

What is intermittent fasting?

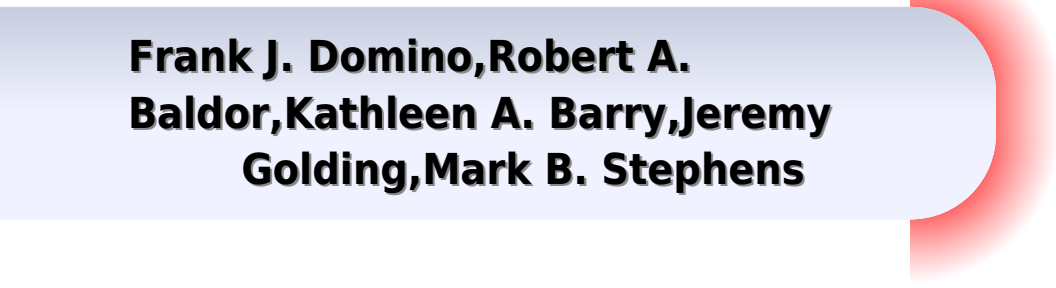
Intermittent Fasting (IF) is an eating pattern where you switch between periods of eating and fasting. You are still able to eat a normal amount of food but just in a smaller time frame, which is called your 'eating window.' It is a healthy way towards your weight loss.

Benefits of IF:

- ✓ Weight loss
- ✓ It can reduce insulin resistance, lowering blood sugar by 3-6% and insulin levels by 20-31%
- ✓ Reduces risk of inflammation
- ✓ Reduces "bad" LDL cholesterol, blood triglycerides, inflammatory markers, and blood sugar.
- ✓ Increases the brain hormone BDNF and may aid the growth of new nerve cells

Intermittent Fasting Review Coupon

**Frank J. Domino, Robert A.
Baldor, Kathleen A. Barry, Jeremy
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fields of neuroscience neurology psychiatry and psychology as well as to anyone with a curiosity about the human brain

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02 ensure that each fault code is properly labeled