

# 18-6-72 LIGHT FASTING

The 2016 Nobel Prize  
in Physiology or Medicine

*Mechanisms for Autophagy*





The purpose of  
18-6-72 light fasting

By correct eating  
habits to achieve

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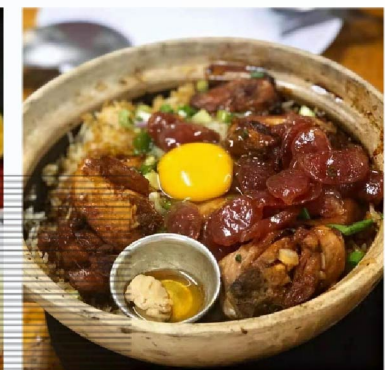
**HEALTH · BEAUTY  
SLIMMING**



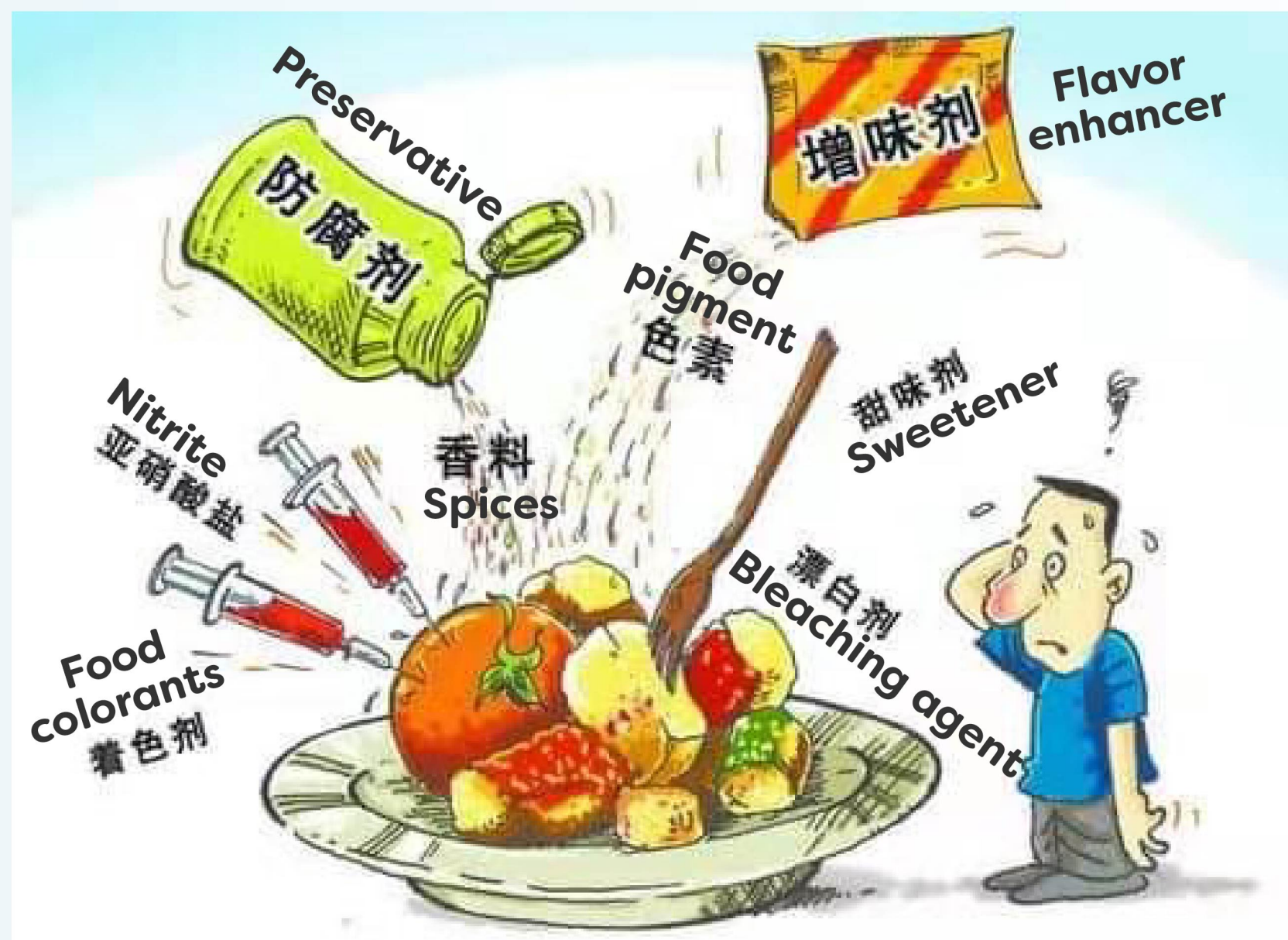


# The temptation of gourmet

We must have a healthy body  
To keep eating unhealthy food





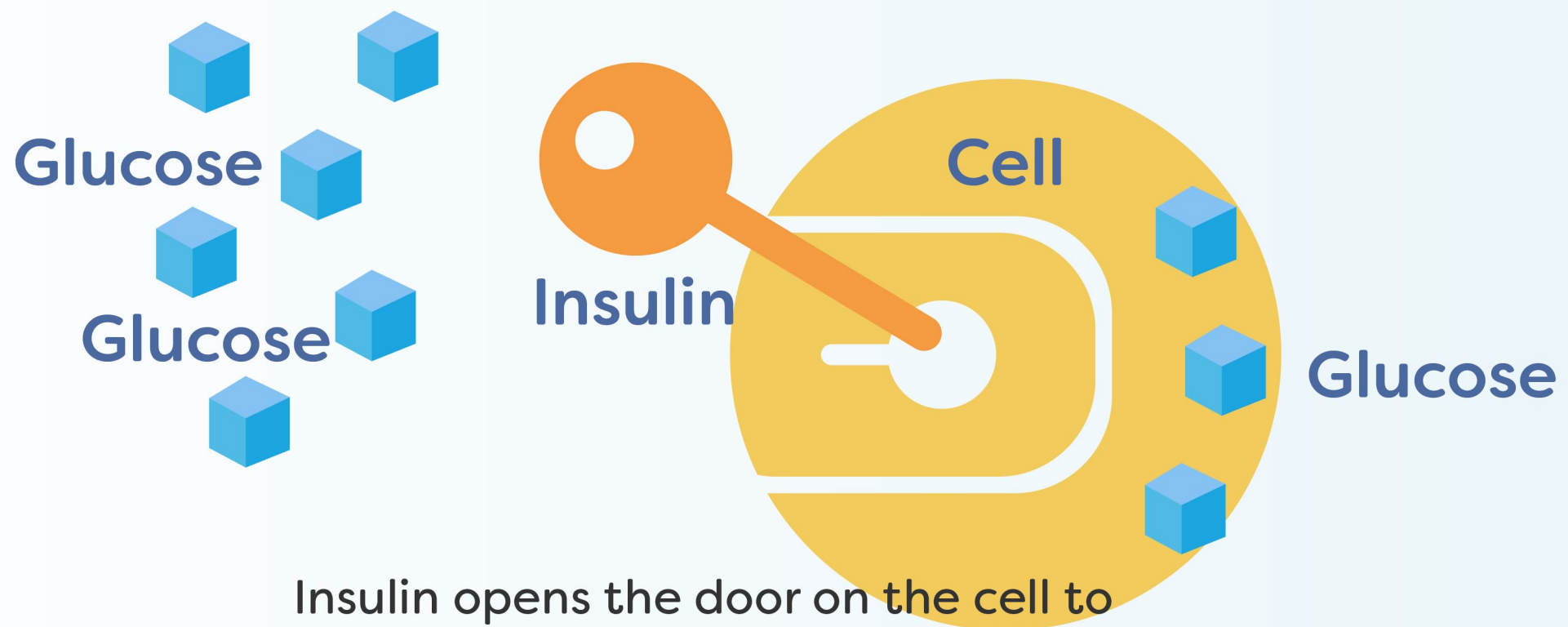




# What is insulin resistance?

Insulin is the only hypoglycemic hormone in the human body. It tells the cell doors to open up to let the glucose in the blood enter the cells, and "burn" in the cells to provide energy for the body. However, sometimes this mechanism will suddenly malfunction and glucose unable to enter the cells and accumulate in the bloodstream. Blood sugar is not lowering even the body secretes more insulin. This is the phenomenon of "insulin resistance".

