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Nota di contenuto	-- Fasting and Health: Introduction and Medical Perspective. -- Classification and Health Implications of Different Intermittent Fasting Regimens. -- Methodological Challenges in Researching Health Impacts of Ramadan Fasting. -- Ramadan Fasting and Energy Balance: Relevance to Weight Loss Strategies. -- Effect of Ramadan intermittent fasting on autophagy and gene expression. -- Ramadan Fasting: Influences on Sleep, Circadian Rhythms, Mealtime, and Metabolic Health. -- Ramadan Fasting: Influences on Sleep, Circadian Rhythms, Mealtime, and Metabolic Health. -- Impact of Ramadan Intermittent

Fasting on Cardiovascular Health and Disease. -- The Effect of Ramadan Fasting on Liver Diseases. -- Ramadan Intermittent Fasting, Gut Microbiota and Gastrointestinal Health. -- Understanding the link between Ramadan intermittent fasting, psychiatric symptoms, and neurocognitive function. -- Immune modulatory effects of intermittent fasting and its implication on cancer: Ramadan fasting perspective. -- Diabetes and Ramadan Fasting: Opportunities and Challenges. -- Pregnancy and Ramadan Fasting: Implications for Maternal and Fetal Health. -- Ramadan Fasting and Sports Performance. -- Mitigating physiological and psychological challenges during Ramadan: Strategic recommendations for athletes. -- Dietary and Lifestyle Changes during Ramadan Fasting Month. -- Food Safety Practices, Food-Borne Diseases, and Food Waste during Ramadan Fasting Month. -- The Impact of Ramadan Fasting on Patient Medication Practices and Management. -- On the contribution of Ramadan Fasting Month to the United Nations' Sustainable Development Goals (SDGs) .

Sommario/riassunto

The Definitive Guide to Ramadan Fasting & Health - From Leading Experts. Discover the groundbreaking science behind Ramadan intermittent fasting with "Health and Medical Aspects of Ramadan Intermittent Fasting," the first book of its kind. Edited by five renowned scientists with hundreds of published research works in this particular area of research, this comprehensive resource brings together the insights of eminent researchers in the field. Explore 19 in-depth chapters covering the diverse health and medical dimensions of this significant practice. A must-have for healthcare professionals, researchers, and anyone seeking a scientifically sound understanding of Ramadan fasting.
