

A woman with long brown hair and glasses is sitting at a wooden table in a dimly lit cafe. She is smiling while talking on a black smartphone held to her left ear. Her right hand is on the keyboard of a silver laptop in front of her. In the background, other people are blurred, and warm lights hang from the ceiling.

Intermittent fasting is a popular method to boost health and metabolism.

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PAVEL SOMOV, PH.D.



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