

## NEWS HEALTH

## The power of intermittent fasting



Michael Mosley fasted for two days every week

**Scientists are uncovering evidence that short periods of fasting, if properly controlled, could achieve a number of health benefits, as well as potentially helping the overweight, as Michael Mosley discovered.**

I'd always thought of fasting as something unpleasant, with no obvious long term benefits. So when I was asked to make a documentary that would involve me going without food, I was not keen as I was sure I would not enjoy it.

But the Horizon editor assured me there was great new science and that I might see some dramatic improvements to my body. So, of course, I said, "yes".

I am not strong-willed enough to diet over the long term, but I am extremely interested in the reasons why eating less might lead to increased life span, particularly as scientists think it may be possible to get the benefits without the pain.

How you age is powerfully shaped by your genes. But there's not much you can do about that.

Calorie restriction, eating well but not much, is one of the few things that has been shown to extend life expectancy, at least in animals. We've known since the 1930s that mice put on a low-calorie, nutrient-rich diet live far longer. There is **mounting evidence** that the same is true in monkeys.

### Growth hormone

The world record for extending life expectancy in a mammal is held by a new type of mouse which can expect to live an extra 40%, equivalent to a human living to 120 or even longer.

### Find out more



- Michael Mosley presents **Horizon: Eat, Fast and Live Longer** on BBC Two at 21:00 BST on Monday 6 August