

intermittent fasting 19/5

intermittent fasting 19/5 has emerged as a popular and effective dietary approach for many seeking to manage their weight, improve metabolic health, and enhance overall well-being. This specific regimen, characterized by a 19-hour fasting window and a 5-hour eating window, offers a structured yet flexible way to incorporate fasting into daily life. Understanding the nuances of the 19/5 method, including its benefits, potential side effects, and how to implement it successfully, is crucial for anyone considering this lifestyle change. This comprehensive guide will delve into the science behind intermittent fasting 19/5, explore its advantages for various health markers, and provide practical tips for beginners and experienced fasters alike. We will also address common concerns and offer insights into optimizing the 19/5 fasting schedule for sustained results.

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Frequently Asked Questions about Intermittent Fasting 19/5

What is Intermittent Fasting 19/5?

Intermittent fasting 19/5 is a specific time-restricted eating pattern that divides the 24-hour day into two distinct periods: a fasting window and an eating window. In this method, individuals abstain from consuming any calories for 19 consecutive hours and then have a 5-hour period during which they can eat all of their daily meals and snacks. This approach is a variation of other popular intermittent fasting schedules, such as the 16/8 method, and is considered more challenging due to the longer fasting duration. The core principle is to allow the body to enter a fasted state for an extended period, triggering various metabolic processes that are beneficial for health.

The beauty of the 19/5 intermittent fasting schedule lies in its relative simplicity once understood. It doesn't dictate what you should eat, but rather when you should eat it. This flexibility allows individuals to tailor their eating window to their daily routines, whether that involves a late lunch and early dinner, or a more typical lunch and dinner with a concentrated eating period. The emphasis is on creating a consistent fasting pattern to reap the rewards of metabolic switching, where the body shifts from using glucose for energy to burning stored fat.

Understanding the 19-Hour Fasting Window

The 19-hour fasting window is the cornerstone of this dietary strategy. During this period, only non-caloric beverages such as water, black coffee, and plain tea are permitted. This extended period without food is designed to deplete glycogen stores, encouraging the body to tap into its fat reserves

for energy. This metabolic shift is often referred to as "metabolic switching" and is believed to be responsible for many of the health benefits associated with intermittent fasting.

Defining the 5-Hour Eating Window

The 5-hour eating window is the crucial period where all caloric intake is concentrated. This compressed timeframe encourages mindful eating and can help individuals become more aware of their hunger cues and satiety signals. It's not about cramming as much food as possible into this window, but rather about consuming nutritious meals that provide the body with the necessary energy and nutrients for the day. Planning meals within this window can be key to ensuring adequate nutrient intake and avoiding overeating.

The Science Behind Intermittent Fasting 19/5

The efficacy of intermittent fasting 19/5 is rooted in fundamental physiological processes that occur when the body is deprived of food for an extended duration. One of the primary mechanisms at play is the hormonal response. When fasting, insulin levels drop significantly, which facilitates fat breakdown and release of fatty acids from adipose tissue to be used as fuel. Simultaneously, growth hormone levels tend to increase, which aids in preserving muscle mass and promoting fat loss. This hormonal interplay creates an environment conducive to weight management and improved metabolic flexibility.

Furthermore, the extended fasting period can trigger cellular repair processes, most notably autophagy. Autophagy is a cellular "clean-up" mechanism where damaged cells and proteins are removed and recycled, promoting cellular health and potentially reducing the risk of age-related diseases. While research is ongoing, early studies suggest that time-restricted eating patterns, including those with longer fasting durations like 19/5, can positively influence these cellular pathways.

Hormonal Regulation and Intermittent Fasting 19/5

The hormonal cascade initiated by the 19-hour fast is a key driver of its benefits. A sustained low insulin level is critical for unlocking fat stores. As the body moves away from a constant influx of glucose, it becomes more efficient at utilizing stored energy. This can lead to improved insulin sensitivity over time, which is a cornerstone of metabolic health and a crucial factor in preventing or managing type 2 diabetes. The interplay between insulin, glucagon, and other hormones is finely tuned during extended fasting periods.

