

Cover letter

Dear Editor-In-Chief

1/2/2024

We thank the reviewer for the appreciation of our editorial. The highlighted sentences are added to the conclusions based on advice of reviewer; specifically related to fasting research in Islamic countries. Regarding the figure, since I am the corresponding author and authorized by the publisher, the figure is republished from my previous publication in IJMS, MDPI publishing group (reference 28).

We also thanks the editors and our manuscript is edited by English editing company based on advice.

Thank you

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