

Why Silicon Valley's food-depriving 'productivity hacks' could be dangerous

Twitter's CEO, Jack Dorsey, doesn't eat for 22 hours of the day, and sometimes not at all. Over the weekend he [tweeted](#) that he'd been "playing with fasting for some time," regularly eating all of his daily calories at dinner and occasionally going water-only for days on end. ... And while researchers are hopeful that some types of fasts may be beneficial to people's health, plenty of tech plutocrats have embraced extreme forms of the practice as [a productivity hack](#).

Dorsey's diet was [widely criticized](#) on the website he runs, but Silicon Valley has an obsession with food that goes far beyond the endorsement of questionable personal-health choices.

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Intermittent fasting, like most health-and-wellness behaviors, can exist anywhere on a spectrum that runs from very dangerous to [potentially beneficial](#), depending on who's doing it and how it's implemented. Fasting in one form or another has been a part of human eating behavior for millennia, and although scientific research on it is still preliminary, early studies suggest it [might help reduce the risk](#) of heart disease, cancer, and diabetes. For people with eating issues, though, fasting can be a very risky trigger for [anorexia](#) or [bulimia](#).

Read full, original post: [What Billionaires' Fasting Diets Mean for the Rest of Us](#)