 200 - 350 kcal/d
- Short-term fasting (2-4 days)
- Prolonged fasting > 4 days



INTERMITTENT FASTING

- Alternation of fasting periods and ad libitum food intake
- Alternate day fasting
- Time restricted eating (16:8)
- 5:2



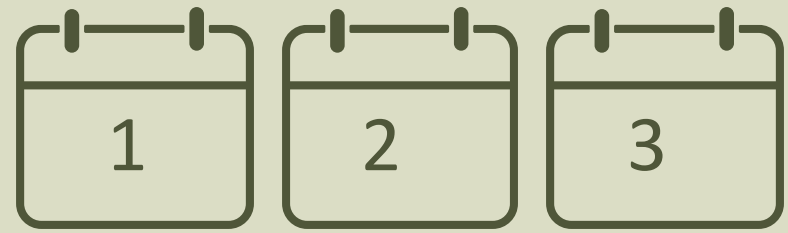
FASTING MIMICKING DIETS

- Reduced energy intake (~ 800 kcal/d)
- ~5 days/month



PROLONGED FASTING

PREPARATION

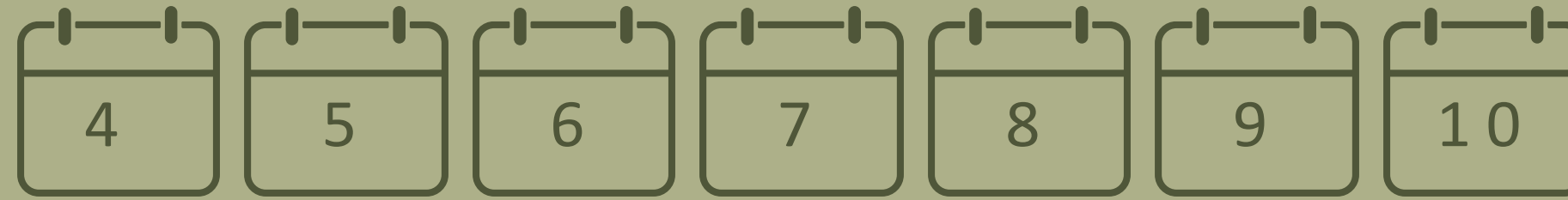


EASY DIGESTIBLE
FOOD



STIMULANTS

PROLONGED FASTING



VEGETABLE
BROTH



MOVEMENT



HYDRATION



SLEEP

RECOVERY



EASY DIGESTIBLE
FOOD



STIMULANTS

INTERMITTENT FASTING

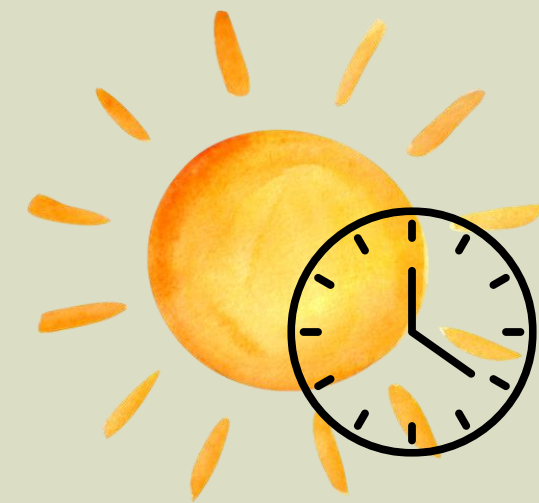


(OVERNIGHT)
FASTING

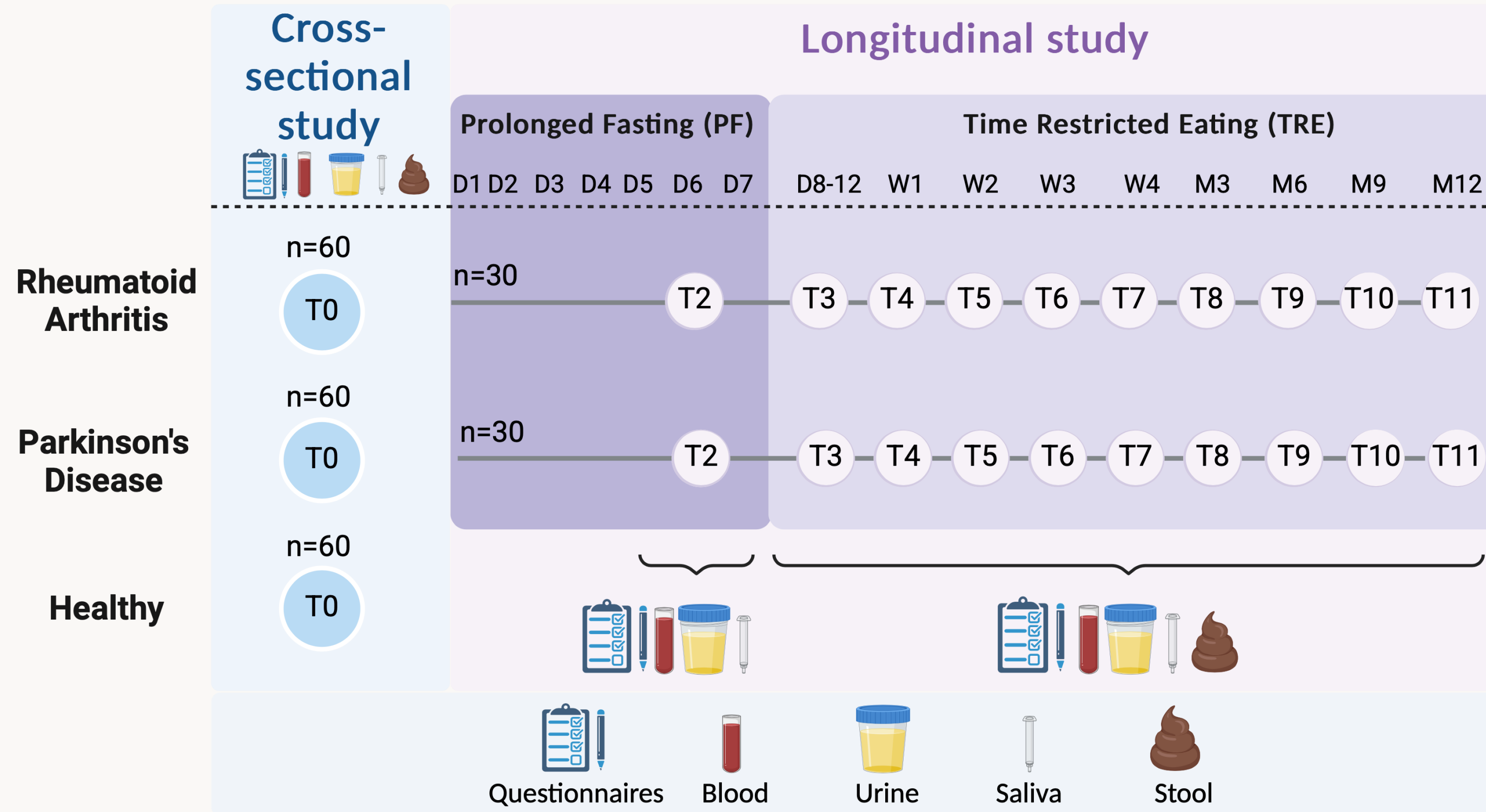
16H
FASTING



EATING
8H
EATING
WINDOW



ExpoBiome Study Design



Hansen B, Laczny CC, Aho VTE, et al., BMJ Open. 2023

ExpoBiome results

- Clinical disease activity sustainably reduced by fasting
- BMI decrease maintained for 12 months by TRE
- Reduced blood pressure and glucose levels maintained for 6 months by TRE
- Sustained until W52 by TRE
- Similar findings for patients with Parkinson's disease

Hansen B, Villette R, Petrov VA, et al. (in preparation)

Possible benefits of fasting in celiac disease?

- Improve symptoms in newly diagnosed patients
- Reduce gut inflammation
- Enhanced intestinal healing
- Modulation of the gut microbiome
- Improved immune regulation

PATIENT INTEREST?

Thank you!



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