**Research Outline - Intermittent Fasting and Regeneration of Immune System**

1. **Introduction**
   1. Thesis Statement: Intermittent​ ​and​ ​short-term​ ​fasting​ ​of​ ​regular,​ ​bi-weekly​ ​intermittent​ ​and​ ​short-term​ ​fasting protects​ ​against​ ​cancer​ ​cell​ ​formation,​ ​reduces​ ​free​ ​radical​ ​damage,​ ​and​ ​reduces​ ​inflammation​ ​in the body
   2. Definition of Terms:
2. Technical definition of fasting
3. Islamic definition of fasting
   1. Significance of the Study
   2. Theoretical Framework
4. Introduction to theory
5. Description of the theory that explains why the research on topic is under study exists
6. **Body**
   1. Background of the Study
7. Benefits of fasting on the immune system
8. Benefit by protecting against cancer cell formation
9. Benefit by reducing inflammation
10. Benefit by reducing radical damage
11. Numerous studies conducted
    1. Presentation and Analysis of Data
    2. Methodology
12. Definition of the immune system
13. Type of Research
14. Respondents
15. Questionnaire
    1. Limitations
16. **Conclusion (Discussion)**
    1. Concluding Statement
    2. Analytical Summary
    3. Thesis statement
    4. Closing statement