



How does fasting help your blood sugar levels?

Generally if you're fasting, blood sugar levels drop. When you're not eating, your body is going to be forced to use something for energy. So it's going to preferentially use the sugar that's in the blood. So if your levels are very high to begin with, your cells are using it up because that's the easiest, most accessible source of energy for cells in the body. So that's why people are having to be very careful if they're taking medications that lower their blood sugars, because if you fast and take those medications, there's a risk it's going to drop too low. But in general, fasting lowers the blood glucose. Sometimes it goes up a little bit during fasting as well because during fasting, while the insulin drops, other hormones go up, which are these counterregulatory hormones, including adrenaline, cortisol, and growth hormone. And they actually tend to push the glucose out into the system. So sometimes you can see a slight rise in your blood glucose during fasting.

But again, this is not a big concern because if you're not eating and your blood glucose goes up, really all you're doing is moving the sugar from the storage systems in the body out into the blood, which is normal because you're trying to move it into the blood so that your cells have a source of energy. So this is a normal phenomenon, but if it goes up too high, then it means that you may have to do more fasting to get it coming down.