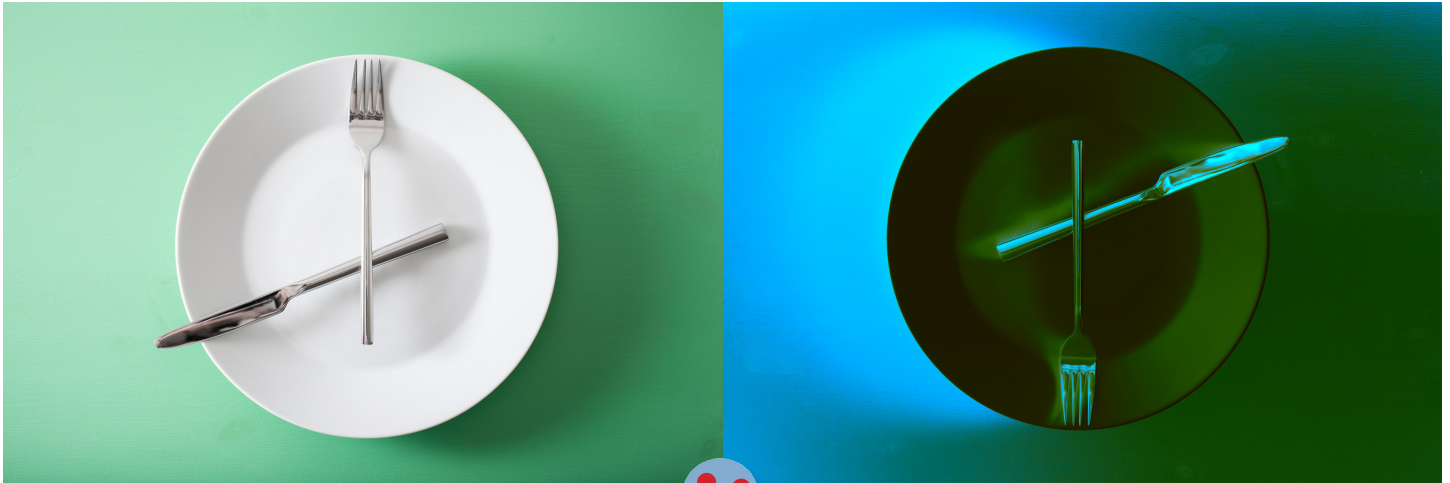
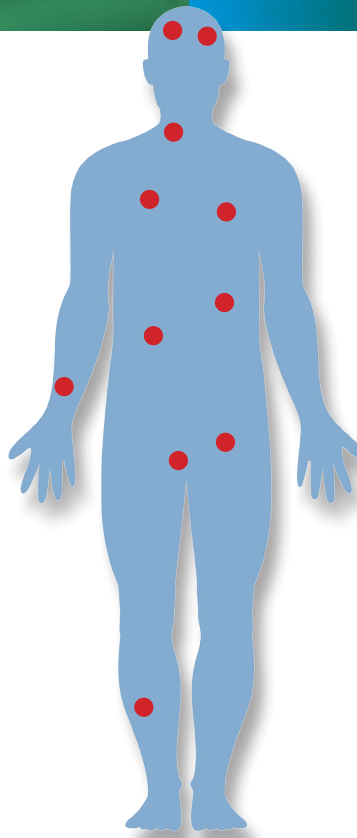


# Intermittent Fasting



- Protect against neurodegenerative diseases
- Insulin levels drop and human growth hormone increases
- Reduce insulin resistance and lower blood sugar levels
- Reduce risk of heart disease
- Reduce blood pressure and cholesterol levels



- Boost metabolism for fat loss
- Extend lifespan, helping you to live longer
- Reduce oxidative damage and inflammation in the body
- Removes waste material from cells
- Reduce leptin levels, increasing testosterone

SUZANNE GAZDA M.D.  
INTEGRATIVE NEUROLOGY

Dr. Gazda's mission is to serve her patients and humanity. All of the staff at Suzanne Gazda M.D Integrative Neurology welcomes you to be part of this remarkable healing journey. We're here to help, to heal, and to give you hope.

As Dr. Gazda says, *Without hope...none of us could survive.*

For more information, contact us at 210.853-3967