



Fasting is part and parcel of the practices of many religions including, Islam, Judaism and Christianity. Today many are trying to dig up the benefits of fasting. Some people fast for spiritual reasons while others fast to physically discipline the body. Whatever reasons one might come up with, it has been scientifically proved that fasting has tremendous health benefits.

First, fasting is said to play an important role in the detoxification of the body. Detoxification is a normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, lymph glands, and skin. This process starts when fasting. Food no longer enters the body and the latter turns to fat reserves for energy. These fat reserves were created when excess glucose and carbohydrates were not used for energy or growth, not excreted, and therefore converted into fat. When the fat reserves are used for energy during a fast, it releases the chemicals from the fatty acids into the system which are then eliminated through the body organs, leading to the cleansing of the whole body.

Another known benefit of fasting is the healing process that is obvious in the body during a fast. When fasting energy is diverted away from the digestive system due to its lack of use and towards the metabolism and immune system. The healing process during a fast is made easy by the body's search for energy sources. Abnormal growths within the body, tumors and the like, do not have the full support of the body's supplies and therefore are more susceptible to disappear.

Fasting also leads to a feeling of rejuvenation and extended life expectancy. This might be due to the detoxification effect of fasting. A study was performed on earthworms that showed the extension of life thanks to fasting. The experiment was performed in the 1930s by isolating one worm and putting it on a cycle of fasting and feeding. The isolated worm outlived the other worms by 19 generations, while still maintaining its freshness and youthful physiological characteristics.

READING COMPREHENSION

A- What is the suitable title to the text ?

1-Spiritual Benefits of Fasting

2- Health Benefits of Fasting

3-Fasting all over the world

B- These statements are false. Correct them:

1. People fast for only spiritual reasons.
2. When fasting, the body cannot have access to fat reserves for energy.
3. The experiment on worms was undertaken to prove that fasting leads to the detoxification of the body.

C- Find in the text words which mean almost the same as :

- 1- Discover sth new (p1):..... 2-poisons (p2):..... 3- likely (p3):.....

D- what do the underlined words in the text refer to ?

- 1- The latter 2- its:.....

Reading Comprehension Intermittent Fasting In The Us

Bloomsbury Publishing



Reading Comprehension Intermittent Fasting In The Us:

Clean(ish) Gin Stephens,2022-01-04 Clean ish leads readers to a focus on real foods and a healthier home environment free of obvious toxins without fixating on perfection By living clean ish our bodies natural processes become streamlined and more effective while we enjoy a vibrant life In Gin Stephens s New York Times bestseller Fast Feast Repeat she showed you how to fast completely clean as part of an intermittent fasting lifestyle Now whether you re an intermittent faster or not Gin shows you how to become clean ish where it counts you ll learn how to shift your choices so you re not burdening your body with a bucket of chemicals additives and obesogens it wasn t designed to handle Instead of aiming for perfection which is impossible or changing everything at once which is hard and rarely leads to lasting results you ll cut through the confusion lose the fear and embrace the freedom that comes from becoming clean ish As you learn how to lower your toxic load through small changes smart swaps and simple solutions you ll evolve simply and naturally toward a clean ish lifestyle that works for your body and your life

