

References

- 1 Wilhelm de Toledo F: Therapeutic Fasting: The Buchinger Amplius Method. Stuttgart, Thieme, 2012.
- 2 Buchinger O: Das Heilfasten und seine Hilfsmethoden als biologischer Weg, ed 24. Stuttgart, Hippokrates, 2005.
- 3 Mayr FX: Fundamente zur Diagnostik der Verdauungskrankheiten. Bietigheim, Turm, 1921.
- 4 Fontana L, Partridge L, Longo V, et al.: Extending healthy life spans from yeast to humans. *Science* 2010;328:321–326.
- 5 Fahrner H: Fasten als Therapie, ed 2. Stuttgart, Hippokrates, 1991.
- 6 Wilhelm de Toledo F, Buchinger A, Burggrabe H, et al.: Leitlinien zur Fastentherapie. *Forsch Komplementärmed Klass Naturheilkd* 2002;9:189–198.
- 7 Wilhelm de Toledo F: Fasten/Fastentherapie. Physiologie des Fastens; in Bühring M, Kemper FH, Mathiessen PF (eds): Naturheilverfahren und Unkonventionelle Medizinische Richtungen. Berlin, Springer, Loseblatt-System, 1998.
- 8 Wilhelm de Toledo F, Friebel R, Heibisch D, Kuhn C, Platzer G, Schrag S: The Klinik Buchinger Programme for the treatment of obesity; in Ditschuneit H, Gries FA, Hauner H, Schusdziarra V, Wechsler JG (eds): Obesity in Europe 1993. London, John Libbey and Company Ltd., 1994, pp 289–293.
- 9 Buchinger A, Lindner BN: Original Buchinger Heilfasten. Stuttgart, Hüthig, 2000.
- 10 Kuhn C: Heilfasten. Freiburg i.Br., Herder, 1999.
- 11 Buchinger O: Zur Hygiene des inneren Menschen. Bad Pyrmont, Leonhard Friedrich, 1947.
- 12 Lützner H: Wie neugeboren durch Fasten, ed 28. München, Gräfe und Unzer, 2001.
- 13 Rauch E: Lehrbuch der Diagnostik und Therapie nach F.X. Mayr. Stuttgart, Hüthig, 1998.
- 14 Brosig V: Schrothkur. Hannover, Schlüterscher Verlag, 2001.
- 15 Anemueler H: Anemuelers Molkebuch. Waldhausen, Ritterhude, 2000.
- 16 Varady KA, Hellerstein MK: Alternate-day fasting and chronic disease prevention: a review of human and animal trials. *Am J Clin Nutr* 2007;86:7–13.
- 17 Trepanowski JF, Canale RE, Marshall KE, Kabir MM, Bloomer RJ: Impact of caloric and dietary restriction regimens on markers of health and longevity in humans and animals: a summary of available findings. *Nutr J* 2011;10:107.
- 18 Liebermeister H, Hilzensauer B, Morath D: Spätergebnisse nach Gewichtsreduktion bei Fettsüchtigen. *Akt Ernähr* 1989;14:143–148.
- 19 Security Department of Health and Social Security (DHSS): The use of very low calorie diets in obesity. Report on health and social subjects No. 31. Committee on medical aspects of food policy. Report of the working group on very low calorie diets. HMSO, 1987. <http://europewmc.org/articles/PMC1711454/pdf/jroyalcprac00019-0003.pdf> (accessed 28.11.13).
- 20 Wechsler JG: Aktuelle Therapie der Adipositas. *Deut Med Wochenschr* 1997;122:1287–1290.
- 21 Fontana L, Villareal DT, Weiss EP, Racette SB, Steger-May K, Klein S, Holloszy JO, Washington University School of Medicine CALERIE Group: Calorie restriction or exercise: effects on coronary heart disease risk factors. A randomized, controlled trial. *Am J Physiol Endocrinol Metab* 2007;293:E197–202.
- 22 Elia M: Effect of starvation and very low calorie diets on protein-energy interrelationships in lean and obese subjects; in Scrimshaw NS, Schürch B (eds): Proceedings of an IDECG Workshop. Waterville Valley, 1991, pp 249–284.
- 23 Michalsen A: Prolonged fasting as a method of mood enhancement in chronic pain syndromes: a review of clinical evidence and mechanisms. *Curr Pain Headache Rep* 2010;14:80–87.
- 24 Huether G, Zhou D, Schmidt S, Wiltfang J, Ruther E: Long-term food restriction down-regulates the density of serotonin transporters in the rat frontal cortex. *Biol Psychiatry* 1997;41:1174–1180.
- 25 Gilbert C, Blanc S, Le Maho Y, Ancel A: Energy saving processes in huddling emperor penguins: from experiments to theory. *J Exp Biol* 2008;211:1–8.
- 26 Le Maho Y: Nature and function. *Nature* 2002;416:21.
- 27 Robin JP, Frain M, Sardet C, Groscolas R, Le Maho Y: Protein and lipid utilization during long-term fasting in emperor penguins. *Am J Physiol* 1988;254:R61–68.
- 28 Müller H, Wilhelm de Toledo F, Resch KL: Fasting followed by vegetarian diet in patients with rheumatoid arthritis: a systematic review. *Scand J Rheumatol* 2001;30:1–10.
