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(57) Abstract :
A machine learning-based approach for providing personalized health recommendations using data from Internet of Things (IoT) devices is disclosed. The approach combines machine learning algorithms and IoT data to generate personalized recommendations tailored to an individual's specific needs and preferences. The system considers various factors such as the user's activity levels, sleep patterns, dietary habits, and medical history to provide recommendations related to nutrition, exercise, stress management, and disease prevention. The approach includes collecting data from IoT devices, processing the data using machine learning algorithms, extracting relevant features, training a machine learning model, deploying the model in a production environment, and providing a user-friendly interface for users to interact with the system. The approach ensures the security and privacy of user data using encryption, access controls, and secure communication protocols.

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