

Health: Fasting cure promotes the repair of cells

Researchers at the Albstadt-Sigmaringen University of Applied Sciences demonstrate a connection between calorie reduction and positive effects on cellular repair processes in humans

Albstadt/Sigmaringen. Those who fast and thus consume fewer calories than they consume, not only lose weight over time. In addition it does to its cells and thus its health actively something property: A research group at the university Albstadt Sigmaringen around Professor Dr. Jrg Bergemann showed in several publications that by a F.X. Mayr chamfering therapy central functions of human cells are positively affected.

"In all our cells, several 10,000 DNA damages occur daily", says Jörg Bergemann, Dean of Studies of the Master's program Biomedical Sciences. "If they are not repaired, this can lead to severe functional loss and disease". Too little attention is still being paid to the importance of stimulating cellular repair processes to maintain our health. "This aspect is enormously important in this context." For this reason, the professor and his team are also working intensively on the development of detection systems to measure such processes directly in humans. "This is not only an important focus of work in the study program, but also at the Health and Biomedical Science Center at Innocamp in Sigmaringen.

This form of fasting stimulates vital functions of the mitochondria

The basis of the work in this focus area is a publication by Katja Matt. She succeeded in proving that an F.X.-Mayr fasting cure can stimulate the cell's own repair. "In addition processes are stimulated, which positively affect the aging of cells," she says, "which underlines the high therapeutic use of such chamfering cures. Alica Schoeller man could confirm the results in the meantime and show beyond that that that this form of chamfered also stimulates vital functions of the Mitochondrien, which are as "power stations" of the cells central energy suppliers. Barbara Hochecker again described that these positive effects of a chamfering cure can be supported by active substances such as spermidine. "Spermidin has a particularly positive effect on the self-purification of our cells, the so-called autophagy", says Jörg Bergemann. The working group is therefore also working at full speed on a detection system for autophagy.

With their research, the scientists at Albstadt-Sigmaringen University of Applied Sciences want to raise awareness of the comparatively simple means by which everyone can actively do something for their health. "When you consider how many positive effects a calorie reduction has on the cell's own repair, mitochondrial functions and the cell's own

waste disposal, this is an important additional incentive for a fasting cure," says Jörg Bergemann.



Well-rehearsed research team - also during the corona crisis (from left): Prof. Dr. Jörg Bergemann, Barbara Hochecker, Katja Matt and Alica Schöller-Mann have shown that a fasting cure and the associated calorie reduction have a positive effect on central cell functions.