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Fasting Review

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We use this protocol and it's working

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Abstract

A structured, overarching, systematic approach to the body of evidence on the effects of fasting in human health is lacking. This systematic overview of literature aims to map the existing body of evidence, initiate a living repository of evidence, and guide the development of a suite of specific systematic reviews on the effects of fasting on human health. This protocol describes the methods that will be used to conduct a systematic overview of the literature on the effects of fasting on human health. The 2020 PRISMA Statement provides reporting standards for the overview. We expect to develop a high-level, narrative summary of the body of evidence related to fasting and its effects on human health. The main limitations of the evidence included in the overview will be discussed. Limitations of the review processes used in this overview will also be addressed. High-level implications for practice, policy, and future research will be described.

Attachments



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