

# Chapter 4: Myths and Misconceptions About Fasting

There's a lot of misinformation about fasting, so let's clear up some common myths:

## 1. "Fasting Will Make You Lose Muscle"

False. The body preserves muscle during fasting by increasing growth hormone levels. You only lose muscle if you go for extreme, prolonged fasts without proper refeeding.

## 2. "You Need to Eat Every Few Hours to Keep Your Metabolism Up"

False. Metabolism actually increases during fasting as the body releases adrenaline and growth hormone. Studies show fasting improves metabolic health, not the other way around.

## 3. "Skipping Breakfast Is Unhealthy"

This was a marketing ploy by cereal companies. There is no scientific evidence that breakfast is essential for good health. What matters is overall nutrition, not meal timing.

## 4. "You'll Feel Weak and Tired Without Food"

At first, maybe. But after a few days, the body adapts and many people experience increased energy, mental clarity, and better focus.