- 29 Kjeldsen-Kragh J, Haugen M, Borchgrevink CF, Laerum E, Eek M, Mowinkel P, Hovi K, Forre O: Controlled trial of fasting and one-year vegetarian diet in rheumatoid arthritis. *Lancet* 1991;338:899–902.
- 30 Li C, Ostermann T, Hardt M, Lüdtke R, Broecker-Preuss M, Dobos G, Michalsen A: Metabolic and psychological response to 7-day fasting in obese patients with and without metabolic syndrome. *Forsch Komplementärmed* 2013;20:413–420.
- 31 Peper E: Evaluation der Effekte und Erfolge von stationären Heilfastenmassnahmen. Frankfurt/M, Lang, 1999.
- 32 Schubmann R: Therapeutisches Fasten bei Adipositas und metabolischem Syndrom. *Zeitschrift für Komplementärmedizin* 2009;1:14–17.
- 33 Ditschuneit H: Der Stoffwechsel bei Fettsucht und bei komplettem Fasten. *Medizin und Ernährung* 1971;12:169–177.
- 34 Gohler L, Hahnemann T, Michael N, Oehme P, Steglich HD, Conradi E, Grune T, Siems WG: Reduction of plasma catecholamines in humans during clinically controlled severe underfeeding. *Prev Med* 2000;30:95–102.
- 35 Schmidt S, Stange R, Lischka E, Kiehntopf M, Deufel T, Loth D, Uhlemann C: Uncontrolled clinical study of the efficacy of ambulant fasting in patients with osteoarthritis. *Forsch Komplementärmed* 2010;17:87–94.
- 36 Michalsen A, Li C, Kaiser K, Lüdtke R, Meier L, Stange R, Kessler C: In-patient treatment of fibromyalgia: a controlled nonrandomized comparison of conventional medicine versus integrative medicine including fasting therapy. *Evid Based Complement Alternat Med* 2013;2013:908610.
- 37 Goldhamer A, Lisle D, Parpia B, Anderson SV, Campbell TC: Medically supervised water-only fasting in the treatment of hypertension. *J Manipulative Physiol Ther* 2001;24:335–339.
- 38 Goldhamer AC: Initial cost of care results in medically supervised water-only fasting for treating high blood pressure and diabetes. *J Altern Complement Med* 2002;8:696–697.
- 39 Müller H, Wilhelm de Toledo F, Schuck P, Resch KL: Blutdrucksenkung durch Fasten bei adipösen und nichtadipösen Hypertonikern. *Perfusion* 2001;14:108–112.
- 40 Michalsen A, Schneider S, Rodenbeck A, Lüdtke R, Huether G, Dobos GJ: The short-term effects of fasting on the neuroendocrine system in patients with chronic pain syndromes. *Nutr Neurosci* 2003;6:11–18.
- 41 Lipecki R: Klinische Studie zur Effizienz einer kombinierten Heilfastenbehandlung als Migräne-therapie. Inaugural Dissertation, Universität Würzburg, 1990, pp 1–53.
- 42 Michalsen A, Hoffmann B, Moebus S, Backer M, Langhorst J, Dobos GJ: Incorporation of fasting therapy in an integrative medicine ward: evaluation of outcome, safety, and effects on lifestyle adherence in a large prospective cohort study. *J Altern Complement Med* 2005;11:601–607.
- 43 Lee C, Longo VD: Fasting vs dietary restriction in cellular protection and cancer treatment: from model organisms to patients. *Oncogene* 2011;30:3305–3316.
- 44 Safdie FM, Dorff T, Quinn D, Fontana L, Wei M, Lee C, Cohen P, Longo VD: Fasting and cancer treatment in humans: a case series report. *Aging* 2009;1:988–1007.
- 45 Fond G, Macgregor A, Leboyer M, Michalsen A: Fasting in mood disorders: neurobiology and effectiveness. A review of the literature. *Psychiatry Res* 2013;209:253–258.
- 46 Lischka E, Lischka N: Fasten mit Obst- und Gemüsesäften. Niedernhausen, Falken, 2000.
- 47 Raffaghelli L, Lee C, Longo V, et al.: Starvation-dependent differential stress resistance protects normal but not cancer cells against high-dose chemotherapy. *Proc Natl Acad Sci USA* 2008;105:15–20.
- 48 Brantschen N: Fasting: What, Why, How. New York, Crossroad Publishing Company, 2010.
- 49 Wendt L: Hypoproteinämie. Krankheiten verminderter Kapillarmembranpermeabilität, ed 2. Frankfurt/M, Koch, 1973.
- 50 Steiniger J, Schneider A, Bergmann S, Boschmann M, Janietz K: Effects of fasting and endurance training on energy metabolism and physical fitness in obese patients. *Forsch Komplementärmed* 2009;16:383–390.
- 51 Liebscher D: Auswirkungen religiösen Fastens auf anthropometrische Parameter, Blutfettwerte und Hämodynamik normalgewichtiger gesunder Probanden. Dissertation. Medizinische Fakultät Carl Gustav Carus der Technischen Universität Dresden, 2012.
- 52 Lee C, Raffaghelli L, Brandhorst S, Safdie FM, Bianchi G, Martin-Montalvo A, Pistoia V, Wei M, Hwang S, Merlino A, Emionite L, de Cabo R, Longo VD: Fasting cycles retard growth of tumors and sensitize a range of cancer cell types to chemotherapy. *Sci Transl Med* 2012;4:124–127.