What I learned after my 5-day water fast
Testosterone

Reference Range: 250 – 1100 (ng/dL)

Before: 598

After: 490
Cortisol

Reference Range: 4 – 22 (µg/dL)

Before: 19.9
After: 8.2
Inflammation

Reference Range
hsCRP 0-3 (mg/L)

Before: 0.1
After: 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
Now: 43
After: 35