



For Immediate Release

TrueNorth Health Foundation Report Shows Facial Mole Falls Off After Water-only Fasting and Whole-Plant-Food Diet

Santa Rosa, CA, August 20, 2020 - TrueNorth Health Foundation announced today a case report showing that water-only fasting and an exclusively whole-plant-food diet appeared to resolve a long-standing case of benign, facial seborrheic keratosis, commonly referred to as a “mole.”

[The case report](#) was published in the August 2020 issue of *Alternative and Complementary Therapies*. The report was written by three authors: Dr. Faye Alexandrakis, chiropractor at the TrueNorth Health Center; Dr. Alan Goldhamer, founder and director of the TrueNorth Health Center; and Toshia Myers, executive director of the TrueNorth Health Foundation.

“This case suggests that water-only fasting combined with an exclusively whole-plant-food diet may be an effective intervention in the treatment of seborrheic keratosis,” said Dr. Myers. “It provides a basis for further research.”

The report focused on a 68-year-old woman who had a benign seborrheic keratosis lesion on her right cheek for the past 10 years. It had grown larger over time but since it was not cancerous, she was not offered treatment.

She visited TrueNorth Health Center with the intention of improving her overall health and was surprised when approximately seven days into her refeeding process following an 11-day medically supervised, water-only fast the lesion started to crumble away. The lesion completely fell off around two weeks after her departure. Her weight, blood pressure, and fasting blood glucose also decreased remarkably.

One reason that water-only fasting and a whole-plant-food diet may benefit these types of lesions is because they appear to stimulate immune responses (e.g., decreased levels of insulin-like growth factor) that may also have the potential to reverse tumor growth in humans. Thus, it is at least theoretically possible that the observed resolution was the result of an immune response stimulated by fasting and/or diet.

About TrueNorth Health Foundation

[The TrueNorth Health Foundation](#) conducts research into how medically supervised, water-only fasting and an exclusively whole-plant-food diet free of added salt, oil, and sugar impact human health. Fasting and diet appear to naturally stimulate the body’s health-promoting capabilities. The Foundation is interested in better understanding these capabilities so that it might improve the treatment of chronic diseases using low-cost, non-invasive alternatives to prescription drugs and costly medical procedures.

[Learn more about research at TrueNorth Health Foundation.](#)

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