

Was beim Fasten im Körper passiert

Serotonin: Der Botenstoff wird zwischen den Gehirnzellen vermehrt freigesetzt. Dadurch verbessert sich die Stimmung



Leber: Gespeicherter Zucker (Glykogen) wird abgebaut. Danach werden Fettsäuren in Ketonkörper als alternative Energiequelle umgewandelt

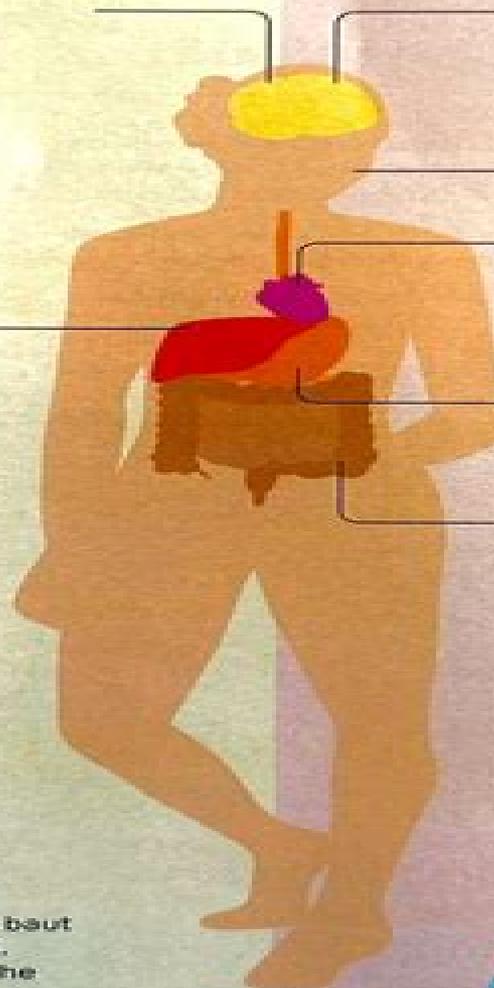
Bauchspeicheldrüse: Muss weniger Insulin produzieren und kann sich erholen

Zelloberfläche: Die Andockstellen (Rezeptoren) für das zuckerregulierende Hormon Insulin an den Zellen reagieren wieder empfindlicher



Fettzellen: Während des Fastens baut der Körper vermehrt Körperfett ab. Vor allem das gesundheitsschädliche Bauchfett verringert sich

Entzündungen: Der Körper produziert weniger Entzündungsbotschaften. Akute Entzündungen, etwa in Gelenken und Muskeln, werden gelindert



Gehirn: Die Bildung neuer Gehirnzellen wird angeregt

Atem: Der Ketonkörper Aceton wird ausgeatmet. Es entsteht ein fruchtig-säuerlicher Geruch

Herz: Puls und Blutdruck sinken

Blut: Cholesterinwerte und Insulinspiegel sinken

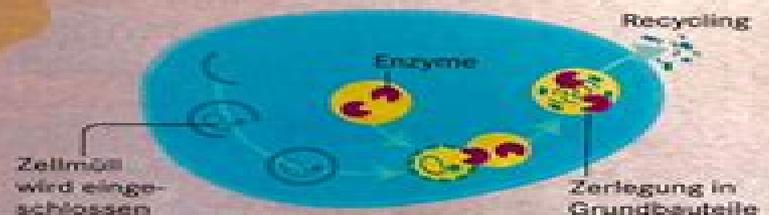
Magen: Der Magen schrumpft, weshalb man nach dem Fasten zunächst schneller satt ist

Darm: Der Darm kommt zur Ruhe. Dennoch werden weiterhin abgestorbene Zellen und Darmbakterien ausgeschieden



Die Vielfalt der Darmbakterien des Mikrobioms nimmt zu

Zellen: Die Autophagie kommt in Gang. Bei diesem Recyclingprozess wird Abfall in der Zelle zerlegt und wiederverwertet



Fasten It

Padhraic Smyth



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