Potential Benefits of Fasting

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Maria Mihaylova, PhD (Former Damon Runyon Fellow ’13–’16), of the Whitehead Institute and MIT’s Koch Institute, Cambridge, has found benefits of intermittent fasting beyond weight loss. The researchers discovered that fasting for 24 hours dramatically improves stem cells’ ability to regenerate in the intestines of aged and young mice. When an injury or infection occurs, stem cells are key to repairing damage. This finding may help patients who suffer from GI infections or cancer patients undergoing chemotherapy. The researchers are now investigating compounds that will mimic the effect of fasting. These findings were published in the journal Cell Stem Cell.

Read more about the study’s findings.

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