## The role of insulin

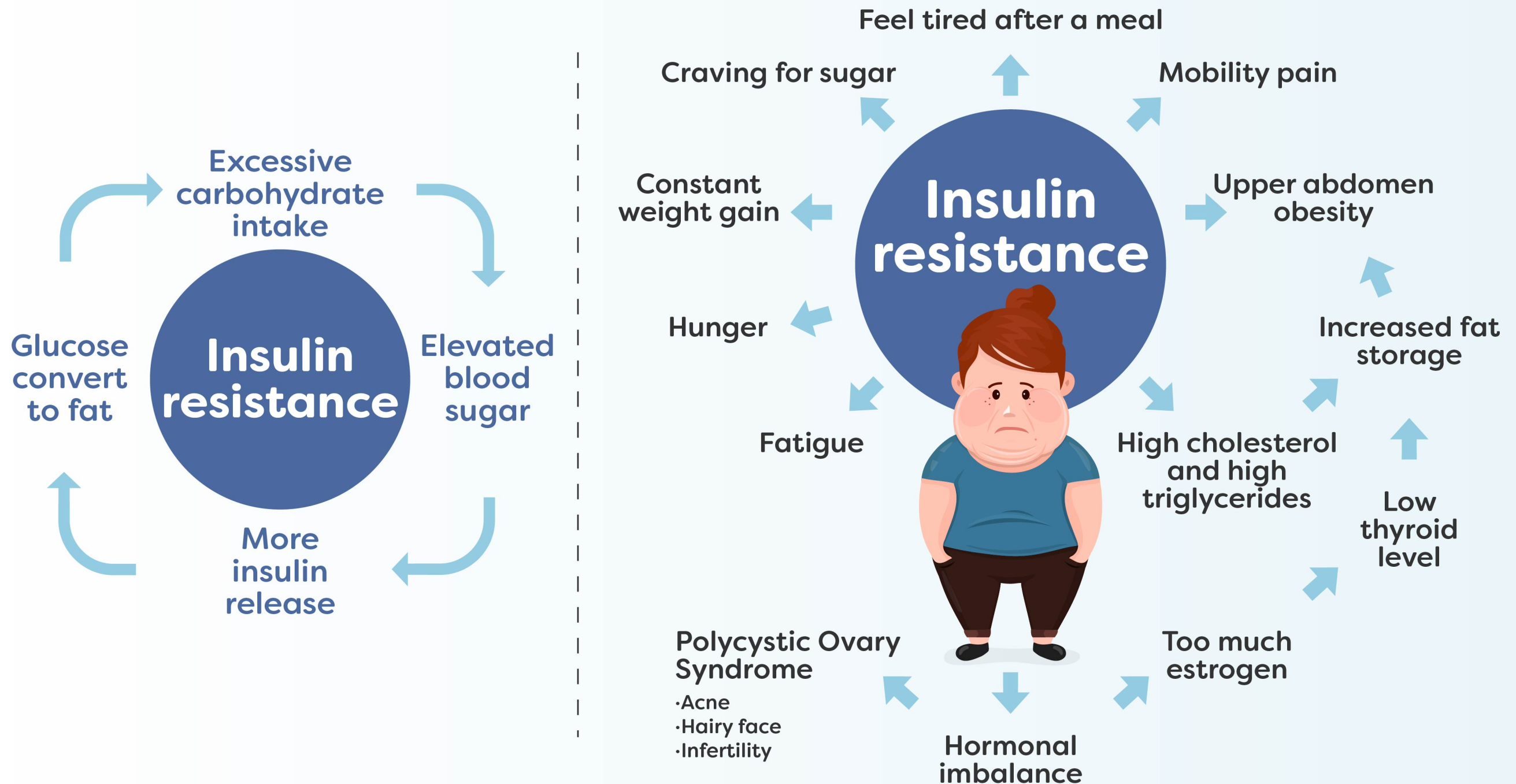


Insulin opens the door on the cell to allow glucose in the blood to enter the cell



# Insulin resistance

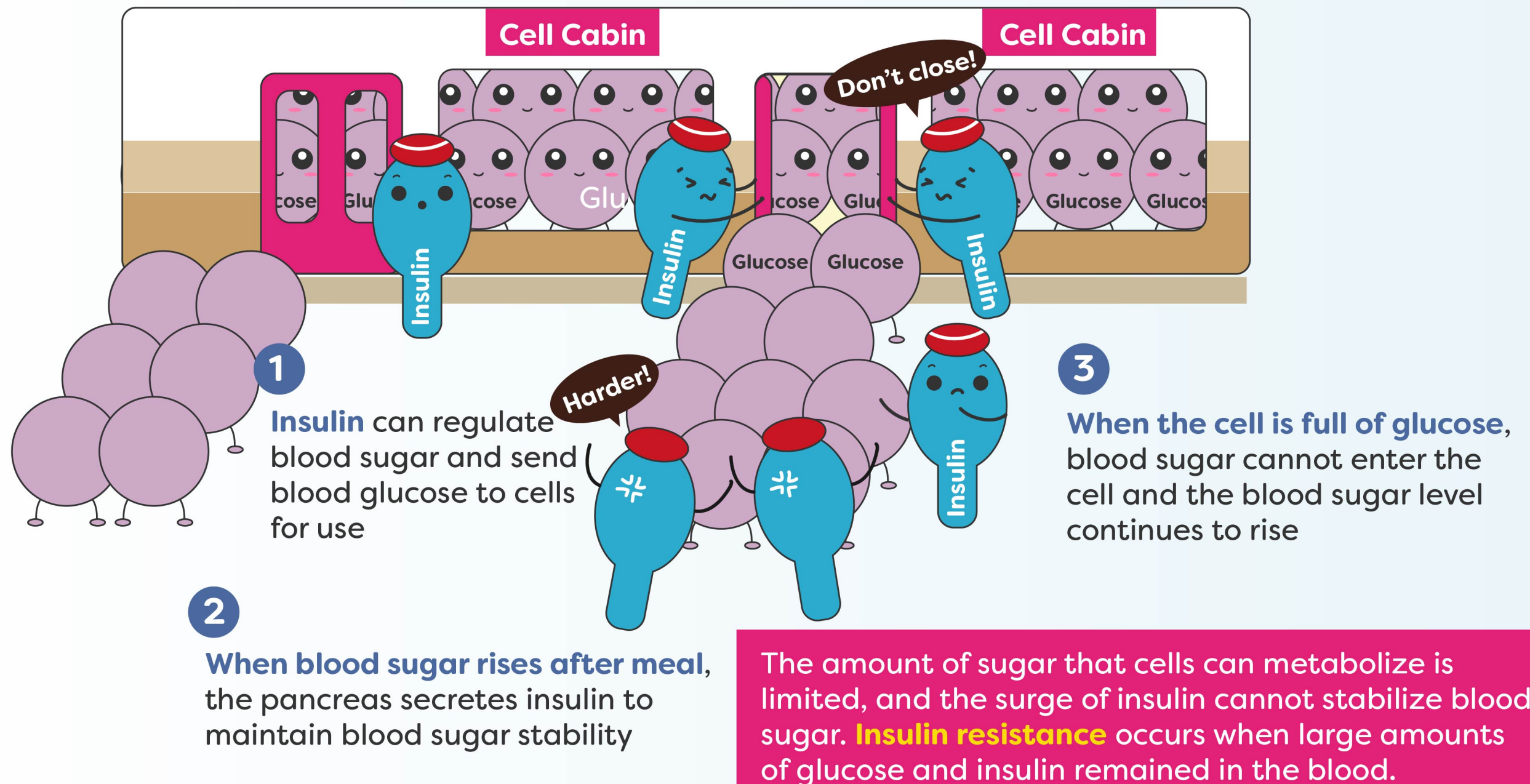
[Insulin resistance] is a metabolic disease, caused entirely by unhealthy eating habits and lifestyle, which is, **eating too much sugar**.





