

# Can Intermittent Fasting Help People Live Longer?

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Aging expert Dr. Nir Barzilai has conducted extensive research on the topic of slowing down the aging process. He is keenly aware that the aged are far more likely to die from Covid-19 than their younger counterparts. He says, though, older people who are fit and don't have underlying conditions are more likely to survive an encounter with Coronavirus.

Barzilai concedes changing habits in time to stave off the insidious virus is difficult. He believes there are key things we can do to slow down the aging process and thus make us less vulnerable to Covid-19. His research suggests intermittent fasting can lengthen lifespan and keep us healthier.

“

You can't help someone up a hill, without getting closer to the top yourself”

*Joey Dweck*



Intermittent Fasting



App & Play Stores

“If you caloric restrict animals, they live thirty, forty percent longer and are much healthier,” he said enthusiastically. “We took it to mean that if you have less for breakfast, lunch and dinner, you’d live longer. But, in fact, what we’ve done with animals, we gave them all the food in the morning. They were hungry, so they finished within an hour. And, now they are fasting for twenty three hours.

When we started giving the animals less food, but throughout the day, they were leaner, but they didn't live longer. So, you need the fasting."

Read more at [SkinnyNews](#) (an imprint of WeightLossBuddy)

## About WeightLossBuddy

WeightLossBuddy is the largest on-line community dedicated exclusively to supporting people who are struggling to lose weight.

The new app allows users to monitor their weight, while sharing their progress with others, and at the same time learning from their experience.

Not only are users able to chat live with other users, but they can also form or join groups to connect with people who have similar interests and goals.

Public & Private groups let them share their concerns with people they can trust.

Research has shown that people who have social support, tend to be more successful at achieving, and maintaining weight loss than those who do not.

In a 2010 study, almost 88% of subjects who joined an internet weight loss support community reported that being part of a group supported their weight loss efforts by providing encouragement and motivation.

In addition to a very easy to use platform, weightlossbuddy uses a familiar "posting" interface people are familiar with. It allows users to share both their successes and setbacks.

What makes the new weightlossbuddy app stand out from other apps is that it is non-toxic, safe, supportive, welcoming and easy to use.

Users can check in each day, post their progress, get encouragement and check to see how their friends are doing.

The new App helps users by giving them the support they need in a welcoming, non-threatening community of like-minded people who share their frustrations,

- WeightLossBuddy caters to those individuals who want to lose weight and need help.

- It helps by providing weight loss support from others on a similar journey.

- The new 100% FREE weight loss support app gives users access to a large weight loss community that is ready to

- encourage them, share effective weight loss tips, and help them in any way possible to reach

their weight loss goal.

#### □ COMMENT, LIKE, LIVE CHAT & POST

□□Users of the new app can explore the social fitness & weight loss posts from weight loss buddy users that are on the same journey.

□□Users can find great weight loss support content, read about other people's personal struggles to learn and relate, and like and comment on posts.

□□Additionally, users can make use of Weightlossbuddy as their weight loss tracker and social weight loss app to post content, thoughts, struggles, progress photos, and more.

□□Users can start chatting live with fitness buddies from around the globe within the app!

#### □ WHY the NEW WEIGHTLOSSBUDDY APP?

Users can now:

- add current and target weight
- find a buddy and get support
- share photos and weight loss progress
- connect and chat live with other weight loss buddies
- comment and like on posts
- track daily weight

This New 100% FREE App can be found in both the [App Store](#) and [Google Play](#) Store. It has the ability to transform people's lives.

Joey Dweck

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