

**To:** Jeffrey Enstein[jeevacation@gmail.com]  
**From:** [REDACTED]  
**Sent:** Fri 3/7/2014 8:52:21 PM  
**Subject:** Regarding the 5:2 diet and positive effect on the brain

Dear Jeffrey,

Here is some interesting reading on the subject.

[REDACTED]

**BBC**

**Scientists are uncovering evidence that short periods of fasting, if properly controlled, could achieve a number of health benefits, as well as potentially helping the overweight, as Michael Mosley discovered.**

<http://www.bbc.com/news/health-19112549>

### **Fasting at Least Twice a Week Seen as Alzheimer's Hedge**

<http://www.bloomberg.com/news/2013-10-29/fasting-at-least-twice-a-week-seen-as-alzheimer-s-hedge.html>

The study was led by Mark Mattson, professor of neuroscience at Johns Hopkins University in Baltimore and senior investigator at the U.S. National Institute of Aging. Mattson is planning a new project to measure how fasting twice a week for two months affects human brain function and early signs of Alzheimer's.

<http://www.ncbi.nlm.nih.gov/pubmed/17306982>

Sent from my iPad