# Why does insulin resistance occur?

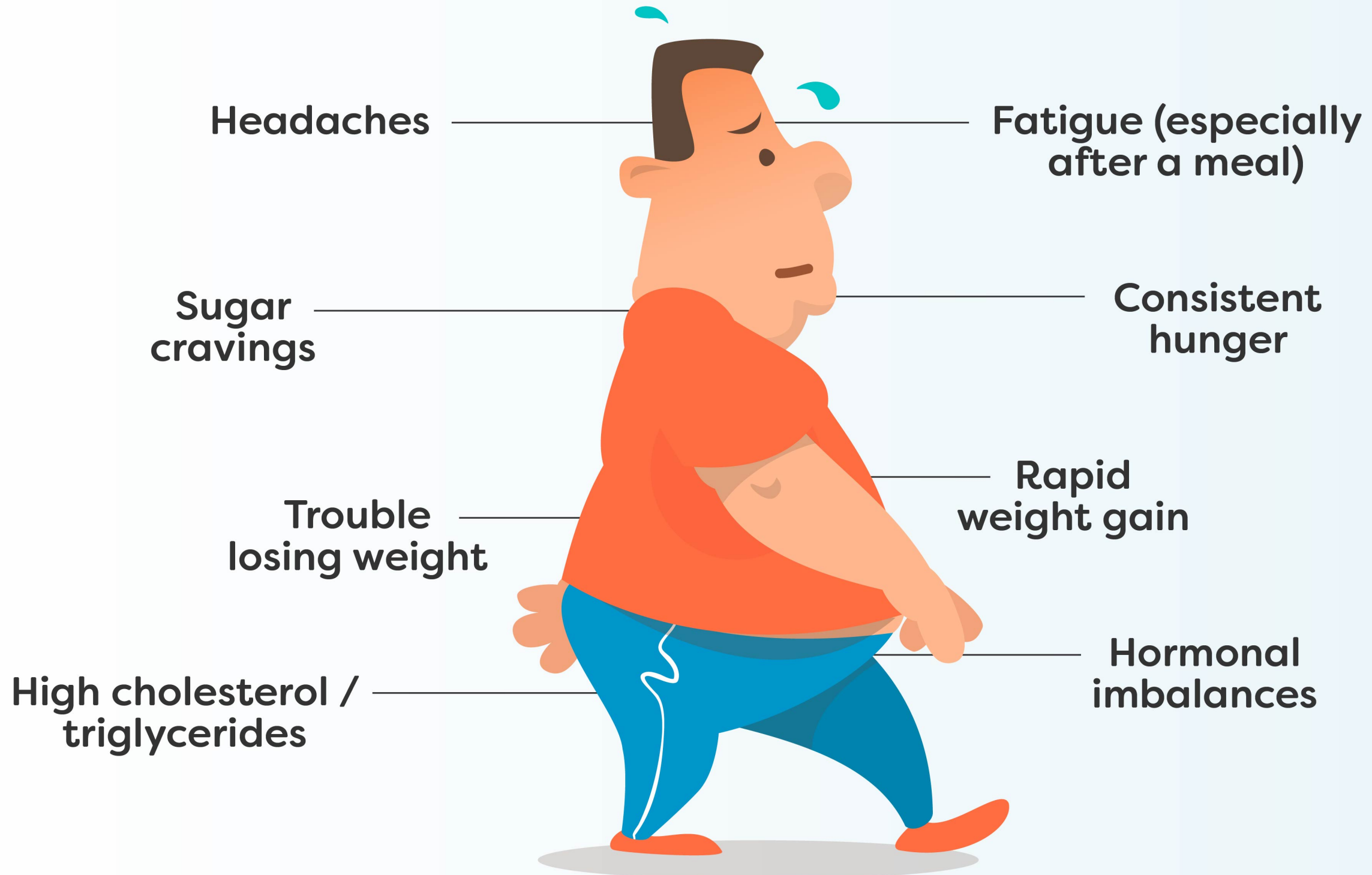
Insulin resistance means that the effect of impaired biologic response of insulin. The causes of insulin resistance are relatively complex, mainly including genetic factors and environmental factors. Genetic factors include **genetic defects and gene mutations**, while environmental factors include acquired behaviors such as **obesity, smoking, and lack of exercise**.





# How can i tell if i am insulin resistant?

Insulin resistance is the inability to efficiently move glucose from the blood into the cells, the **potential signs of insulin resistance are:**





# Characteristics of insulin resistance symptoms

People who have symptoms of insulin resistance are usually accompanied by **obesity, hyperglycemia, hyperinsulinemia, and even have pathological presentation of hypertension, hyperuricemia, and dyslipidemia.** These symptoms usually appear together and are called "insulin resistance syndrome".

Especially when a person is overweight, the body cells are less sensitive to insulin released from the pancreas. Relevant studies have confirmed that adipocytes are more resistant to insulin resistance than muscle cells. If a person has more adipocytes than muscle cells, then insulin becomes less useful.



