

What is the best living scheme for achieving high quality life?

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L. Bryan Ray introduced a special issue on optimizing the diet (1). Intermittent fasting (IF) improves cardiometabolic health (2). Intermittent fasting induces long-lasting Gut health and TOR-independent lifespan extension (3). Before scientifically discovering effects of intermittent fasting, we knew that fasting is often done for religious or spiritual reasons, including in Islam, Christianity, Judaism and Buddhism (4). Increasingly scientific investigations suggest that Buddhist meditators are happier, have improved cognitive abilities and that meditation practice leads to measurable changes in brain activity (5). As a secular practice supported by scientific evidence, mindfulness is now accepted as a valid medical and therapeutic method that has been broadly incorporated into workplace and school wellness programs (6). We would like to know what is the best living scheme for achieving high quality life instead of longer lifespan.

References:

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4. <https://www.healthline.com/nutrition/intermittent-fasting-guide>
5. <http://davidvago.bwh.harvard.edu/the-science-of-buddhist-meditation/>
6. <http://misti.mit.edu/lesson-mindfulness-perspective-zen-buddhist-priest-kyoto>