**How Fasting Destroys Cancer in Mice and Men**

**by E Douglas Kihn, OMD**

According to a study published in *Science Translational Medicine,* cancer researchers found that chemotherapy drugs work better when combined with cycles of short, “severe” fasting (three days on water only). Even fasting on its own effectively treated a majority of cancers tested in animals, including cancers from human cells.

The study found that five out of eight cancer types in mice responded to fasting alone: Just as with chemotherapy, fasting slowed the growth and spread of tumors. And without exception, the combination of fasting cycles plus chemotherapy was either more or much more effective than chemo alone, according to senior author Valter Longo, professor of gerontology and biological sciences at the University of Southern California.

For example, multiple cycles of fasting combined with chemotherapy “cured” 20 percent of mice with a highly aggressive type of children's cancer that had spread throughout the organism and 40 percent of mice with a more limited spread of the same cancer. No mice survived in either case if treated only with chemotherapy.

These scientists cautioned that only a clinical trial lasting several years (and probably costing lots of money!) can demonstrate whether humans would benefit from the same treatment.

Like not eating is dangerous for Americans? The key here is to ask if the body is hungry or not.

Ever wonder why you are not hungry when you get sick? It’s because your body needs to focus its resources on fixing the problem, not dealing with the hard work of digestion. This is doubly true with cancer. Cancer cells multiply much faster than healthy cells, which is what makes them so dangerous. If they don’t get continuous nutrition, they die, whereas healthy cells can go into a kind of hibernation until the problem is resolved.

*When cancer cells stop getting nutrition, what occurs is a cascade of events that leads to the creation of damaging free radical molecules, which break down the cancer cells' own DNA and caused their destruction. The starving cancer cell is, in fact, committing cellular suicide.*

The body already knows this of course, and that’s why the hunger feeling is absent. The panic-stricken advice “But you have to eat to keep up your strength!” is just more intellectually-driven overthink that violates natural instinct.

In answering the “problem” of declining weight, we must keep in mind that the only healthy weight is lean tissue – stronger bones, muscles and connective tissues, which only results from lifting weights. Tumors, extra body fat, blood cholesterol, and impacted fecal matter are non-lean tissue, and are used as extra fuel by the body while we fast.

And so if friends or family develop this dangerous affliction, encourage them to trust their feelings, which will tell them to eat little or nothing.