

## Abstract

in weight management, metabolic health, and longevity. Unlike traditional calorie-restricted diets, intermittent fasting cycles between periods of eating and fasting, allowing the body to enter states that promote fat burning, improve insulin

research on intermittent fasting's impact on metabolism, aging, and chronic diseases, providing an evidence-based perspective on the practice.

## Keywords:

7.00

## Introduction

### Benefits

### Alternate-day fasting: A

(A)

24-  
5,  
500

600

### Benefits

### The warrior diet:

20

4-

### Benefits

### Health benefits of intermittent fasting:

### Weight loss and fat burning:

. B

## Types of Intermittent Fasting

### The 16/8 method (time-restricted eating):

16/

3,

16

.00 12.00

12.00 .00

### Benefits

### The 5:2 diet (alternate day fasting):

5.2

( 500 600 )

4,

### Benefits

### Eat-stop-eat:

24

7.00

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14%,

**Scientific evidence** A

7 11%

**Improved insulin sensitivity:**

2

7 .

**Scientific evidence** A

**Cellular repair and autophagy:**

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. A



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