



The Effect Of Islamic Fasting On Cancer

THE EFFECT OF
ISLAMIC FASTING
ON CANCER

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Fasting reduces the side effects of chemotherapy and increases patient tolerance with pharmacokinetic efficacy.

Fasting stimulates the immune system better in cancer patients increases the likelihood of slow growth of cancer cells.

In a study conducted at the Cancer Research Center, a ketogenic diet has been able to help curb cancer cells.

► Recommendations ◀

In the case of a doctor's consultation, in the following cases, the patient with cancer is allowed to announce the prohibition of fasting. In these cases, we also recommend that the treatment team make a decision:

Patients who need to be fed orally but are not able to consume water and food in one meal and should use frequent low-volume meals of fluids and food, for example those who have just had their stomachs removed and may consume one meal. They do not have complete food or those whose colons have been removed and their water absorption is impaired should be fed orally.

All patients who are unable to fast for a long time due to disease of their vital organs, especially the structure of the kidneys and urinary system, may be at risk of failure.



Patients suffering from underlying conditions such as diabetes in addition to primary cancer who need to take their medications or inject insulin frequently throughout the day are more likely to be at risk.

Cancer patients undergoing chemotherapy, followed by recurrent nausea and vomiting, have to make up for the loss of chemotherapy by craving and drinking; As a result, it is not possible for them to fast, although chemotherapy alone does not prevent fasting.

Patients with short bowel syndrome and who have undergone surgery for any reason and most of their small intestine has been removed and it is not possible for these patients to tolerate thirst and hunger and it is necessary to avoid fasting.



► Introduction ◀

This abnormal cell proliferation occurs in the cell production cycle can lead to some form of cancer. Various factors are involved in altering the function of these genes, some of them are:

- Cellular nutrition
- radioactive material
- Metabolic syndromes

The normal human cell changes after a certain period and leaves the life cycle; That is, either apoptosis, arrest, or extinction as a planned death. When a cell emerges from these three states and continues to multiply, the person develops cancer.

► Findings of the effect of Islamic fasting on cancer ◀

Human cells survive on good nutrition; However, they have a limited lifespan, which is quite clear when a cell's lifespan ends. This death occurs according to a well-codified and scientific program called programmed cell death or apoptosis. The body's genes issue these commands by directing the production of various proteins, and life takes on a natural or abnormal shape.



In Iran, the 5 most common cancers in men and women are:

- **Iranian Women:** Breast, gastric, skin and thyroid gland

- **Iranian men:** Stomach, skin, Prostate, Bladder and Lung

► Discussion of the effect of Islamic fasting on cancer ◀

Fasting, either periodically or intermittently, can affect fat metabolism, bacterial activity, and calorie reduction. Fasting gives the body the ability to find a way to fight that particular disease. Avicenna also recommends fasting for all ailments.

Lack of appetite causes starvation of all cells in the body and causes a lot of damage to cancer cells.