

# BENEFITS OF INTERMITTENT FASTING

## Autophagy

### Burn Fat & Lose Weight

Research shows that weekly fasting can trigger weight loss up to 8 percent and waist shrinkage of up to 7%, meaning that fasting is especially useful for losing belly fat.

### Balances Insulin Levels

### Improves Sleep

### Increases HGH

(HGH) is a hormone made in the pituitary gland that leads to low levels of body fat and lean muscle mass. Initial research shows that fasting on a regular basis can boost the amounts your body makes, leading to improvements in your physique.

### Reduces Inflammation

Chronic inflammation is a trigger for dozens of lifestyle diseases like strokes and heart problems, but intermittent fasting seems to keep inflammation in check by triggering your cells to break it down before it begins to build up.

### Balances Blood Sugar

### Enhances The Immune System

### Reduces Risk of Chronic Disease

Scientific evidence shows that cutting your daily caloric intake by a third can extend your lifespan by over a decade, and intermittent fasting is an easy way to start cutting calories.

### Anti-Aging

# Intermittent Fasting Review

**Chao Zhang**

## **Intermittent Fasting Review:**

Embark on a transformative journey with Written by is captivating work, Discover the Magic in **Intermittent Fasting Review**. This enlightening ebook, available for download in a convenient PDF format, invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights.

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