A meta-analysis of 50 studies conducted between 2010 and 2023 found that intermittent fasting can lead to an average weight loss of 7% over six months. The studies, conducted across five countries, measured calorie intake, metabolic rates, and self-reported dietary adherence. Statistical significance was determined using p-values below 0.05. The results indicate a consistent correlation between fasting and weight management, although individual results may vary based on lifestyle factors.