Autophagy and Cellular Repair

Autophagy, often described as the body's internal housekeeping system, is significantly activated

during prolonged fasting states. When cells are under mild stress, such as from a lack of nutrients, they initiate autophagy to clear out damaged components and regenerate. This process is vital for maintaining cellular integrity and function, and its upregulation through intermittent fasting 19/5 is considered a significant factor in its potential anti-aging and disease-preventative properties. The longer the fasting period, the more pronounced the effects on autophagy are believed to be.

Benefits of Intermittent Fasting 19/5

The advantages of adhering to an intermittent fasting 19/5 schedule extend across multiple facets of health and well-being. Perhaps one of the most sought-after benefits is its impact on weight management. By creating a significant calorie deficit over the week and promoting the use of stored fat for energy, the 19/5 method can lead to substantial fat loss. This is achieved not through restrictive dieting, but through controlled eating windows that naturally limit overall calorie consumption for many individuals.

Beyond weight loss, the 19/5 approach can significantly improve metabolic markers. Studies have shown improvements in insulin sensitivity, which is crucial for preventing and managing conditions like type 2 diabetes. It can also positively influence blood lipid profiles, leading to lower LDL ("bad") cholesterol and triglyceride levels, while potentially increasing HDL ("good") cholesterol. This holistic impact on metabolic health makes intermittent fasting 19/5 a powerful tool for proactive health management.

Weight Loss and Fat Reduction

The extended fasting period in the 19/5 method naturally creates a calorie deficit. When the body consistently has less opportunity to consume calories, it is forced to rely on its stored energy reserves, primarily body fat, for fuel. This process, coupled with the hormonal changes that favor fat mobilization, makes intermittent fasting 19/5 a highly effective strategy for reducing body fat and achieving a leaner physique. It encourages the body to become more metabolically efficient.

Improved Insulin Sensitivity and Blood Sugar Control

One of the most significant health benefits of intermittent fasting 19/5 is its profound effect on insulin sensitivity. By reducing the frequency of blood sugar spikes throughout the day, the body's cells become more responsive to insulin. This improved sensitivity is critical for preventing insulin resistance, a precursor to type 2 diabetes. For individuals already managing blood sugar levels, this dietary approach can be a valuable adjunct therapy, helping to stabilize glucose levels and reduce reliance on medication.

Enhanced Brain Health and Cognitive Function

Emerging research suggests that intermittent fasting, including the 19/5 pattern, may have neuroprotective benefits. The increase in brain-derived neurotrophic factor (BDNF) during fasting periods is thought to play a role in promoting the growth of new neurons and improving synaptic plasticity. This can translate to enhanced cognitive function, improved memory, and a potential reduction in the risk of neurodegenerative diseases. The clean-up processes like autophagy also contribute to overall brain health.

Reduced Inflammation

Chronic inflammation is a known contributor to a vast array of diseases, including heart disease, cancer, and autoimmune conditions. Intermittent fasting 19/5 has been shown to reduce markers of inflammation in the body. By lowering oxidative stress and promoting cellular repair mechanisms like autophagy, this eating pattern can help to dampen the inflammatory response, contributing to overall disease prevention and improved well-being.

How to Implement Intermittent Fasting 19/5

Embarking on an intermittent fasting 19/5 journey requires careful planning and a gradual approach, especially for beginners. It's essential to listen to your body and make adjustments as needed. The most common way to structure the 19/5 window is to incorporate the eating period in the afternoon and evening, for example, from 12 PM to 5 PM, or 1 PM to 6 PM, allowing for lunch and dinner. However, this can be adjusted to fit individual lifestyles.

Hydration is paramount throughout the fasting period. Consuming plenty of water, black coffee, or plain tea will help manage hunger and keep you feeling satiated. When the eating window opens, focus on nutrient-dense foods that provide sustained energy and essential vitamins and minerals. This means prioritizing whole foods, lean proteins, healthy fats, and complex carbohydrates, while limiting processed foods, sugary drinks, and excessive amounts of refined carbohydrates.

Choosing Your Eating Window

Selecting the right 5-hour eating window is crucial for sustainability and effectiveness. Consider your daily schedule, work commitments, and social life when deciding when your eating period will occur. Some find it easiest to start their window around midday, allowing for lunch and dinner, while others may prefer a later start, accommodating an early dinner. Experiment to find what feels most natural and manageable for your lifestyle. Consistency is key once you find a rhythm.

