

Fasting For The Health Of It.pdf

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[Fasting: health benefits and risks - Medical News Today](#)

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While fasting for Ramadan is down to spiritual beliefs, many of us choose to fast with the belief that it benefits our health. But does it? A number of studies have suggested intermittent fasting has numerous health benefits, including weight loss, lower blood pressure and reduced cholesterol.

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Fasting has become increasingly popular over the years, especially among the health community. Whilst most health practitioners are afraid to recommend eating less due to the stigma involved, it still doesn't alleviate the incredible benefits of fasting when used sensibly.

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