

Fasting and weight loss

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From: Roger Lepine (*body_222_at_yahoo.com*)

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Dear experts,

Here's an interesting question for you.

Given: a standard 2000 calorie diet.

Activity: normal office activity, no exercise

Weight: 200 pounds, male.

If a person fasts for, 32–36 hours, say from Thursday night, until Saturday morning,

What can the expected weight loss be for the this time period?

Perhaps 10 glasses of water drunk through this time period.

Remembering my high school science, there is the law of conservation of mass.

Applied to eating, this means, that to gain 10 pounds, you must consume at least 10 pounds of food and water. Obviously, a lot more than 10 pounds, because so much of the food and water is converted to energy, waste, and evaporated through the skin.

With this physics, you cannot eat a few ounces, and gain a few pounds.

Assume all other things being equal.

I know that diet has become a religious war item these days, and I'm not interested in such.

Please don't bother speculating about long term averages, about eating more when you break the fast, etc. Or about exercise, red herrings,

or other variables that are not in the question.

Please also don't bother talking about whether this is advisable or not.

Just the answer please.

Hopefully based on some kind of science or experience, not speculation.

Thanks a lot