

# WELLOO NEWS

*Information and tips to boost wellbeing*

## **The Costs and Benefits of Fasting**

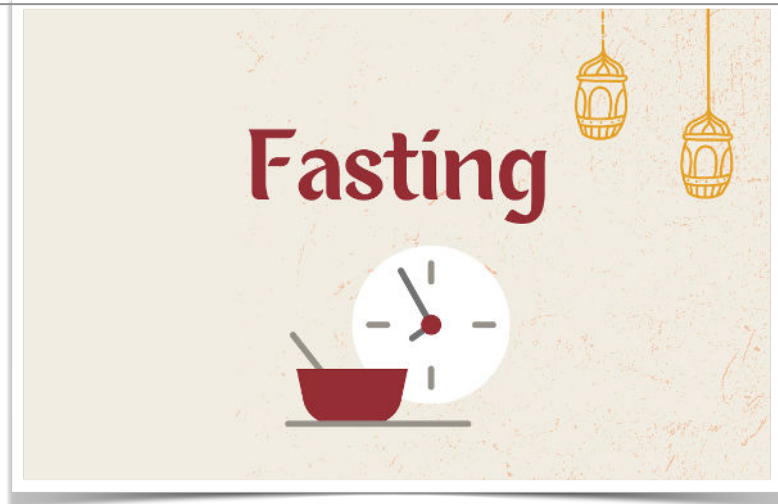
A recent MIIT by Yilmaz et al (2024) found that the feeding period post fast can regenerate cells and heal intestinal injuries. However, they also observed tumour growth among mice models.

## **Childhood Abuse and Mitochondrial Function**

Duchowny et al (2024) found that childhood physical abuse is linked to lower adenosine triphosphate, a key molecule which supports cellular energy production.

## **Suffering is an Opportunity For Spiritual Growth**

Through introspection of the mind and body, we can discover that our happiness is not determined by external phenomena, and that it is our choice to assign meaning to events, which creates states of happiness or misery.



## **Fasting**

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Fasting is an ancient practice with roots in diverse religions, promoted as a means for purification, self-discipline and devotion. In recent years it has also become popularised in the mainstream for purposes of physical health gain. Social media influencers have labelled it as a “cure for everything” with some researchers also touting it as a way to prevent serious disease. However, what motivates people to fast, and what does the scientific literature say about its benefits?

“Fasting is prescribed for you as it was prescribed for those before you that you may attain God-consciousness.”

Discover more about the purpose of religious and secular fasting, whether it promotes health, and tips on how to fast effectively:

[wellqo.co/fasting](https://wellqo.co/fasting)

