



Water Fasting

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Fasting Research

The doctors of chiropractic and medicine affiliated with TrueNorth Health Education Center have been conducting ongoing scientific research involving the use of fasting and a health promoting diet and lifestyle program in the treatment of numerous clinical conditions including High Blood Pressure and Diabetes. In June of 2001, our 12-year study, completed in conjunction with our colleagues at Cornell University, was published in the scientific, peer-reviewed and indexed, Journal of Manipulative and Physiological Therapeutics. This paper, entitled Medically Supervised Water-only Fasting in the Treatment of Hypertension, detailed our outstanding results in the treatment of 174 consecutive program participants presenting with high blood pressure. [Read the study about Fasting as a Treatment of Hypertension](#) .

Our study demonstrated the remarkable effectiveness of water-only fasting in the treatment of the leading contributing cause of morbidity and mortality in industrialized countries. A second study evaluating the effectiveness of fasting in the treatment of borderline high blood pressure was accepted for publication and appeared in the October 2002 issue of the Journal of Alternative and Complementary Medicine. [Read the study about Fasting as a Treatment of Borderline Hypertension](#).

You can visit the TrueNorth Health Foundation website here: <https://www.truenorthhealthfoundation.org/>

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Frank Sabatino,
D.C., Ph.D.



Dr. Frank Sabatino is the past Health Director of the Shangri-La Natural Hygiene Institute, the Regency Health Spa in Hallandale, FL, the... [READ MORE](#)

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