

improving glucose metabolism [7]. is particularly beneficial for those managing diabetes, as maintaining stable blood sugar levels is crucial for preventing complications.

Reduced risk of complications: By promoting weight loss, improving insulin sensitivity, and enhancing metabolic health, intermittent fasting may help reduce the risk of diabetes-related complications, such as cardiovascular disease and neuropathy [8].

Simplicity and flexibility: Unlike traditional diets that require meticulous calorie counting or food restrictions, intermittent fasting can be simpler to implement and maintain. Individuals can choose their eating windows based on their lifestyle, making it a more sustainable option for long-term health [9].