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fasting is abstaining from all or some foods or drinks for a set period which may have various health benefits such as weight loss blood sugar control and inflammation reduction learn how to start fasting safely and what types of fasting are available intermittent fasting means that you don't eat for a period of time each day or week some popular approaches to intermittent fasting include alternate day fasting eat a normal diet one day and either completely fast or have one small meal less than 500 calories the next day 5 2 fasting intermittent fasting is an eating plan that switches between fasting and eating on a regular schedule research shows that intermittent fasting is a way to manage your weight and prevent or even reverse some forms of disease our expert explains how being prepared drinking water limiting exercise and planning for medications can help you stay healthy during your fast this is a detailed guide to intermittent fasting if studies show that it can help you lose weight improve health and perhaps even live longer learn about various intermittent fasting benefits intermittent fasting may help reduce cancer side effects and inflammation extend life span and more

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