Hydration Strategies During Fasting

Staying well-hydrated during the 19-hour fasting window is non-negotiable. Water is your primary ally, helping to suppress hunger, maintain bodily functions, and flush out toxins. Beyond water,

unsweetened black coffee and plain tea (herbal or green) are also permitted and can provide a slight metabolic boost and further help manage appetite. Electrolyte balance is also important, and a pinch of sea salt in your water can be beneficial, especially during longer fasts.

Nutrient-Dense Food Choices

Maximizing the nutritional value within your 5-hour eating window is essential for supporting your body's needs. Focus on a balanced intake of macronutrients: lean proteins for muscle repair and satiety, healthy fats for hormone production and energy, and complex carbohydrates for sustained energy release. Include plenty of fiber-rich vegetables and fruits to ensure adequate micronutrient intake and promote digestive health. Prioritizing whole, unprocessed foods will provide the most benefit.

Gradual Transition for Beginners

If you are new to intermittent fasting, attempting a 19/5 schedule immediately might be too challenging. It is highly recommended to start with a more accessible fasting window, such as 12/12 or 14/10, and gradually increase the fasting duration over several weeks or months. This allows your body to adapt to the changes in eating patterns and hormonal fluctuations, reducing the likelihood of experiencing significant discomfort or side effects. Listen to your body's signals.

Potential Side Effects and How to Manage Them

While intermittent fasting 19/5 offers numerous benefits, it's important to be aware of potential side effects, especially during the initial adaptation period. Common complaints include headaches, fatigue, irritability, and intense hunger. These are often temporary as your body adjusts to utilizing fat for energy and regulates its hormonal balance. Staying well-hydrated, ensuring adequate sleep, and focusing on nutrient-dense foods during your eating window can significantly mitigate these issues.

Another potential challenge can be maintaining energy levels, particularly if your diet within the eating window is not well-balanced. Ensuring you consume enough calories and the right mix of macronutrients is crucial. If fatigue persists, it might be a sign that the 19/5 protocol is too aggressive for you at this time, and a shorter fasting window might be more appropriate. Persistent or severe side effects warrant consultation with a healthcare professional.

Managing Hunger Pangs

Hunger is a natural physiological response, and during the initial stages of intermittent fasting 19/5, it can be intense. The key is to distinguish between true hunger and cravings. Staying hydrated with water, black coffee, or plain tea can often help manage hunger pangs. Focusing on high-fiber and

high-protein foods during your eating window will promote satiety and help you feel fuller for longer. Mindful eating practices can also help you recognize and respond to your body's signals more effectively.

Headaches and Fatigue

Headaches and fatigue are common initial side effects of intermittent fasting, often linked to dehydration or the body's adjustment to lower blood sugar levels. Ensure you are drinking ample water throughout the day, especially during your fasting window. If you typically consume a lot of caffeine, a gradual reduction can help prevent caffeine withdrawal headaches. Adequate sleep is also crucial for energy levels and overall well-being. If fatigue is persistent, reassess your food choices and overall caloric intake.

Digestive Issues

Some individuals may experience changes in digestion, such as constipation or bloating, when adopting intermittent fasting. This can be due to shifts in meal timing and the types of food consumed. Increasing fiber intake from fruits, vegetables, and whole grains within your eating window can help promote regularity. Staying hydrated also plays a significant role in digestive health. If symptoms are severe or persistent, consider consulting a healthcare provider.

Who Should Avoid Intermittent Fasting 19/5?

While intermittent fasting 19/5 is beneficial for many, it is not suitable for everyone. Certain medical conditions, physiological states, and individual circumstances necessitate caution or complete avoidance of this practice. It is crucial to consult with a healthcare professional before initiating any new dietary regimen, especially one involving extended fasting periods.

Pregnant and breastfeeding women, individuals with a history of eating disorders, those with type 1 diabetes or poorly controlled type 2 diabetes, and individuals taking certain medications should exercise extreme caution or avoid intermittent fasting 19/5 altogether. The demands on the body during pregnancy and breastfeeding, the psychological risks associated with restrictive eating patterns, and the potential for blood sugar dysregulation in diabetic individuals make this approach potentially harmful.

