

# EVIDENCE EXHIBITS

Paper Trail · Some exhibits below are fabricated for this exercise. At least one is real.

**EXHIBIT A** SOCIAL POST

*@fastingwithfaith · posted 8:11 AM · shared 13,500 times*

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"A peer-reviewed study PROVES intermittent fasting reverses type 2 diabetes. You don't need a doctor telling you it's risky — the science is right there. Message me to get started today."

**EXHIBIT B** PRODUCT WEBPAGE

fastingwithfaith.example/the-research

**FASTING WITH FAITH**   Programs   The Research   Testimonials

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**The Study That Proves Fasting Reverses Diabetes.**

✓ CONFIRMED BY A PEER-REVIEWED TRIAL

*metabolicealthjournal.example/fasting-diabetes-results*

"The program doctors don't want you to try" — Natural Health Voice

**EXHIBIT C** BLOG ARTICLE

*naturalhealthvoice.example · posted 11 days before the viral post*

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Headline: "Can Intermittent Fasting Really Reverse Diabetes? A Study Says Yes — Sort Of."  
 Excerpt: "Fasting With Faith points to a randomized controlled trial of a structured intermittent calorie-restricted diet, describing it as proof that anyone can reverse diabetes through fasting alone." A link under "the trial" leads to Exhibit D.

**EXHIBIT D** PRESS RELEASE

*fastingwithfaith.example/press · issued 6 weeks before the blog article*

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FOR IMMEDIATE RELEASE — Fasting With Faith cites a randomized controlled trial of an intermittent calorie-restricted diet in patients with type 2 diabetes. "The results prove fasting works," the release states. It does not mention that the diet was a specific, structured medical nutrition therapy delivered under clinical supervision, and does not state that participants discontinued medication only under a doctor's guidance.

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## EXHIBIT E

CITATION

Referenced in Exhibits C and D as “a randomized controlled trial of an intermittent calorie-restricted diet”

**Yang X, Zhou J, Shao H, Huang B, Kang X, Wu R, Bian F, Hu M, Liu D.**

*Effect of an Intermittent Calorie-restricted Diet on Type 2 Diabetes Remission: A Randomized Controlled Trial.*

Journal of Clinical Endocrinology & Metabolism. 2023;108(6):1415–1424.

DOI: 10.1210/clinem/dgac661 PMID: 36515429

A record with this title, journal, and DOI can be looked up directly. Check exactly what the intervention involved, whether it was medically supervised, and whether remission was sustained for everyone — then compare that to how Exhibits C and D describe it.