**Point-by-point response to each reviewer’s comments**

Reviewer 1#   
  
This review article is well-written, but it lacks figures and tables. I advise the author to add a figure showing the molecular mechanisms of fasting-induced autophagy and its impact on clocking the metabolism.

\*\*\*Added figure 1. Thank you.  
  
Reviewer 1#   
The manuscript provides a good explanation of the importance of early intervention in maintaining metabolic health. Here are some suggestions：  
1. Please provide a more concise abstract

\*\*\* abstract updated accordingly. Thank you.  
2. When proposing different molecular mechanisms, it is recommended to add some figures and tables

\*\*\*Added figure 1. Thank you.  
3. At present, the structure of the article is more like the stacking of papers, and it is recommended to update some references.

\*\*\*All references checked for relevance. I could not find a reason for further updating. Thank you.  
4. The author did not present viewpoint, and suggested adding a summary and proposing some novel viewpoints or conclusions.

\*\*\*Added viewpoint in abstract. Thank you.