



THE HUGELY BETTER CALORIE COUNTER





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Fig. 1. Potential targets for interventions using intermittent fasting (IF). IF impact in each different pathway of the organism. This is a summary of the different actions of this intervention (IF) within the metabolism demonstrated in all the studies that were used to compose this review.

Effects of intermittent fasting on metabolism in men

i Indian Foods: AAPI's GuideIndian Foods: AAPI's Guide To Nutrition, Health and Diabetes SECOND EDITION Edited by RANJITA MISRARANJITA MISRA