Dear Mentor:

I am sincerely grateful for all your help this year. Given your busy schedule, I know that it is not always easy or convenient for you to work with me, and yet you gave so very generously your time, knowledge, and patience.

As a result of your guidance, I have a much deeper understanding on fastings impact on the immune system. I have learned a lot from you and you have

Once again, thank you for your commitment and assistance. My gratitude for your contribution to my future success is immeasurable.

Sincerely,

Malak Al-Regib