Eat, Pause, Repeat Dr. Liam A. Porter,2024-12-28 Transform Your Health with a Revolutionary Approach Imagine a lifestyle where you can embrace simplicity boost your health and master your wellbeing all through the transformative power of intermittent fasting In Eat Pause Repeat A New Approach to Health discover a refreshing perspective on achieving sustainability in your health journey without the overwhelming confusion of conventional dieting Are you ready to change the way you think about food and redefine your path to wellness Rooted in science this comprehensive guide reveals the compelling benefits of intermittent fasting Through insightful chapters uncover how fasting can supercharge your metabolism balance your hormones and redefine your body s relationship with food The book dismantles common myths offering clarity and addressing safety concerns ensuring you can embark on this journey confidently and safely Packed with practical advice Eat Pause Repeat equips you with the knowledge to choose a fasting method that suits your lifestyle Learn the art of meal planning for optimal results coupled with techniques to manage hunger and cravings Experience stories of personal transformation that will inspire you and deepen your commitment to your own health goals Empower yourself to navigate social situations foster enhanced energy and performance and build a support system that champions your success Whether you re a beginner or seeking advanced techniques this book offers invaluable insights for everyone including seniors and women with specific health needs With a collection of milestones and a dedicated toolkit you will effortlessly track your progress ensuring long term success Are you ready to take control of your health Dive into a lifestyle that not only supports weight management and boosts immunity but also promotes mental clarity and longevity Begin your journey with Eat Pause Repeat and forever change the way you live one pause at a time

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Journal of the American Dietetic Association, 1946 **Update on Obesity, An Issue of Endocrinology and Metabolism Clinics of North America** Caroline M. Apovian, Dong Wook Kim, 2025-02-11 In this issue of Endocrinology and Metabolism Clinics guest editors Drs Caroline M Apovian and Dong Wook Kim bring their considerable expertise to the topic of Update on Obesity Top experts in the field cover the latest research regarding weight loss drugs drug safety pharmacotherapy AI and nutritional lifestyle changes for managing obesity Contains 15 relevant practice oriented topics including drug safety and pharmacovigilance of anti obesity medications obesity stigma non pharmacological treatment for obesity artificial intelligence and obesity management intermittent fasting and obesity and more Provides in depth clinical reviews on obesity offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews Writers' & Artists' Yearbook 2017 Bloomsbury Publishing, 2016-07-28 This bestselling guide to all areas of publishing and the media is completely revised and updated every year The Yearbook is packed with advice inspiration and practical guidance on who to contact and how to get published New articles in the 2017 edition on Stronger together writers united by Maggie Gee Life writing telling other people's stories by Duncan Barrett co author of the Sunday Times bestseller *GI Brides* The how to of writing how to books by Kate Harrison author of the 5 2 Diet titles Self publishing Dos and Dont's by Alison Baverstock The Path to a bestseller by Clare Mackintosh author of the 2015 *Let Me Go* Getting your lucky break by Claire McGowan Getting your poetry out there by Neil Astley MD and Editor at Bloodaxe Books Selling yourself and your work online by Fig Taylor Then and now becoming a science fiction and fantasy writer Aliette de Bodard Writing spy fiction Mick Herron Making waves online Simon Appleby All articles are reviewed and updated every year Key articles on Copyright Law Tax Publishing Agreements E publishing Publishing news and trends are fully updated every year Plus over 4 000 listings entries on who to contact and how across the media and

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 Charles Smith Morris,Daniel Garrison Brinton,Marcus Benjamin,Amos Emerson Dolbear,1897 **The Lancet** ,1876 **The**
Methodist Times ,1892 **Journal** American Dietetic Association,1946 **Journal of the American Medical**
Association American Medical Association,1925 **The Animal's Defender and Zoophilist** ,1895 *Mosby's*
Comprehensive Review of Nursing for the NCLEX-RN Examination Dolores F. Saxton,Patricia Mary Nugent,Phyllis K.
 Pelikan,2009 Celebrating its 60th anniversary Mosby's *Comprehensive Review of Nursing for the NCLEX RN Examination* is
 now completely reorganized and in full color With more than 4 100 questions in the book and CD ROM this review is a vital
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Examination Dolores F. Saxton,Patricia Mary Nugent,Phyllis K. Pelikan,2006 This updated edition offers a thorough outline
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 key nursing content Each chapter is followed by test questions written in NCLEX exam format including the new alternate
 item formats Two comprehensive exams that follow the latest NCLEX RN test plan are included and the CD ROM contains an
 additional 1 175 questions **The Spectator** ,1893

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In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Reading Comprehension Intermittent Fasting In The Us**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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