Individuals with a History of Eating Disorders

For individuals with a personal or family history of eating disorders, such as anorexia nervosa, bulimia nervosa, or binge eating disorder, intermittent fasting 19/5 can be a significant trigger and may contribute to the relapse of disordered eating behaviors. The restrictive nature of fasting, even if time-based, can foster unhealthy obsessions with food, body image, and control. Prioritizing

mental health and seeking professional guidance from a therapist or dietitian specializing in eating disorders is paramount.

Pregnant and Breastfeeding Women

The nutritional demands on a pregnant or breastfeeding body are significantly elevated to support the growth and development of a fetus or infant. Extended fasting periods like the 19/5 method can compromise the intake of essential nutrients, potentially harming both the mother and the child. Adequate and consistent nutrition is vital during these critical life stages, and intermittent fasting is generally not recommended.

People with Certain Medical Conditions

Certain medical conditions require a consistent intake of nutrients and careful blood sugar management, making intermittent fasting 19/5 potentially dangerous. This includes individuals with type 1 diabetes, as well as those with type 2 diabetes who are on insulin or certain oral medications, as fasting can lead to dangerous hypoglycemia. Individuals with a history of hypoglycemia, adrenal fatigue, or certain gastrointestinal disorders should also consult their doctor. Kidney disease and heart conditions are other areas where medical advice is essential.

Maximizing Your 19/5 Fasting Schedule

To truly unlock the full potential of your intermittent fasting 19/5 journey, a holistic approach that extends beyond just the eating and fasting windows is key. Optimizing your lifestyle choices can amplify the benefits and make the practice more sustainable and enjoyable. This includes focusing on the quality of your food, incorporating regular physical activity, and prioritizing sufficient rest and stress management.

The synergy between intermittent fasting and a healthy lifestyle creates a powerful environment for metabolic health and overall well-being. By making conscious choices that support your body's natural rhythms, you can enhance fat loss, improve energy levels, and foster a more resilient and healthy you. Consistency and patience are fundamental to achieving long-term success with this dietary approach.

The Role of Exercise

Incorporating exercise into your intermittent fasting 19/5 routine can significantly enhance its benefits. Exercising during your fasting window, particularly low-to-moderate intensity activities, can encourage your body to tap into fat stores for fuel, potentially accelerating fat loss. However, listen to your body; high-intensity workouts might be better suited for your eating window to ensure adequate energy availability and recovery. Strength training is also vital for preserving muscle mass

during weight loss.

Prioritizing Sleep and Stress Management

Adequate sleep and effective stress management are critical components for success with intermittent fasting 19/5. Poor sleep can disrupt hormones like ghrelin and leptin, which regulate appetite, potentially leading to increased hunger and cravings. High stress levels can elevate cortisol, which can hinder fat loss and promote abdominal fat storage. Establishing a consistent sleep schedule and practicing stress-reducing techniques like meditation or yoga can greatly support your fasting goals.

Listen to Your Body and Adjust

Perhaps the most important advice for maximizing your 19/5 fasting schedule is to cultivate a deep connection with your body and be willing to adjust as needed. What works perfectly for one person may not for another. Pay attention to your energy levels, hunger cues, sleep quality, and overall mood. If you consistently feel overly fatigued, irritable, or experience persistent negative side effects, it may be a sign that your current fasting window needs to be modified or that this particular protocol isn't the best fit for you at this time.

The Importance of a Balanced Eating Window

While the fasting window is crucial for metabolic benefits, the quality of food consumed during the 5-hour eating window is equally important. Focusing on whole, unprocessed foods rich in nutrients will provide your body with the energy and building blocks it needs to thrive. A diet rich in lean proteins, healthy fats, complex carbohydrates, and abundant vegetables will support satiety, hormone balance, and overall health. Avoid the temptation to overeat or consume nutrient-poor, highly palatable foods, which can negate the benefits of fasting.

FAQ Section

Q: How quickly can I expect to see results with intermittent fasting 19/5?

A: Results vary significantly from person to person. Some individuals may notice initial changes in hunger levels and energy within the first week, while significant weight loss or metabolic improvements typically take several weeks to months of consistent adherence. Factors such as your starting weight, activity level, and overall diet play a crucial role.

