

What I learned after my 5-day water fast



Breakfast



Lunch



Dinner



85

Before



After



22/08/2018
81.8 kg

80

75



Testosterone



Reference Range

250 – 1100 (ng/dL)

Before

598

After

490

Cortisol



Reference Range

4 – 22 ($\mu\text{g}/\text{dL}$)

Before

19.9

After

8.2

Inflammation



Reference Range

Before

After

hsCRP 0-3 (mg/L)

0.1

0.3

Total Cholesterol



Reference Range

125 – 200 (mg/dL)

Before

184

After

152

Triglycerides



Reference Range

0 – 150 (mg/dL)

Before

707

After

788

HDL Cholesterol



Reference Range

40 – 200 (mg/dL)

Before

29

After

35

Now

43