

# 148 IF Edited

Sat, Jul 13, 2024 11:28AM 22:11

## SUMMARY KEYWORDS

fasting, intermittent fasting, bodies, god, bdnf, episode, increased, benefits, stress, minds, mental clarity, anti aging effects, aligning, talk, enhanced, short term, verses, ability, designed, ketosis

## SPEAKERS

David Sandstrom

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### David Sandstrom 00:04

Hello Natural Nation. What we're going to be talking about today is one simple lifestyle habit. That could be the key to unlocking increased energy and vitality, better moods, more mental clarity, and even a longer life. Want to know what that habit is? It's intermittent fasting. That's right Natural Nation. The ancient practice of intermittent fasting isn't just a trend. It's a powerful tool that God designed into our very biology, and it can help us achieve the abundant life Jesus promised. The reason why most diets don't work is because they're not in alignment with our natural design. We maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. Now, God designed our bodies to take a break from food now in that when we do, it has tremendous health benefits. There are very few lifestyle habits that are as far reaching as intermittent fasting. Intermittent Fasting is holistic, because it benefits all three parts of who and what we are. It'll strengthen our spirit, it will fortify our mental emotional cognition, and it will promote physical vitality all at the same time. Natural Nation. This is huge. Since we want to age gracefully, live abundantly and be thoroughly equipped for every good work, we need to explore the world of intermittent fasting.

### David Sandstrom 01:35

Hey, Dave Sandstrom here, I'm starting something new and I need your help. I'm going to be doing lifestyle audit episodes. Would you like to be on the show with me? You tell me what your pain point is, in all offer my advice, there is no charge, you'll be helping me create some great content for the show. When you're done listening to this episode, go to [ChristianHealthyLifestyle.com/audit](https://ChristianHealthyLifestyle.com/audit) answer a few questions, and you'll be good to go. I look forward to hearing from you.

### David Sandstrom 02:05

This is part one of a two part series on intermittent fasting. In this episode, we're going to cover the why we're going to talk about the benefits to intermittent fasting. And once we understand the benefits, and there are many. In the next episode in part two, we're going to cover the how.

Now for most of human history, by necessity, people fasted on a regular basis. If you're going to eat you need to know some both farming and raising animals and growing produce. Otherwise, you went hungry. refrigerators and a grocery store in every corner are relatively modern inventions. They were unheard of, for most of human history. So abstaining from food for a period of time is built into our physiology. We are truly fearfully and wonderfully made. God designed our bodies to be capable of using two different sources of fuel to make energy out of now is it okay if I put my geek hat on for a little bit,? I promise it won't be long, but I really kind of need to lay the foundation here. Now our bodies prefer carbohydrates to make energy out of because it's a simpler process. And it's easier to convert carbs from the food we eat into glucose or blood sugar that's used by our cells to make energy. Now, our bodies can also burn fat for fuel and glucose store deliver is in the form of glycogen. And when our bodies run low on blood sugar, the hormone glucagon is released. Now glucagon has the opposite effect of insulin. Insulin helps keep our blood sugar from getting too high. And glucagon helps keep our blood sugar from getting too low. When our blood sugar or glucose is low. Glucagon tells our bodies to convert glycogen stored in the liver back into glucose for energy. That's a process called gluconeogenesis. Now, glucagon also stimulates glucose production from amino acid molecules. That's from proteins. But that's kind of a side effect here. That process is known as gluconeogenesis. Now, when the glycogen reserves and liver are used up, the liver will produce a chemical compound known as ketones. Ketones are energy molecules created in liver from the breakdown of fats. We call that ketosis. ketones can be used by all our cells for energy, and they're especially good for brain function. Now, ketosis doesn't happen until the glycogen reserves in the liver are all used up. And that'll happen after about 14 hours of fasting. Now that depends on our activity level and our metabolic individuality. There's varying degrees of how long that's going to take. Generally speaking, it takes about 14 hours to run out of glycogen reserves in the liver, in the body has to start converting fat into fuel. So that's God's way of keeping us alive during extended times without carbs. It's our bodies. A backup energy system, and it is a stressful event. As a result, I don't recommend being in ketosis for long periods of time. There are problems associated with that. But that's a discussion for another episode. When it comes to stress, we're designed to push into stress temporarily, and then move back into a restful state. That's God's design. So our physiology tells us that we are capable of fasting for even long periods of time. And the Bible tells us that we should be fasting. Fasting is a solidly biblical concept. It's not radical Christianity to fast. It's basic Christianity. In Matthew chapter six, verse 16, we see Jesus saying this, but when you fast, he didn't say if you fast, or he didn't say when some people fast or when the spiritual elites fast, he said, When you fast. That's everyone. That's, that includes you and me. Alright, so this is a message for for everybody. So what do we mean by fasting? All fast or intermittent, right? No one abstains from food permanently unless they're dead. We're talking about people that are alive here. I like to refer to this lifestyle habit as short term or long term fasting. In the next episode, we're gonna be talking about the different kinds of fasting. For now, let's just refer to them as short term and long term fasts. Short-term fast is less than 24 hours, and long-term fast is 24 hours or longer.