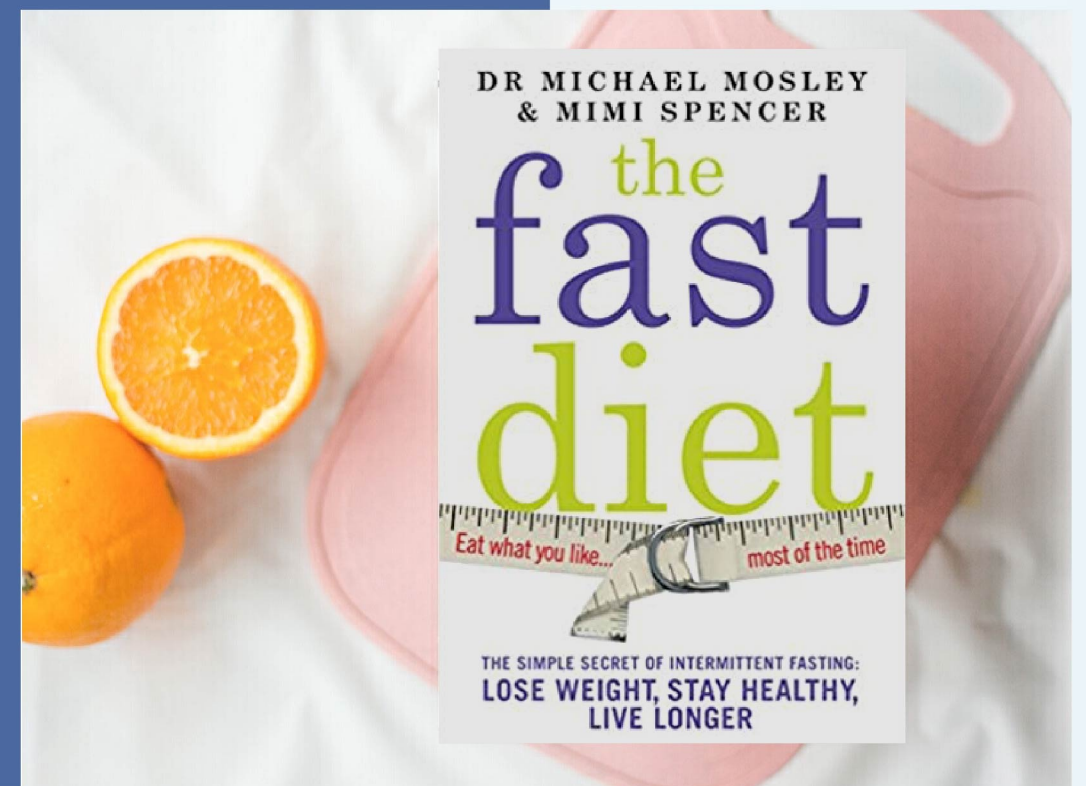


# What is light fasting?

Light fasting is currently one of the world's most popular health and fitness trends. Light fasting, also known as light energy restriction, is an eating pattern that cycle between voluntary fasting and non-fasting over a given period. Light fasting is not a 'starvation' diet in the conventional sense but more accurately described as a pattern of eating, a lifestyle change that can train yourself to become more disciplined, resist temptation thus shaking off emotional eating habits.

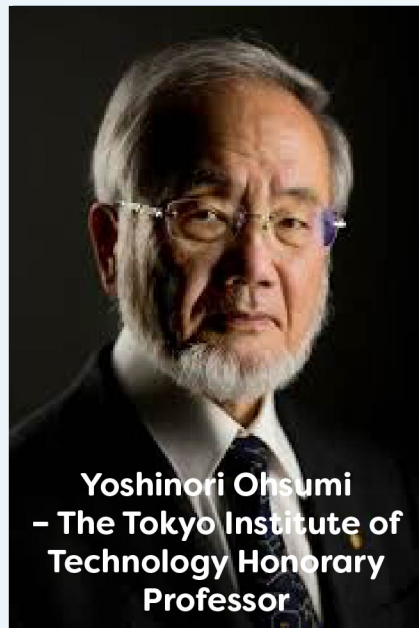
**Several studies have confirmed that light fasting has health benefits such as weight loss, improve blood circulation, blood sugar control, reduce “bad” cholesterol LDL, prevent Alzheimer's disease, relief negative emotions and reduce the risk of cancer.**

In year 2012, BBC has based on the experience of British journalist and physician Dr Michael Mosley, and 600 people who practiced light fasting, filming it for a BBC documentary called “<<Eat, Fast and Live Longer>>”, which get extremely high ratings. Dr Michael Mosley then published the book “The Fast Diet”, which is one of the European and American celebrities’ favorites. Light fasting has become a fashion trend across Europe and the United States, and 600 million people around the world were influenced by this trend.





# Principles of autophagy



Yoshinori Ohsumi, a Japanese cell biologist, has won the 2016 Nobel Prize for physiology or medicine for his discoveries on the mechanism of Autophagy, a process whereby cells essentially eat themselves.



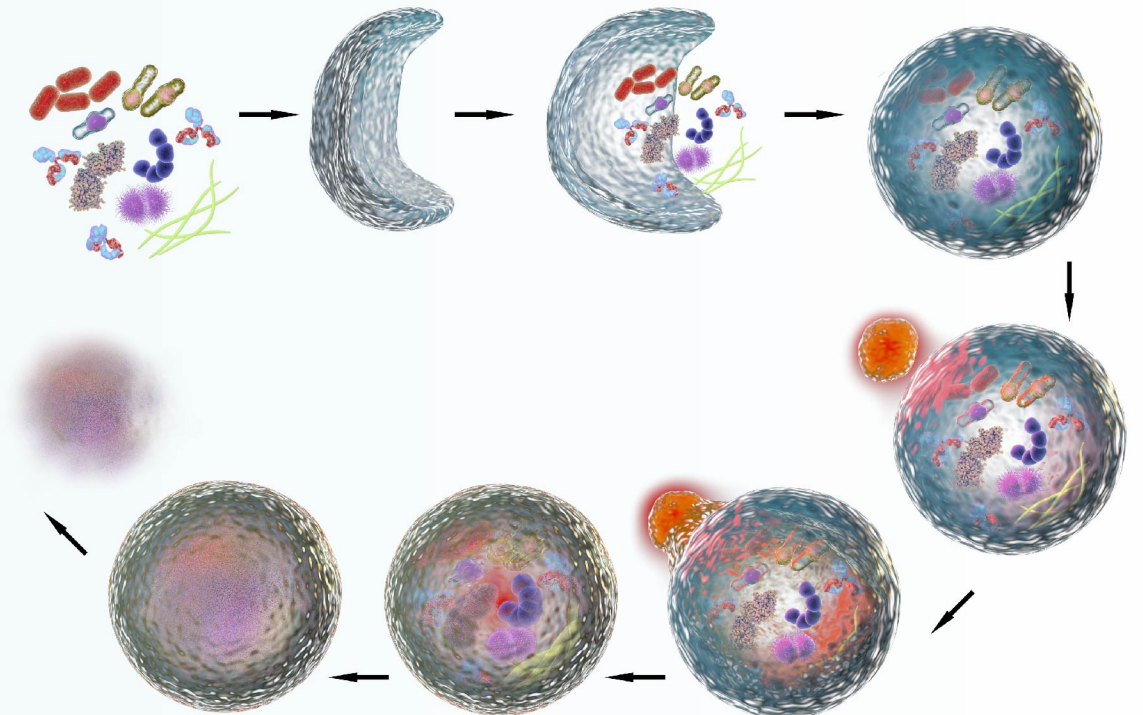
**Starvation induces autophagy  
("Self-Eating Cell")!  
Fasting activates  
"Self-Eating"!**

