

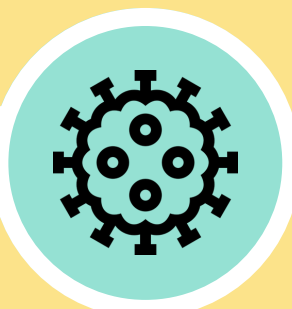
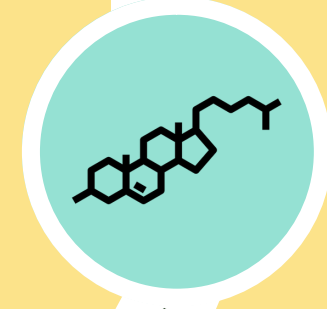
5th century BC: Hippocrates, the father of Western medicine, advocates fasting to treat certain illnesses.



1930 : The discovery of intermittent fasting by Dr. Clive McCay, who observes that mice who fast regularly live longer.



1940-1950 : Studies by Dr. Ancel Keys show that fasting can have health benefits, including lowering cholesterol levels.



Années 1970 : Research on therapeutic fasting is beginning to emerge, particularly in relation to cancer treatment.



Années 1990 : Intermittent fasting is becoming more popular thanks to Dr. Michael Mosley's research on the 5:2 diet, which involves fasting for two non-consecutive days each week.



Années 2000 : More and more scientific studies are looking at the effects of fasting on health, including weight loss, metabolic regulation, prevention of diseases such as diabetes and cardiovascular disease.

2012 : Japanese researcher Yoshinori Ohsumi wins the Nobel Prize in Physiology or Medicine for his discoveries on autophagy, a cellular process that is activated during fasting and plays an important role in maintaining cellular health.



Années 2010-2020 : Intermittent fasting is gaining popularity in the field of fitness and wellness, with different protocols such as 16/8 fasting, 24 hour fasting, etc.



Années 2020 : New research continues to explore the multiple potential benefits of fasting, including its impact on inflammation, cell regeneration, and aging.