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### David Sandstrom 06:37

Now, fasting has benefit for our spiritual strength, our mental emotional fortitude, and our physical vitality. Let's break these down one at a time. on a spiritual level. Fasting can be used for spiritual preparation. And the most famous fast in the Bible is when Jesus fasted for 40 days and 40 nights in the wilderness, when he was preparing to start his ministry. In Matthew chapter four verses one and two, we see this, then Jesus was lit up by the Spirit into the wilderness to be tempted by the devil. And after he had fasted 40 days and 40 nights, he then

became hungry, yeah I'll bet He was. Then later on in Matthew chapter four, after being tempted by Satan, and emerging victorious, Jesus begins His earthly ministry. So he used that period of fasting as preparation for His ministry. Another example of spiritual preparation was the new church in the book of Acts. We see this in chapter 13, verses two and three, while they were ministering to the Lord and fasting, the Holy Spirit said, set apart for me Barnabas and Saul for the work to which I have called them. Then when they had fasted and prayed, they laid hands on them, and they sent them away. So again, we see fasting being used as a spiritual preparation or an anointing. Now notice that they heard from God during the fast. I think that's a pretty important point here. I found that when I fast, it clears out the static between me and God. I have a more clear communication line with God during my devotion time when my Bible study and my prayer, I can hear God's voice more easily. When I'm in a fasted state. This is something really marvelous about about fasting. So I love to do that. I love to spend a little extra time in prayer and devotion time with God, when I'm fasting, it really kind of supercharges things. Now in Episode 146, I have a whole episode on spending a devotion time with God. If you want to dig deeper on the on that you might want to listen to episode 146.

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### David Sandstrom 08:39

We can also use fasting for answered prayer and spiritual insight. In Daniel chapter 10, we see an amazing story. Daniel was praying for the nation of Israel because he knew there was judgment coming. And in Daniel chapter 10, verses two and three, we see this. In those days, I Daniel had been mourning for the entire three weeks, I did not eat any tasty food, nor did meat or wine into my mouth. Nor did I use any ointment at all until the entire three weeks were completed. Now after this, Daniel proceeds to have an amazing angelic visitation where he gets some insight and some prophetic visions. It's an incredible story, you might want to go back and read Daniel 10. It's pretty exciting part of the Bible. I think. Another example of using fasting in the Bible is using it for repentance. Now, Jonah, remember the story of Jonah in the mouth of the whale, when he preached to the Ninevites he didn't want to go so he preached probably the shortest sermon ever recorded in the Bible. He said something like repent or be destroyed. He went through the streets preaching that and he said, The judgment is coming. So the people responded in repentance, and did a corporate fast. In Jonah chapter three, verse five, we see this than the people of Ninevah believed in God. It And they called a fast and put on sackcloth from the greatest, the least of them. So they fasted corporately as a form of repentance.

