Reviewer's report

Title: The Effects of Dietary Fasting on Physical Balance

Version: 1 Date: 3 November 2009

Reviewer: albert taylor

Reviewer's report:

WRITING STYLE

This reviewer found numerous errors in spelling, syntax, and grammar. The writing style was difficult to follow as it lacked flow, with numerous run on sentences. The edited version, attached, has attempted to correct or change all of these difficulties.

MAJOR COMMENTS

There are only two minor comments, which are of some concern to this reviewer. The other minor comments have been changed or corrected in this resubmitted version of the paper. Nonetheless, this reviewer feels that the authors should make comment on the following two points:

1) in several places throughout the paper, the authors suggest that similar studies should be carried out with elderly subjects (seniors, older adults etc.). It must be pointed out that the static balance test used in the present study, would be difficult and, in fact, dangerous for older adults. It would be necessary to have spotters (at least two per subject) to guarantee the safety of the older subjects. Additionally using the closed-eye tests would also be dangerous for many older subjects who suffer from vertigo or type II diabetes, or even osteoarthritis or osteoporosis.

2) fasting, and especially missing breakfast can be dangerous for seniors suffering from type II diabetes, and no comment is made about this in the body of the paper and certainly not in the recommendations for further study. If an author recommends that his/her study be duplicated with different subjects, then it is important to point out any serious complications that may result from the methodology.

MINOR COMMENTS

Errors in grammar, syntax and spelling have been noted in the attached copy of the edited paper