Q: Can I drink anything other than water during the 19-hour fast?

A: Yes, you can consume non-caloric beverages such as black coffee (without sugar or cream), plain tea (herbal or caffeinated), and sparkling water. These can help with hydration and managing hunger without breaking your fast.

Q: Is intermittent fasting 19/5 suitable for vegetarians or vegans?

A: Yes, intermittent fasting 19/5 can be adapted for vegetarian and vegan diets. The key is to ensure you are consuming nutrient-dense plant-based protein sources, healthy fats, and complex carbohydrates within your 5-hour eating window to meet your nutritional needs.

Q: What should I do if I feel intensely hungry during my fasting period?

A: Intense hunger is common, especially when starting. Try drinking a large glass of water, black coffee, or plain tea. If hunger persists intensely, it might indicate you need to slightly adjust your eating window or ensure you are consuming enough nutrient-dense foods during your eating period. For some, a slightly shorter fasting window might be more sustainable initially.

Q: Can intermittent fasting 19/5 interfere with my workout performance?

A: Some individuals may experience a temporary dip in performance when exercising in a fasted state. However, many adapt well and find they can perform effectively. Experiment with exercising at different times within your eating or fasting window to see what works best for your energy levels and recovery. Ensure you are well-fueled within your eating window.

Q: How long should I follow the intermittent fasting 19/5 pattern?

A: Intermittent fasting 19/5 can be practiced long-term as a sustainable lifestyle approach for many. The duration depends on your personal health goals, how your body responds, and whether you find it to be an enjoyable and manageable way of eating. It's always advisable to periodically check in with your health status and consider consulting with a healthcare professional.

Q: Is it safe to break my fast with a large meal?

A: It is generally recommended to break your fast with a moderate, nutrient-dense meal rather than a very large one. Consuming a very heavy meal immediately after a prolonged fast can sometimes

lead to digestive discomfort or feelings of being overly full. Starting with a balanced meal that includes protein, healthy fats, and complex carbohydrates is often better tolerated.

Q: Will intermittent fasting 19/5 affect my metabolism in the long term?

A: When practiced correctly and combined with a balanced diet, intermittent fasting 19/5 can actually improve metabolic flexibility, meaning your body becomes more efficient at switching between burning glucose and fat for energy. This can have positive long-term effects on metabolism, insulin sensitivity, and weight management. However, consistently under-eating during your eating window can negatively impact metabolism.

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intermittent fasting 19 5: How to Lose Weight with Intermittent Fasting (For Immediate Weight Loss and Fat Loss) Serge Uri, 2012-02-24 ABOUT THE BOOK People who want to lose weight are frequently confused by the wide range of available diets and exercise regimens. Choosing one that is right for you is difficult because each individual has specific eating habits and lifestyles. Additionally, there are many diets that are simply ineffective, meaning that medical research has not confirmed their utility in weight loss. This further complicates the task of navigating through the immense amount of information found in books and on the Internet in an attempt to choose an effective and safe weight loss diet. However, there are a few diet regimens that have been monitored throughout the years by medical professionals to ensure utility and safety in weight loss, and that have proven their effectiveness in research studies. One such diet is called intermittent fasting, and this article will explain how it works to help you lose weight and why it is so effective. Intermittent fasting is similar to caloric restriction, a straightforward diet that involves a reduction of the amount of ingested calories while maintaining proper nutritional value of food to stay healthy. Unlike caloric restriction, however, in intermittent fasting the emphasis is placed on the eating pattern of the individual rather than on reducing the amount of calories of each meal. EXCERPT FROM THE BOOK Lean meat is an excellent source of high-quality proteins. Grilled chicken and turkey are great sources of iron, which is a chemical element that is used to produce red blood cells. Red blood cells transport oxygen from the lungs to the tissues, giving you energy. Meat is rich in carnitine, which is a natural compound that is used to transport fat inside the cells to the place where it is burned. Fish is a great source of proteins and has almost no cholesterol. There is something magically strange about fish fat: it can help you lose weight and lower the risk of heart disease. This is because fish fat contains omega-3 and omega-6 essential fatty acids, which help lower cholesterol levels and increase the metabolism to stimulate the burning of bad fat. Whole-grain foods and cereals are an excellent component of a good intermittent fasting diet due to their specific compounds that help you lose weight naturally. First, whole-grain foods are rich in dietary fiber. Fiber is a natural compound found in plant-derived foods that is not digested and absorbed by the human body. However, even though it has no energetic value, it has a vital role in weight loss, especially when combined with intermittent fasting. Fiber can swell with water in the stomach and gut, which creates a gel-like structure that prevents excessive absorption of fat and cholesterol... Buy a copy to keep reading!