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### David Sandstrom 10:08

So intermittent fasting is very, very good on the spiritual front, but it's also good for our minds as well. It will actually provide mental emotional fortitude. In Matthew chapter 22, verse 37, we see this, Jesus was speaking to the some of the rulers of the day, and he was asked about what is the greatest commandment. And he said to them, You shall love the Lord your God with all your heart, with all your soul, with all your mind. So if we're going to worship God and love Him with all of our mind, it helps to have some mental clarity and some enhanced mental function. Now, this is an exciting area that showcases how caring for our physical bodies can have profound effects on our minds, aligning with our belief that we are integrated beings of spirit, mind and body. Intermittent fasting has been shown to increase brain derived neurotrophic factor or BDNF. BDNF is a protein that acts like growth factor for neurons promoting the survival of existing brain cells, and encouraging the growth of new brain cells and stronger

neural connections. So this leads to enhanced brain function and mental clarity. Part of that enhanced mental clarity is because of ketone production. But not only that, studies demonstrate that fasting increases the production of BDNF in the brain, which leads to improved cognitive function, better memory, and increased mental clarity. As we seek to love God with all our minds. Intermittent fasting can be a valuable tool in keeping our cognitive abilities sharp and focused. So what's the mechanism? Well, fasting is a form of hormetic stress. hormetic stress is a beneficial stress. And we've got a passage here that I think relates to this, in second Corinthians chapter four, verses eight and 10. We see this, we are afflicted in every way, but not crushed, struck down but not destroyed, always carrying about in the body, the dying of Jesus, so that the life of Jesus also may be manifested in our body. Now, I believe this verse speaks to the principle that our bodies can endure physical stress, and that stress will cause us to emerge stronger as a result. During a fast, mild stress is placed on brain cells. And this stress activates pathways that lead to increased BDNF production. It's a beautiful example of how our bodies as designed by God can turn challenges into opportunities for growth. Romans 8:28 says all things work together for good for those that love God, who are called according to His purpose. All things includes stressful events, both mental, emotional, and physical. So we see our bodies responding in a beneficial way to this type of hormetic stress created by fast. Now, this also has other mental health implications because enhanced BDNF production is associated with better memory, better learning, and better overall cognitive performance. This can help us stay sharp as we age, allowing us to continue in the good works that God has for us for a longer period of time. BDNF also enhances neuroplasticity, which is the brain's ability to form new neural connections. This can aid in breaking negative thought patterns and forming new healthier ones, aligning with the biblical concept of renewing our minds in Romans 12:2. It can also increase stress resilience. Higher BDNF levels may also help the brain better cope with stress. This increased resilience can help us face life's challenges with more grace and faith. BDNF will also improve sleep. Some studies suggest that increased BDNF can lead to better sleep quality. Good sleep is crucial for overall mental health, and can enhance our ability to engage in spiritual practices. If you want to take a deep dive on what happens during sleep and how to get a better night's sleep. Listen to Episode six and seven, a long time ago when I first started the podcast, but four years ago, I did a couple of episodes on sleep. You might want to check those out if that's a topic that interests you, episode six and seven. Now increased BDNF levels also enhanced emotional regulation, because it's involved in the brain circuits responsible for emotional regulation. improved mental control can help us respond to situations in a manner more aligned with our faith. What would Jesus do right we can better able to do that we will better able to manifest the fruit of the Spirit when we have such better mental clarity. So with all these positive effects on our nervous system, you It's no surprise that enhanced BDNF production is beneficial for mood disorders. I'll look at the study here that I found is published in the journal *frontiers in neurology* in June of 2019. And it's called the role of BDNF in the neuro immune access regulation of mood disorders. For the Natural Nation, these benefits of increased BDNF through intermittent fasting offer an exciting way to care for our mental health. It's a powerful reminder that the habits we form with our bodies can have a significant impact on our minds, and even our spirit lives.

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#### David Sandstrom 15:37

So that's what happens to us at a mental emotional level. It's quite exciting. But what happens on a physical level when we fast? Well, when we take a break from digestion, our bodies take that opportunity to do a little housecleaning. One of the most significant benefits of intermittent fasting is positive impact on insulin sensitivity. By giving our body's regular breaks from food intake, we allow insulin levels to decrease and cells to become more responsive to insulin. This

