

## Re: Fasting and weight loss

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-07/1030.html>

---

**From:** Patricia Heil ([pjayheil\\_at\\_erols.com](mailto:pjayheil_at_erols.com))

**Date:** 07/25/04

Date: Sat, 24 Jul 2004 21:45:25 -0400

Start an exercise program or you won't be healthy no matter how much weight you lose.

"Roger Lepine" <[body\\_222@yahoo.com](mailto:body_222@yahoo.com)> wrote in message news:8f9d5e28.0407240824.5267a31b@posting.google.com...

- > *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*