

# 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

**L Reisser**

## **Intermittent Fasting Review:**

Eventually, you will no question discover a supplementary experience and achievement by spending more cash. nevertheless when? realize you give a positive response that you require to get those all needs like having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more vis--vis the globe, experience, some places, in imitation of history, amusement, and a lot more?

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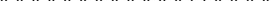
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