

Dietitian CE

Adverse Events of Water-Only Fasting

1. Research has uncovered which of the following health-promoting physiologic responses to fasting?

- A. Hormone modulation
 - B. Reduced oxidative stress and inflammation
 - C. Improved fibromyalgia
 - D. All of the above are health-promoting physiologic responses to fasting
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2. The Buchinger Method is a modified diet supplying 250 - 500 kcal/day in the form of all of the following, except for:

- A. Bone broth
 - B. Vegetable broth
 - C. Fruit and vegetable juices
 - D. Honey
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3. Which of the following is necessary for the safe implementation of water-only fasts?

- A. Screen subjects for contraindications.
 - B. Terminate fasts upon complication.
 - C. Properly refeed subjects.
 - D. All of the above are necessary for the safe implementation of water-only fasts.
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4. Since the 1970's, water-only fasting has been utilized for the treatment of hypertension, cardiovascular disease, appendicitis, follicular lymphoma, and as an adjunct to chemotherapy.

- A. True
 - B. False
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5. For the majority of visits, the highest grade adverse events experienced was:

- A. No adverse events
 - B. Mild only
 - C. Mild to moderate
 - D. Severe to life threatening
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6. HGAE and fast duration were negatively correlated.

- A. True**
 - B. False**
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7. All of the following AEs were commonly experienced during visits, except for:

- A. Nausea**
 - B. Ataxia**
 - C. Headache**
 - D. Back pain**
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8. Which of the following experienced adverse events is not reported to occur in response to fasting?

- A. Presyncope**
 - B. Hypertension**
 - C. Ketogenesis**
 - D. Autophagy**
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