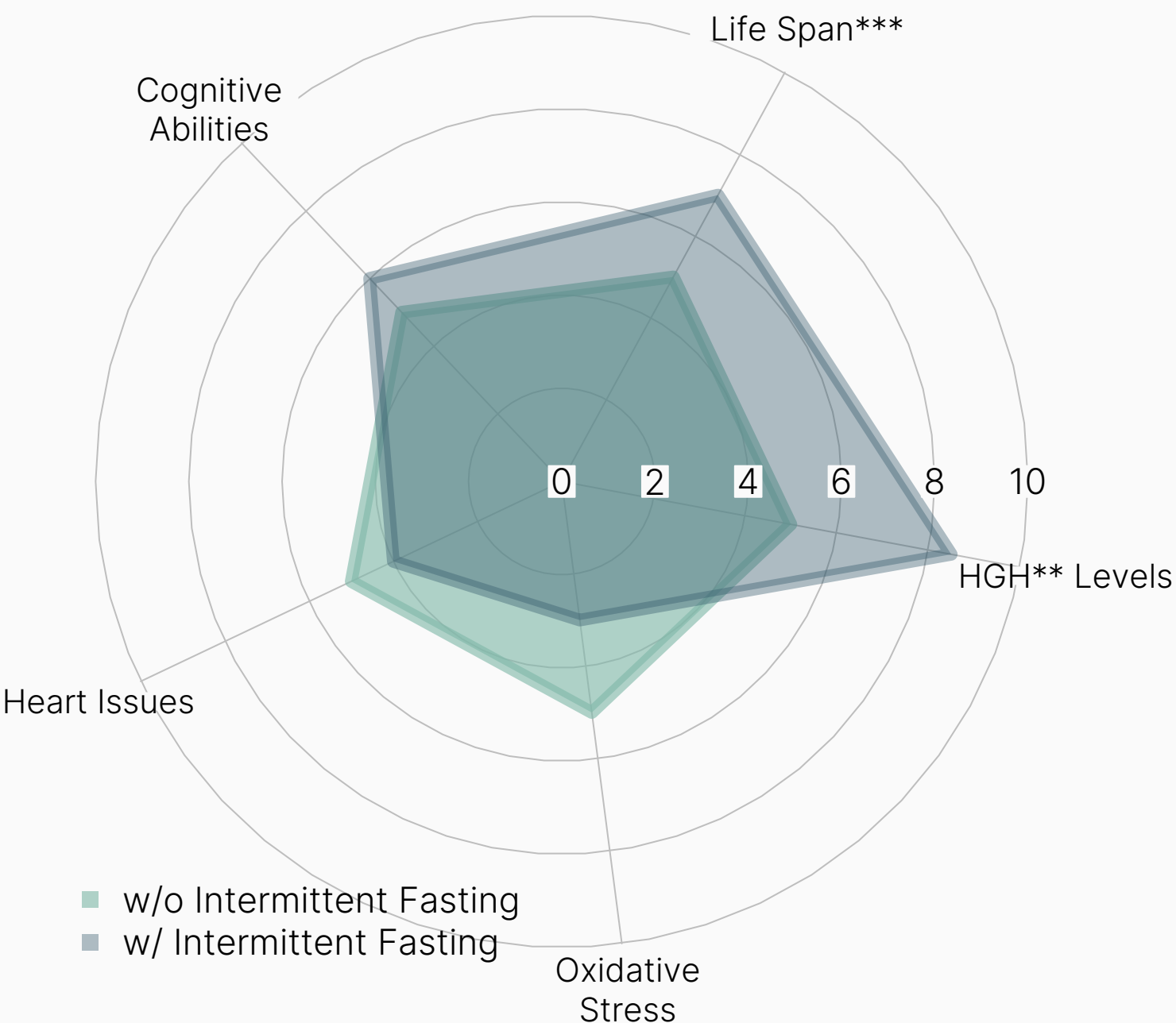


# Benefits of Intermittent Fasting



\*Values are normalized such that the value of 5 is average of that factor(e.g. Life Span:70 is given value 5)