



# Benefits of Intermittent Fasting



**1** **Lowers Insulin Levels**



**2** **Improves Focus**

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



**4** **Helps Digestion**



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

**6** **Fights Inflammation**



**7** **Improves Cholesterol**



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**Yijin Wang**



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