













Fact: Fasting can reduce your levels of blood pressure, body fat and inflammation.

Source: Fasting: Molecular Mechanisms and Clinical Applications

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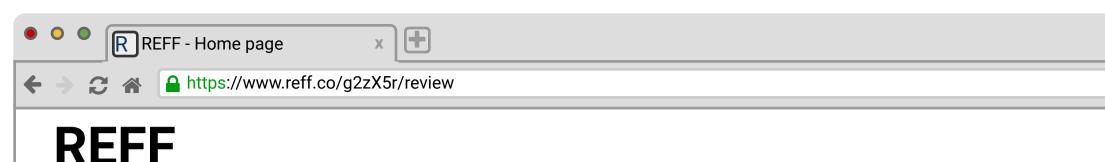
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