



# Benefits of Intermittent Fasting



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**Lowers Insulin Levels**



**2**  
**Improves Focus**

**3**  
**Supports a Healthy Heart**



**4**  
**Helps Digestion**



**5**  
**Supports a Healthy Immune System**

**6**  
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**7**  
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**8**  
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# Intermittent Fasting Toolkit

**Marco Casella**

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web a cuckoo s egg is a metaphor for brood parasitism where a parasitic bird deposits its egg into a host s nest which then incubates and feeds the chick that hatches even at the expense of its own offspring that original biological meaning has been extended to other uses including one which references spyware and other pieces of malware history

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