## Process of Autophagy

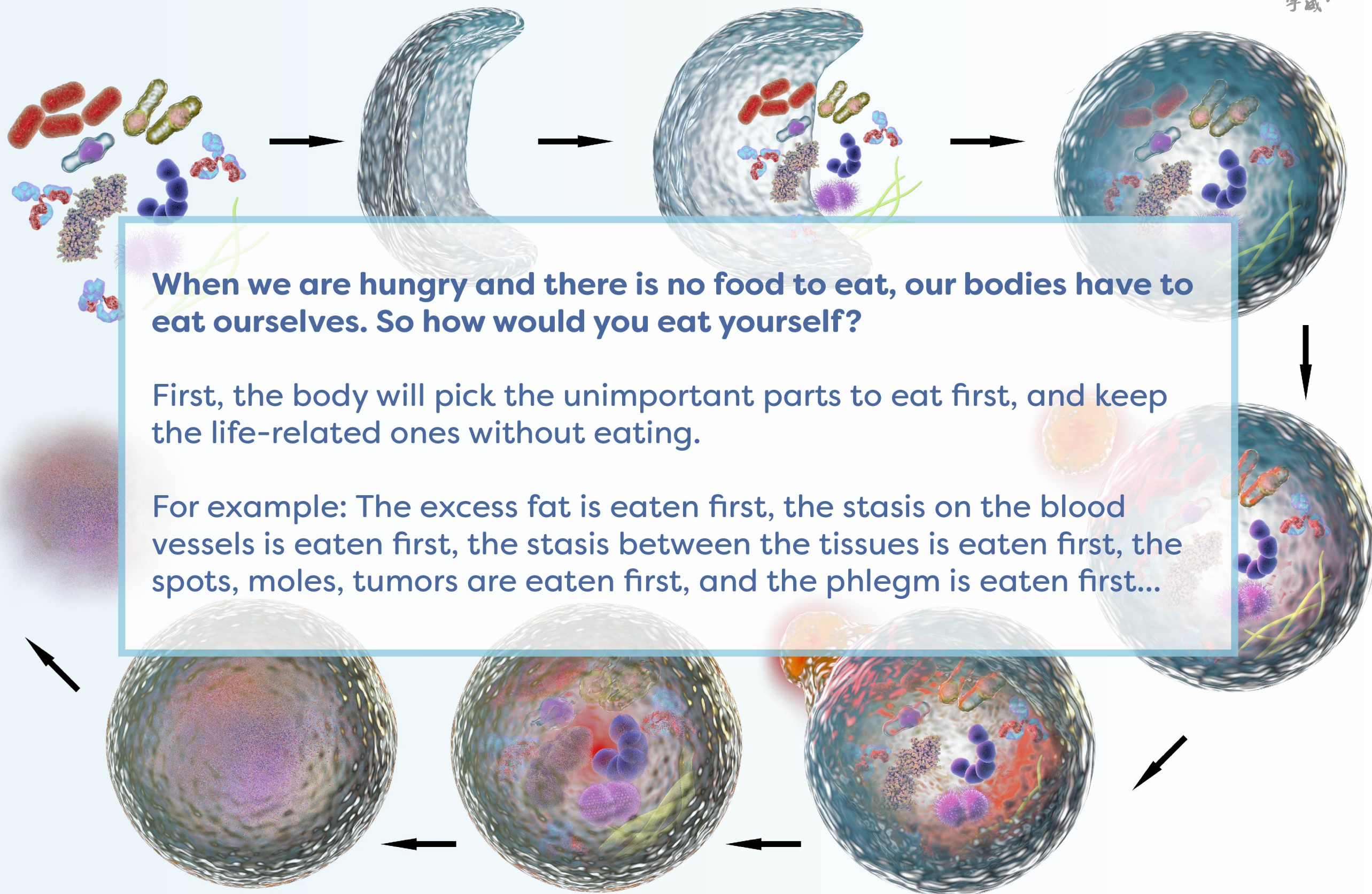
During starvation, cells self eating and get rid of unnecessary organelles and use them for energy.

## Mechanisms Underlying Autophagy

- > A fundamental process for degrading and recycling cellular components.
- > Autophagy can rapidly provide fuel for energy and building blocks for renewal of cellular components.
- > Autophagy degrade and eliminate intracellular pathogen (eg. virus) and/or toxins









# What is autophagy?



Autophagy means that when cells are induced by various stress signals, or under starvation status, soluble proteins and some organelles in the cytoplasm are degraded into amino acids for energy supply and biosynthesis. This is the long-term evolution of eukaryotic cells forming a self-protection mechanism.

What is the role of autophagy? Autophagy has a housekeeping function, removing denatured or misfolded proteins, aging or damaged organelles, etc., which is conducive to the maintenance of cell homeostasis.

Autophagy is mainly to remove damaged cell structures, senescent organelles, and biological macromolecules that are no longer needed in cells. At time of digestion, autophagy also provides raw materials for the construction of intracellular organelles, namely the recycling of cell structure.

Many cellular activities are carried out in the cytoplasm. Due to complex physiological and biochemical reactions, a large number of residues are often produced, which affects or even stagnates cell activities.

In this case, autophagy play a very important role to remove the protein and other metabolic residues that have accumulated in the cytoplasm and restore normal cellular activity.



