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The Impact of Fasting on Human Health: Which Is the Current Evidence?

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Message from the Guest Editors

Dear Colleagues,

In the last few decades, the topic of fasting has attracted considerable interest from researchers and scholars. An emerging body of literature is showing the beneficial effects of fasting on human health, both in terms of molecular and cellular mechanisms (using in vitro experimentation and animal models) and clinical outcomes. Different fasting regimens and protocols exist, including a periodic diet, caloric or dietary restriction, dietary manipulation, intermittent/time-restricted circadian fasting, and short-term and prolonged fasting. However, from a methodological standpoint, scientific evidence, and a comparison of the effectiveness of the different fasting regimens, is still missing. Therefore, original investigations and studies on humans, especially randomized clinical trials, are especially welcome in this Special Issue. High-quality reviews, with a focus on systematic reviews and meta-analyses, will be appreciated as well.

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Special Issue



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