can lead to better blood sugar control, reducing the risk of type two diabetes, and other metabolic disorders. Remember, our bodies are temples of the Holy Spirit, and maintaining stable blood sugar is crucial for overall health and vitality. Now, I don't recommend anybody use intermittent fasting for weight loss, that's really not the purpose. The purpose here is to incorporate this into a healthy lifestyle, and it's a healthy lifestyle that helps us maintain the proper or ideal weight. But if you do lose weight during an intermittent fasting lifestyle of people, it's been shown that people tend to preserve more lean muscle mass than the traditional calorie restricted diets do. This helps us maintain a healthy strong body is God intended. Now one of the more fascinating benefits to short term fast or an intimate and fast is its ability to stimulate autophagy. Autophagy is a natural process where our cells clean out damaged proteins and organelles. Essentially performing a cellular spring cleaning. Autophagy helps our bodies to function more efficiently and may play a role in preventing age related decline. This incredible self renewal process showcases the marvelous way God designed our bodies to heal and maintain themselves when given the right conditions. Now, of course, this all has potential anti aging effects. While immortality and heaven with God is our ultimate destination as believers. God wants us to age gracefully in this earthly life as well. Intermittent fasting has shown promising anti aging effects potentially extending lifespan and improving health span. It does this by triggering cellular repair processes like autophagy, reducing oxidative stress, and lowering inflammation in the body. These effects can contribute to more vibrant energetic life as we grow older, allowing us to serve God in others more effectively in our later years. Now, as we consider these benefits, let's be reminded of 1 Corinthians chapter six verses 19 and 20. Do you not know that your bodies are temples of the Holy Spirit who is in you, whom you have received from God, you are not your own, you were bought at a price. Therefore honor God with your bodies. By caring for our bodies and brains through practices like intermittent fasting, we're honoring God and equipping ourselves to better serve His purposes.

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David Sandstrom 18:41

So in summary, here's what we talked about. God designed our bodies to have two sources of fuel, carbs and fat. Carbs are the preferred source of energy in our emergency backup system is to burn fat for fuel, which is a mildly stressful event. We are designed to cycle in and out of stress and that's very good for us. Short term fasts will provide spiritual strength, or we can use it for preparation or anointing for a special task. We can use intermittent fasting in our pursuit of answered prayer. It will help us develop more intimacy with God and a more productive devotion time with him or intimacy. Short term fasts will provide mental emotional fortitude. It does that through BDNF production, which enhances brain function. It provides for mental clarity and reasoning ability, better memory, and better moods especially useful for treating depression. Short term fasts will provide benefit to our bodies by stimulating and autophagy. Autophagy is a type of spring cleaning for ourselves where old worn out cells are either recycled or replaced. Short-term fast will lower insulin levels and increase insulin sensitivity at the cellular level. So, because of all these benefits on all three levels of the human condition, short term-fasts or intermittent fasting has massive implications for Aging Gracefully. And I want to leave you with this one last point and that is intermittent fasting should not be used for weight loss. That's not the purpose. The purpose is to build health, and a healthy person doesn't struggle with their weight. We don't lose weight in order to get healthy. We get healthy in order to lose weight, and intermittent fasting is part of a healthy lifestyle.

**D** David Sandstrom 20:36

And don't forget, I need your help creating some episodes. I'm looking for people to come on the show with me and do a lifestyle audit. You tell me what your pain point is. And I'll give you my feedback and get you one step closer to experiencing all the health and vitality you're capable of. There's no charge for this. I enjoy interacting with the Natural Nation. It won't be live, so no pressure there. And an added bonus is you'll get a behind the scenes look at the Christian Healthy Lifestyle studio. For a limited time, I'll send you a copy of my book The Christians Guide to Holistic Health as a thank you go to my website [ChristianHealthyLifestyle.com/audit](http://ChristianHealthyLifestyle.com/audit), answer a few questions and you'll be good to go. I look forward to hearing from you.

**D** David Sandstrom 21:19

Now be sure to listen to the next episode where I'm going to be getting into the specifics on different types of fasts, and how to get started on in a minute fasting lifestyle. I'm going to cover both short term and long term fascinate episode, I'm also going to talk about how we avoid some of the pitfalls associated with short term and long term fasting. Also, if this is a topic that you'd like to go deeper on, listen to episode 48 where I talk with Dr. David Jockers about his book The fasting transformation. It's a great interview. If you missed anything, I took all the notes for you. It's at my website, [ChristianHealthyLifestyle.com/148](http://ChristianHealthyLifestyle.com/148) If you enjoyed this episode, thank you for listening. I enjoyed serving you. I appreciate you. I'll talk with you next time. Be blessed.