

# Recent publications on long-term fasting with the Buchinger Wilhelmi fasting program BuWi Science

A current list of the publications of the Buchinger Wilhelmi clinics, including a short summary is available on our website: [www.buchinger-wilhelmi.com/en/wissenschaft](http://www.buchinger-wilhelmi.com/en/wissenschaft).

## Trends in Microbiology

**Remodelling of the intestinal ecosystem during caloric restriction and fasting.**

Quinten Ducarmon, Franziska Grundler, Yvon Le Maho, Françoise Wilhelmi de Toledo, Georg Zeller, Caroline Habol, Robin Mesnage.  
*Trends in Microbiology*, 2023

<https://doi.org/10.1016/j.tim.2023.02.009>



**Leveraging the self-healing abilities of our body to promote healthy longevity.**

Robin Mesnage, Franziska Grundler, Françoise Wilhelmi de Toledo.  
*Public Health and Toxicology*, 2023.

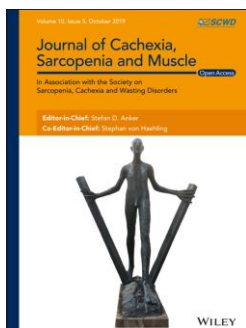
<https://doi.org/10.18332/pht/161464>



**Long-term fasting: Multi-system adaptations in humans (GENESIS) study – A single-arm interventional trial.**

Franziska Grundler, Magalie Viallon, Robin Mesnage, Massimiliano Ruscica, Clemens von Schacky, Frank Madeo, Sebastian J. Hofer, Sarah J. Mitchell, Pierre Croisille and Françoise Wilhelmi de Toledo.  
*Frontiers in Nutrition*, 2022.

<https://doi.org/10.3389/fnut.2022.951000>



**Is muscle and protein loss relevant in long-term fasting? - a prospective trial about physiologic and metabolic adaptations in healthy men.**

Claire Laurens, Franziska Grundler, Anthony Damiot, Isabelle Chery, Anne-Laure Le Maho, Alexandre Zahariev, Yvon Le Maho, Audrey Bergouignan, Guillemette Gauquelin-Koch, Chantal Simon, Stéphane Blanc, Françoise Wilhelmi de Toledo.

*Journal of Cachexia, Sarcopenia and Muscle*, 2021.

<https://doi.org/10.1002/jcsm.12766>

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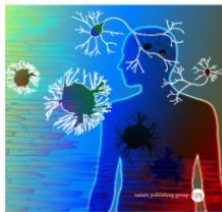


**Excretion of Heavy Metals and Glyphosate in Urine and Hair Before and After Long-Term Fasting in Humans**

**Franziska Grundler, Gilles-Eric S eralini, Robin Mesnage, Vincent Peynet, Fran oise Wilhelmi de Toledo.**

*Frontiers in Nutrition*, 2021.

<https://doi.org/10.3389/fnut.2021.708069>



**Effects of acyl coenzyme A binding protein (ACBP)/diazepam binding inhibitor (DBI) on body mass index.**

**Adrien Joseph, Hui Chen, Gerasimos Anagnostopoulos, L ea Mont egut, Antoine Lafarge, Omar Motino, Maria Castedo, Maria Chiara Maiuri, Karine Cl ement, Safae Terrisse, Anne Laure Martin, Ines Vaz-Luis, Fabrice Andre, Franziska Grundler, Fran oise Wilhelmi de Toledo, Frank Madeo, Laurence Zitvogel, Fran ois Goldwasser, Benoit Blanchet, Fr ed eric Fumeron, Ronan Roussel, Isabelle Martins, Guido Kroemer.**

*Cell Death and Disease*, 2021.

<https://doi.org/10.1038/s41419-021-03864-9>



**Long-term fasting improves lipoprotein-associated atherogenic risk in humans.**

**Franziska Grundler, Dietmar Plonn e, Robin Mesnage, Diethard M uller, Cesare R. Sirtori, Massimiliano Ruscica, Fran oise Wilhelmi de Toledo.**

*European Journal of Nutrition*, 2021.

<https://doi.org/10.1007/s00394-021-02578-0>

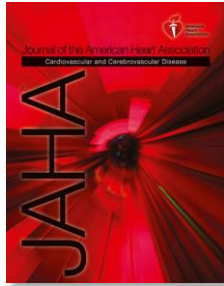


**Fasting-mediated metabolic and toxicity reprogramming impacts circulating microRNA levels in humans.**

**Stylios Ravanidis, Franziska Grundler, Fran oise Wilhelmi de Toledo, Evangelos Dimitriou, Fotios Tekos, Zoi Skaperda, Demetrios Kouretas, Epaminondas Doxakis.**

*Food and Chemical Toxicology*, 2021.

<https://doi.org/10.1016/j.fct.2021.112187>



**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.

<https://doi.org/10.1161/JAHA.120.018649>



**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.

<https://doi.org/10.1016/j.fct.2020.111701>



*antioxidants*

**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.

<https://www.mdpi.com/2076-3921/9/6/496>



**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

<https://www.tandfonline.com/doi/full/10.1080/07853890.2020.1770849>



**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.

<https://www.frontiersin.org/articles/10.3389/fnut.2019.00005/full>

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**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.

<https://doi.org/10.1017/jns.2019.33>



**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.

<https://www.mdpi.com/2072-6643/11/11/2601>



**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).

<https://doi.org/10.1371/journal.pone.0209353>

## Previous publications:

- **Fasting therapy-an expert panel update of the 2002 consensus guidelines.**  
Wilhelmi de Toledo, F.; Buchinger, A.; Burggrabe, H.; Hölz, G.; Kuhn, C.; Lischka, E.; Lischka, N.; Lütznier, 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.**  
Müller, H.; Wilhelmi de Toledo, F.; Resch, K.-L.  
*Scandinavian journal of rheumatology* 2001, 30, 1-10.
- **Le conseil nutritionnel du patient en cure.**  
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.**  
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.**  
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.**  
Wilhelmi de Toledo, F.; Friebe, R.; Hebisch, D.; Kuhn, C.; Platzer, G.; Scharg, S.  
*Obesity in Europe* 1993, 289-293.