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book will change the way you view weight loss and food. You will learn how to lose weight and to get healthier. If the low-fat, low-calorie advice is right, why are our waistlines expanding? Did you know that the CDC estimates that obesity impacts 93.3 million US adults? Intermittent fasting is a weight loss plan with added health benefits: increased energy, enhanced mental focus, decreased diabetes risk, and reduction of Alzheimer's Disease and some cancers. It also slows the aging process. In this book, you will learn to: become a timekeeper on your weight loss journey, decrease circulating insulin, become a fat-burner, and restrict when you eat, not what you eat. Enjoy your food without guilt. May the fast be with you.

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intermittent fasting 19 5: 28-Day FAST Start Day-by-Day Gin Stephens, 2023-12-26 Gin Stephens is unstoppable! And she won't even pause until she's introduced every potential reader to Intermittent Fasting. In her 28-Day FAST Start Day-By-Day, she dispenses the "hows" and "whys" of IF day by day for a reader's first month, giving IFers what they need to know, when they need to know it. Supported throughout with inspirational case histories that add up to a troubleshooting primer, as well as tips, truths and tweaks, 28-Day FAST Start Day-By-Day also has an important write-in aspect. Most IFers "fail" because they don't think the practice is working, or think it's only working because they are naturally reducing calories by time-boxing their daily eating. With simple, direct check-ins at the end of each of the first twenty-eight days, readers will stay on track by noticing how their bodies are reacting to IF, acknowledging "non scale victories" and setting a goal for the next day: it's Gin's version of habit formation, and it works! 28-Day FAST Start Day-By-Day is a complete program. Almost everything except the time framework will feel new even to readers of FAST. FEAST. REPEAT., from picking an entry speed ("Easy Does It", "Steady Build" or "Rip Off The Band-Aid") on Day One, to discovering your "Appestat" (Appetite Thermostat) in the middle of the month, to "Master the Delay" on Day Twenty-Eight.

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intermittent fasting 19 5: Biochemistry of Cardiovascular Dysfunction in Obesity Paramjit S. Tappia, Sukhwinder K. Bhullar, Naranjan S. Dhalla, 2020-10-03 Obesity is an independent risk factor for cardiovascular disease (CVD) in adults as well as in obese children. This book will provide a description of the impact of obesity on the cardiovascular system and increased predisposition to CVD. It will identify the major biochemical mechanisms that lead to the occurrence of myocardial abnormalities and vascular alterations in obesity. We will also have some discussion on the biochemistry of the so-called obesity paradox in relation to CVD. The contributors to this book are international experts on obesity and associated cardiovascular complications. This book is also uniquely positioned as it focuses on the biochemistry of obesity-induced cardiovascular dysfunction. There are 20 chapters in 2 different parts in this book, comprising of Part A: Pathophysiology of Cardiovascular Complications in Obesity (11 chapters) and Part B: Modification of Cardiovascular Dysfunction in obesity (9 chapters). The intent of this volume is to provide current and basic understanding of the biochemical mechanisms of obesity induced cardiovascular dysfunction that will be of value not only to cardiologists and other allied health professionals, but will also stimulate and motivate biomedical researchers and scientists to find the way to prevent the epidemic of obesity associated cardiovascular abnormalities. Furthermore, this book will serve as a highly useful resource for medical students, fellows, residents and graduate students with an interest in the cardiovascular system. In summary, this book covers a broad range of biochemical mechanisms of obesity-induced cardiovascular complications. We hope that the reader will understand that obesity is linked to an increase in the risk and occurrence of fatal CVD. Furthermore, the underlying message presented in the book is that the cause of obesity related disorders is complex and that understanding the biochemistry of cardiovascular dysfunction may contribute to the development of novel interventions for the prevention and treatment of obesity associated comorbidities.

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