

# Publicaciones de las clínicas Buchinger Wilhelmi



Encontrará una lista actualizada de las publicaciones de las clínicas Buchinger Wilhelmi, junto con un breve resumen, en nuestro sitio web:  
[www.buchinger-wilhelmi.com/es/publicaciones-de-las-clinicas-buchinger-wilhelmi](http://www.buchinger-wilhelmi.com/es/publicaciones-de-las-clinicas-buchinger-wilhelmi)



## Blood pressure changes in 1610 subjects with and without antihypertensive medication during long-term fasting

Franziska Grundler, Robin Mesnage, Andreas Michalsen, Françoise Wilhelmi de Toledo.  
*JAHA*, 2020.



## Interplay between oxidative damage, the redox status, and metabolic biomarkers during long-term fasting.

Franziska Grundler, Robin Mesnage, Nikolaos Goutzourelas, Fotios Tekos, Sortiria Makri, Michel Brack, Demetrios Kouretas, Françoise Wilhelmi de Toledo.  
*Food and Chemical Toxicology*, 2020.



## Influence of Long-Term Fasting on Blood Redox Status in Humans.

Françoise Wilhelmi de Toledo, Franziska Grundler, Nikolaos Goutzourelas, Fotios Tekos, Eleni Vassi, Robin Mesnage, Demetrios Kouretas.  
*Antioxidants* 2020, 9, 496.



## Unravelling the health effects of fasting: a long road from obesity treatment to healthy life span increase and improved cognition.

Françoise Wilhelmi de Toledo, Franziska Grundler, Cesare R. Sirtori, Massimiliano Ruscica.  
*Annals of Medicine*, 2020.

**Chemical-Shift-Encoded Magnetic Resonance Imaging and Spectroscopy to reveal immediate and long-term multi-organs composition changes of a 14-days periodic fasting intervention: a technological and case report.**

Magalie Viallon, Leporq, B.; Stefan Drinda, Françoise Wilhelmi de Toledo, Galusca, B.; Ratiney, H.; Pierre Croisille.  
*Frontiers in Nutrition*, 2019, 6, 5.

**Changes in human gut microbiota composition are linked to the energy metabolic switch during 10 d of Buchinger fasting.**

Robin Mesnage, Franziska Grundler, Andreas Schwiertz, Yvon Le Maho, Françoise Wilhelmi de Toledo.  
*Journal of Nutritional Science*, 2019, 8.

**Effects of Periodic Fasting on Fatty Liver Index—A Prospective Observational Study.**

Stefan Drinda, Franziska Grundler, Thomas Neumann, Thomas Lehmann, Nico Steckhan, Andreas Michalsen, Françoise Wilhelmi de Toledo.  
*Nutrients*, 2019, 11(11), 2601.

**Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects.**

Françoise Wilhelmi de Toledo, Franziska Grundler, Audrey Bergouignan, Stefan Drinda, Andreas Michalsen.  
*PLoS One*, 2019, 14(01).

## Publicaciones anteriores

### Fasting therapy-an expert panel update of the 2002 consensus guidelines.

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Wilhelmi de Toledo, F.; Buchinger, A.; Burggrabe, H.; Hölz, G.; Kuhn, C.; Lischka, E.; Lischka, N.; Lützner, H.; May, W.; Ritzmann-Widderich, M.  
*Forschende Komplementärmedizin/Research in Complementary Medicine* 2013, 20, 434-443.

### Fasting followed by vegetarian diet in patients with rheumatoid arthritis: a systematic review.

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Müller, H.; Wilhelmi de Toledo, F.; Resch, K.-L.  
*Scandinavian journal of rheumatology* 2001, 30, 1-10.

### Le conseil nutritionnel du patient en cure.

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Wilhelmi de Toledo, F.  
*La Presse thermale et climatique* 1999, 136, 231-235.

### Relationship between the rate of weight loss in a low caloric diet (250 kcal/day) and age, body mass index, gender, and number of fasting cycles.

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Brubacher, D.; Jordan, P.; Wilhelmi de Toledo, F.; Brubacher, G.  
*Aktuelle Ernährungsmedizin* 1999, 138-142.

### Prediction of Weight Development on a 250 kcal/day Diet by a Simple Two-Compartment Model.

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Brubacher, D.; Jordan, P.; Wilhelmi de Toledo, F.; Brubacher, G.  
*Aktuelle Ernährungsmedizin* 1998, 23, 293-298.

### The Klinik Buchinger Programme for the treatment of obesity.

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Wilhelmi de Toledo, F.; Friebe, R.; Hebisch, D.; Kuhn, C.; Platzer, G.; Scharg, S.  
*Obesity in Europe* 1993, 289-293.

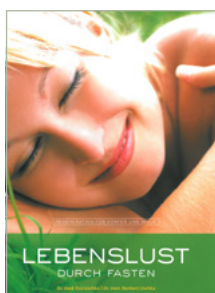
# Publicaciones sobre el ayuno



## El arte del ayuno

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Dr. Françoise Wilhelmi de Toledo, Maeva Ediciones (2018)  
ISBN-10: 8417108335



## Lebenslust durch Fasten. Regeneration für Körper und Seele

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Dr. Eva Lischka, Ludwig Auer Verlagsservice (2005)  
ISBN-10: 3000155082



## Das Heilfasten und seine Hilfsmethoden als biologischer Weg

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Dr. Otto Buchinger, Hippokrates Verlag (2005)  
ISBN-10: 3830453159



## Heilfasten. Fasten nach der Buchinger-Methode

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Dr. Christian Kuhn, Herder (2003)  
ISBN-10: 3451053756



## Otto Buchinger – Ein Leben für das Heilfasten

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Helmut Klepzig, Gessler (2000)  
ISBN-10: 3861360551