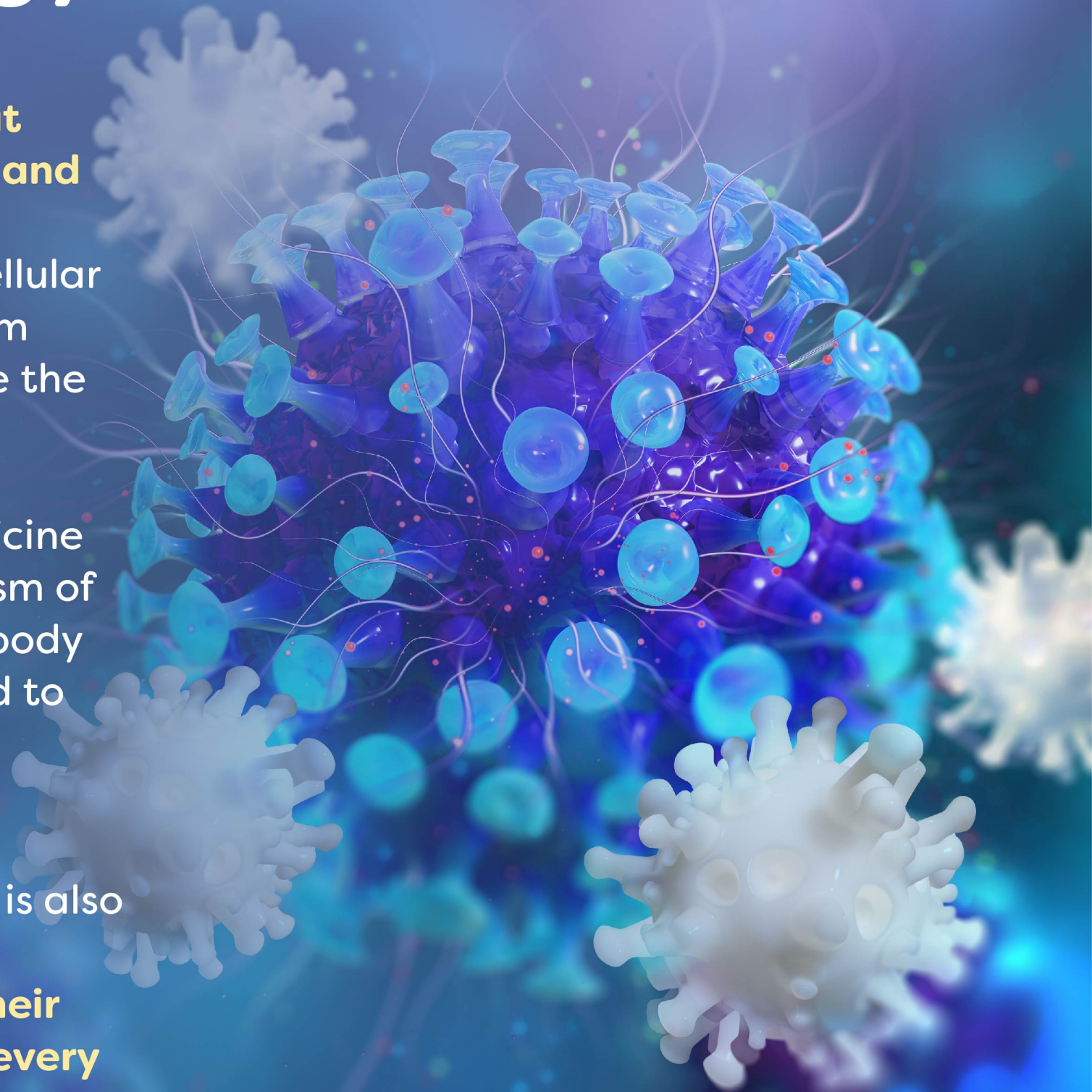


# What is autophagy?

Cell biologists have also discovered that **autophagy can protect against viruses and bacteria attacks**. Any foreign body or microorganism that escapes the extracellular immune system and enters the cytoplasm through the cell membrane may become the target of the autophagy system.

Before the discovery of autophagy, medicine could not explain the effective mechanism of starvation diet to stimulate the human body function, and could only vaguely referred to stimulate potential.

Now we know that starvation not only consumes a lot of excess fat (cholesterol is also a type of fat), but also stimulates the autophagy of human cells. **Cells “eat” their own bad parts and even viruses, make every cell healthier, hence makes the human body healthier.**





# Autophagy

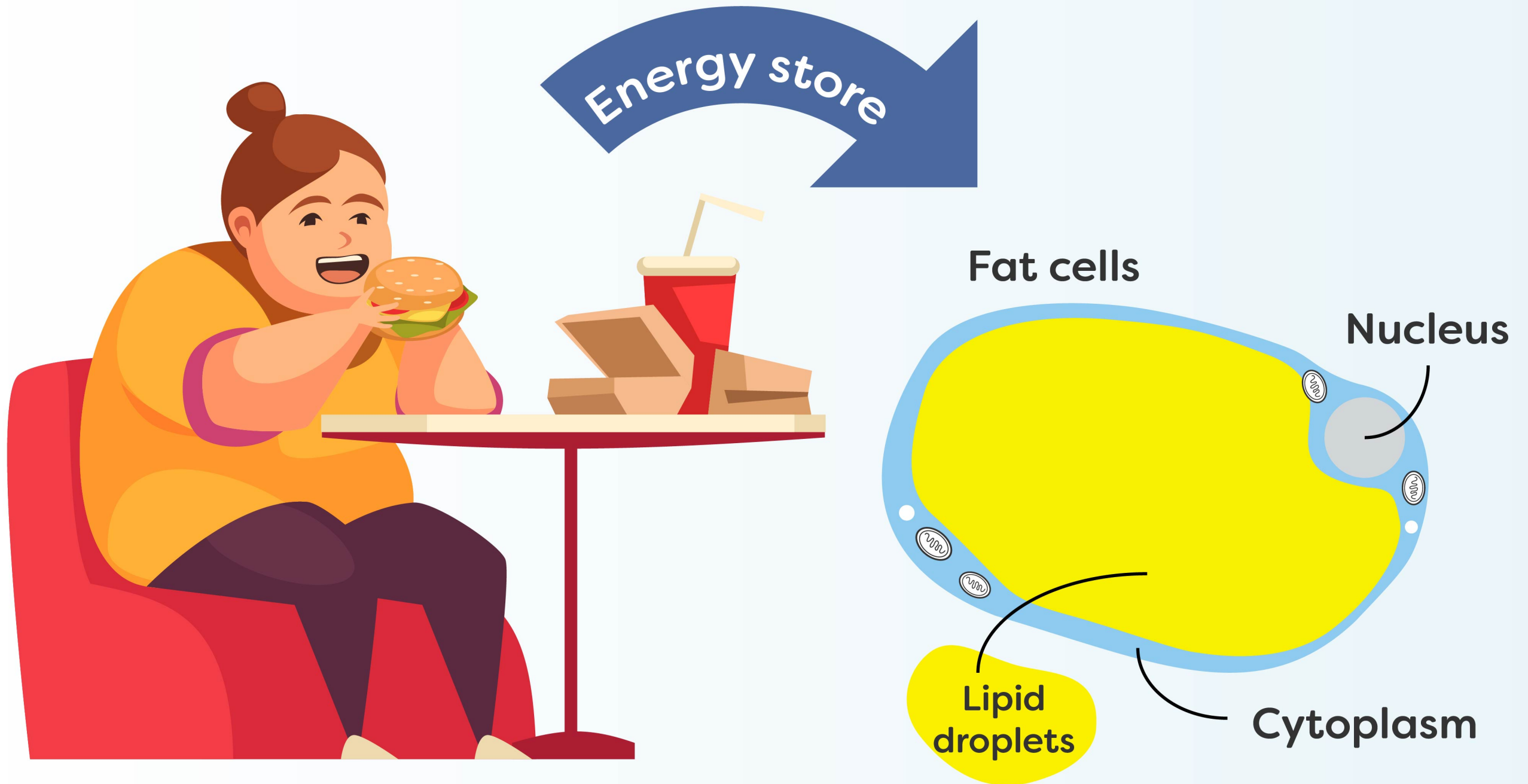
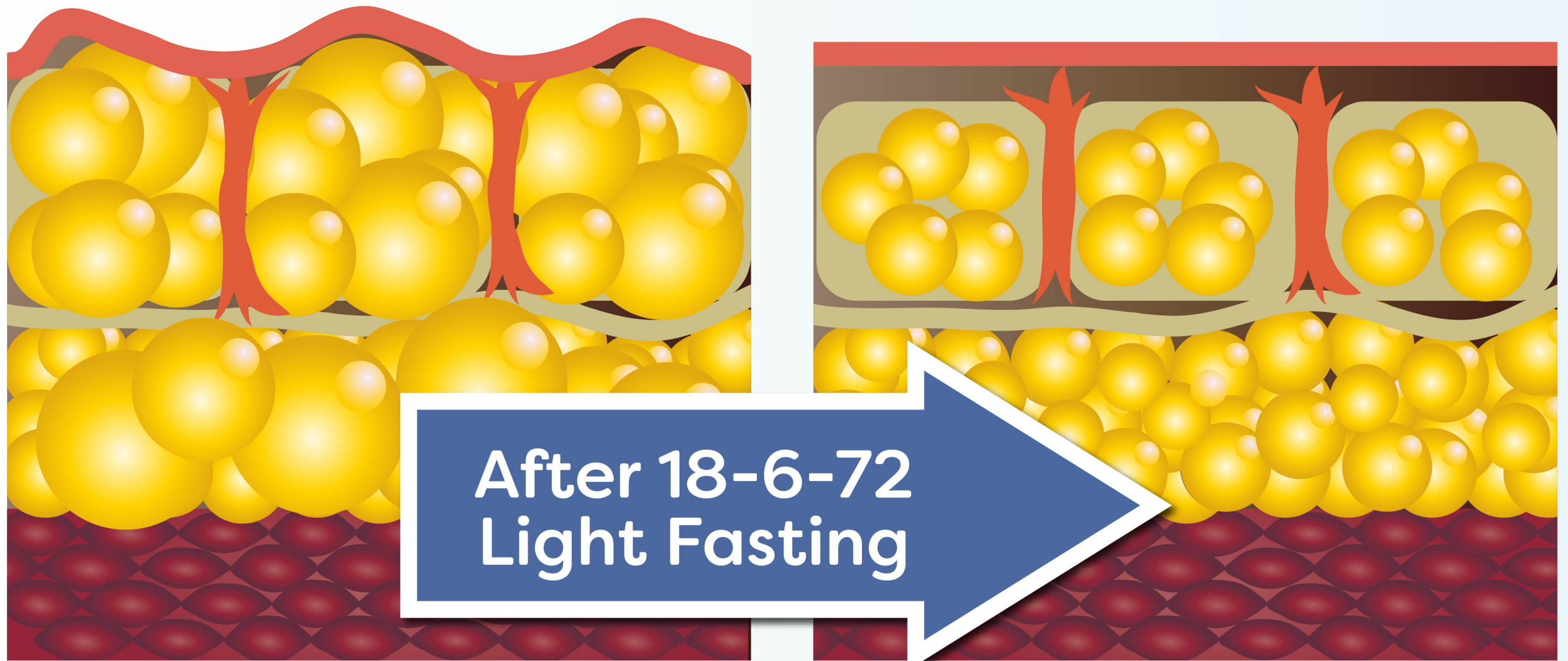


