

Errata

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Conclusion: According to these findings, even a 5-10-week period of IMF can reduce systolic blood pressure levels, total lipid profile and inflammatory markers. Short term IMF can also increase insulin resistance making it favorable among prediabetic and diabetic individuals. Three months or greater of consecutively fasting can reduce systolic blood pressure levels, total lipid profile and inflammatory markers at a steady state. The most effective way of losing weight in overweight populations is to incorporate IMF with exercise as the health benefits are greater (increase HDL levels). IMF long term stabilizes cardiac risk factors (lipids, BP) while further decreasing HA1c levels and weight loss. Even though intermittent fasting might not be ideal for everyone and further research must be done on risks vs benefits for an individual patient, IMF is an ideal dietary option that should be recommended by healthcare providers for men and women who are of normal weight, overweight or have type II diabetes mellitus and are interested in lowering their insulin resistance, lipid profile, and cardiovascular risk.

Replace with:

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