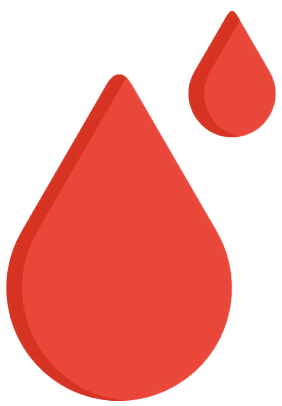


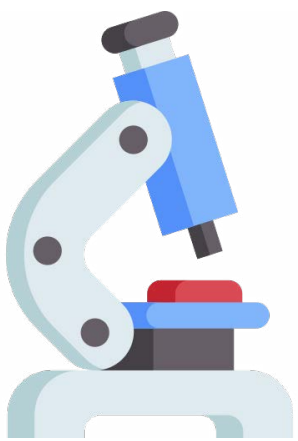
8 HEART HEALTH BENEFITS OF INTERMITTENT FASTING



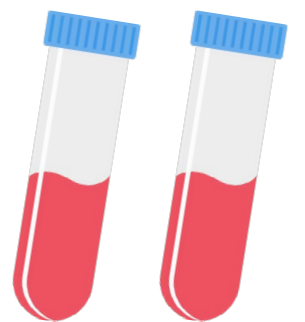
Improved
Blood
Pressure



Lower
Resting
Heart Rate



Improved
HDL & LDL



Improved
Triglycerides



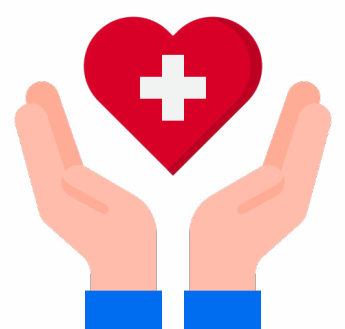
Improved
Glucose &
Insulin



Lowers
Inflammation



Lowers
Oxidative
Stress



Increased
Heart Rate
Variability