Illustration: The food that we eat is digested and absorbed, and the extra energy is stored in "lipid droplets" in fat cells



# Autophagy pathway



Fat cell expand and enlarge

Fat cells shrink in size



# What is 18-6-72 light fasting?

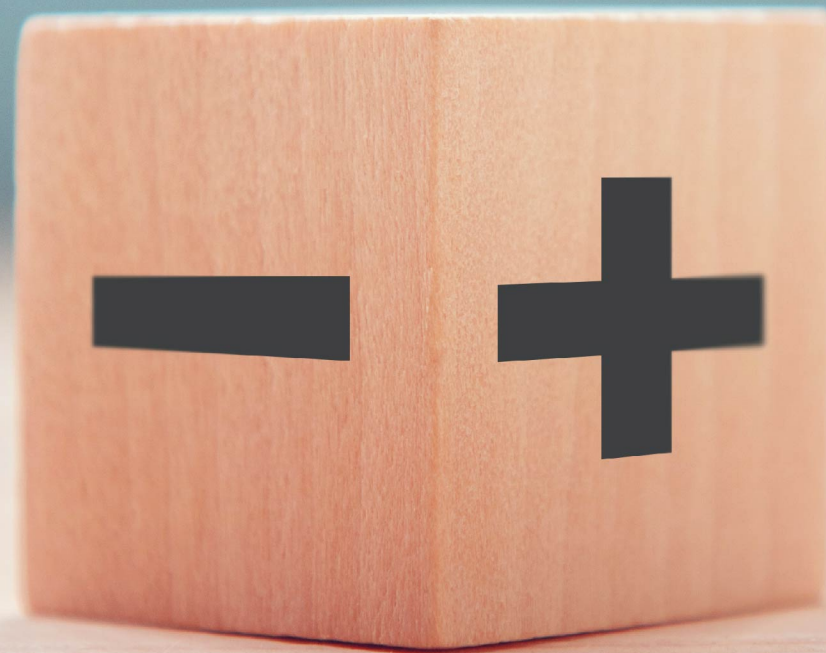


Based on the principle of light fasting, it helps the body to **activate self-healing, activates autophagy, reduce insulin resistance, clearing and activating the channels and collaterals, reduces congestion, burns fat, improves waist-to-height ratio (WHtR) and promotes all-round immunity**, give the body a nice housekeeping in four days.

**The purpose of 18-6-72 light fasting:**

**REDUCE**

Calories  
Toxin  
Fat  
Discomfort  
Clogging



**ADD**

Nutrition  
Metabolism  
Repair  
Defense  
Vitality



# How many days does it take to perform 18-6-72 light fasting?



18 - 6 - 72

## 18 hours of light fasting a day

8am-2pm: Activate autophagy  
2pm-8pm: Activate autophagy  
8pm-2am: Activate self-healing

## Eat every 6 hours

8am: Meal  
2pm: Meal  
8pm: Meal

## Schedule 4 days and 72 hours





# How to do 18-6-72 light fasting?



Follow the 18-6-72  
light fasting  
schedules



Avoid food that  
has been pan fried,  
deep fried,  
smoked, or grilled  
cannot at all  
during the fasting



Minimize use of  
bad oil, sugar and  
salt during the  
fasting



The total intake of  
drinking water per  
day must exceed  
3000cc



The first day is the  
most difficult to  
overcome, so be  
sure to hang on

The following categories are not encouraged to proceed light fasting.  
Please consult your doctor before trying light fasting.

- 1/ Seriously ill patients
- 2/ Cancer patients
- 3/ Those whose stomach cannot be hungry
- 4/ Individual with severe gastric pain
- 5/ Individual with allergies
- 6/ Patients with kidney disease
- 7/ Patients with skin diseases
- 8/ AIDS patients
- 9/ Individual with mental illness
- 10/ Individual with severe hypoglycemia
- 11/ Patient with anemias especially with Thalassemia trait
- 12/ Patient with lupus erythematosus (eg. SLE,DLE)
- 13/ Those who is menstruating (on period)
- 14/ Those taking antibiotics
- 15/ Pregnant, lactating mothers
- 16/ Individual with heart failure, arrhythmia
- 17/ Two months before and after surgery
- 18/ Patients with Type 1 Diabetes
- 19/ Patient with severe vascular obstruction
- 20/ Those who do not believe in light fasting, those who are a very suspicious person
- 21/ Please consult a nutritionist if you are taking blood sugar medication, blood pressure medication or lipid-lowering medication
- 22/ Those over 70 years old are recommended to consult a doctor or related persons



# Reduce food period

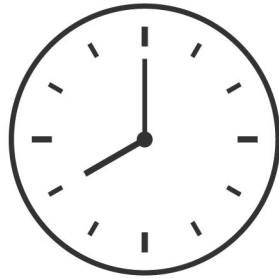


- 1/ 4 days **before** the 18-6-72 light fasting, you are encouraged to do the following as much as possible:
  - a. Reduce food portion
  - b. Reduce pan fried, deep fried, smoked, or grilled food
  - c. Reduce spicy food
  - d. Less bad oil, less sugar, less salt
- 2/ Try to eat light food / bland diet
- 3/ Avoid eating after 10pm





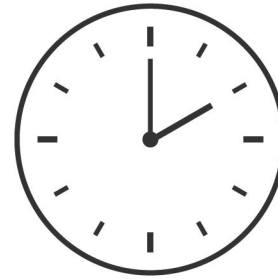
# 18-6-72 light fasting schedule



8:00am



**\*Inchawel (Men) for both male & female**



2:00pm



**\*For the first time participant, if you are too hungry, you can add green apples, hard-boiled eggs, nuts or oatmeal**  
**Inchawel (Ladies) for female**  
**Inchawel (Men) for male**



8:00pm



**For patients with type 2 diabetes, insomnia, and female hormonal imbalance, you can replace the InchaOil with Rich at 8pm**

## Remarks:

- 1/ If you feel hungry, you can choose to eat some food at 2pm. The most critical is at 8pm. The less you eat, the more effective the body's self-healing can be activated. However, don't push yourself too hard. If you are too hungry and can't stand it, you can also eat other foods. Take your time. If this time unsuccessful, we can try again next time.
- 2/ Individual with diabetes, especially those who are taking blood sugar control medications and insulin injections, must always consult a nutritionist for advice to avoid low blood sugar.



