Dear Judges:

Choosing a topic for my senior project took me some time but the topic of fasting was the path I decided to take. My senior project research paper was originally going to be about fastings impact on the body as a whole, it was later decided that I would focus on the topic of how fasting impacts the immune system specifically. Although my project did not have anything to do with a future career path that I may take I feel that it was still beneficial to me.

My Senior Project Research topic focused on fasting benefits and the research process started at a slow pace as there is a great deal of information that I had to sort through. All of the information that I found however was through research which is new to me. So, the process was interesting. I learned how fasting a few days can affect one's immune system and how it improves any condition

Starting out the Senior Project process I had no idea what to expect. Before my senior year I did not realize all of the work that would be due for my Senior Project. The project itself required a lot of time and attention but, I managed to complete all of the required tasks and learned more about the immune system and fasting while doing so.

I appreciate that the judges have taken the time to listen to and grade my Senior Project presentation. Although the whole process was stressful I am proud of what I have accomplished and I know that the class of 2017 is ready to graduate and move forward to the next phase of our lives.

Sincerely,

Malak Al-Regib