# 18-6-72 light fasting schedule



## Diet Period

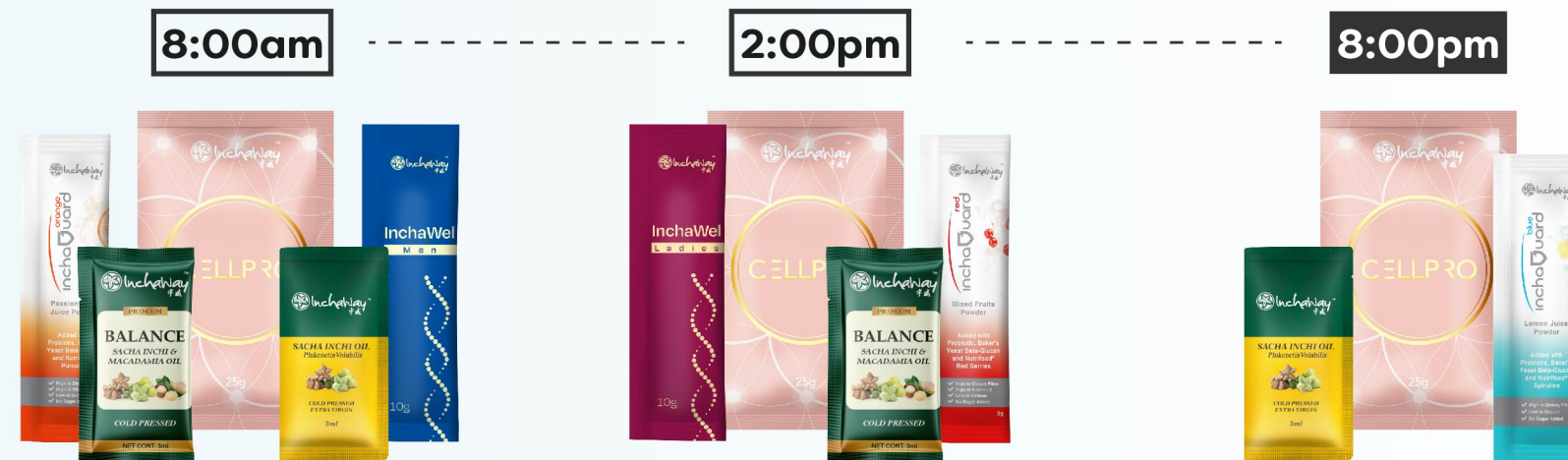
2/3/2021  
3/3/2021  
4/3/2021  
5/3/2021

「4 days **before** light fasting」

*\*Avoid eating pan fried, deep fried, smoked, or grilled food.  
Less sugar, less salt, avoid eating after 10pm.*

## Light Fasting

6/3/2021  
7/3/2021  
8/3/2021  
9/3/2021



## Refeeding Period

10/3/2021  
11/3/2021  
12/3/2021  
13/3/2021

「4 days **after** light fasting」

*\*Avoid eating pan fried, deep fried, smoked, or grilled food.  
Less sugar, less salt, avoid eating after 10pm.*

*\*Soup, tofu, vegetables, fruits, try consume mainly light food / bland diet.*



# Refeeding period

- 1/ 4 days **after** the 18-6-72 light fasting, you are encouraged to do the following as much as possible:
  - a. Reduce food portion
  - b. Reduce pan fried, deep fried, smoked, or grilled food
  - c. Reduce spicy food
  - d. Less bad oil, less sugar, less salt
- 2/ Try to eat light food / bland diet
- 3/ Avoid eating after 10pm

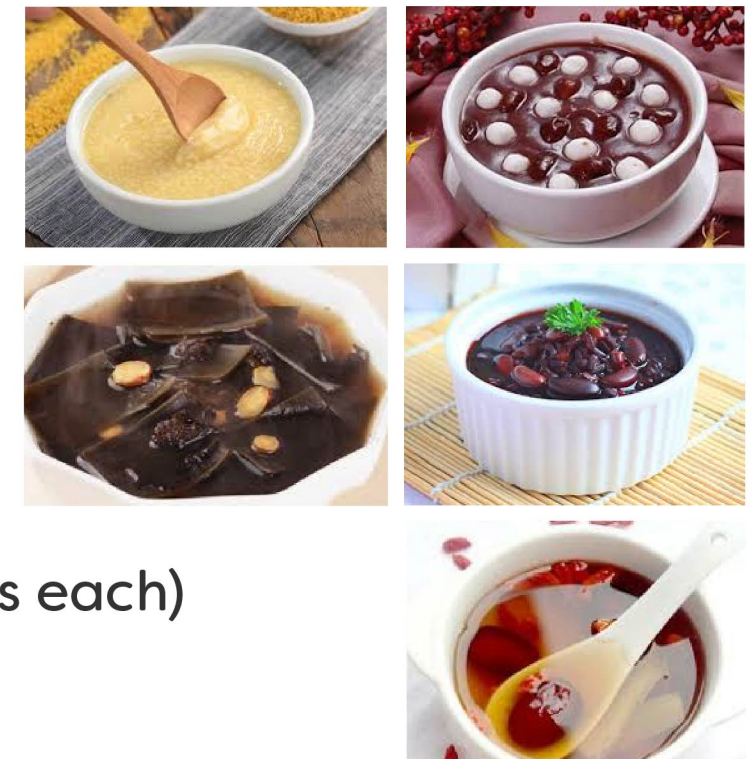
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## **Vomiting, abdominal discomfort:**

Pause light fasting, you can drink **millet porridge** to warm your stomach

**Stomach upset:** You can drink **red bean lotus soup** or **seaweed ginger soup**

**Dizziness:** You can drink **congee soup** (method: 15 gram of black rice + red beans + barley + red dates each) or **brown sugar ginger soup** (method: 15 gram of brown sugar + 3 slices of ginger)





# The discomforts & comforts during the 18-6-72 light fasting

## Discomforts



- 1/ On the first day, you will feel very hungry and have a strong desire to eat
- 2/ If you can survive the first day, your hunger will decrease
- 3/ Those who are doing it for the first time will feel:
  - Dizziness or headache
  - Physical weakness / fatigue
  - Pain and itching may appear around the body
  - Bad breath
  - Meat lover whose blood tends to be acidic will have constipation
  - Those with greasy scalp will have signs of hair loss
  - Mood swings / Emotions will fluctuate

## Comforts



- 1/ On the fifth day, you will feel:
  - ✓ Body becomes lighter
  - ✓ Body Weight has improved
  - ✓ Energy and positive spirit
  - ✓ Various physical health indicators have improved
  - ✓ Improvement of mind
  - ✓ Improved gastrointestinal digestion
  - ✓ Skin color has improved