

# INTERMITTENT FASTING

## FOR WOMEN

The Ultimate Guide and Step by Step Tutorial  
for Fast Weight Loss, Autophagy Process and  
Easy Solutions to Improve the Quality of Life



DAVID S. KINGSTON

# Intermittent Fasting Tutorial

**Julia Ross**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, overlaid on a red-to-white gradient circular shape.

## **Intermittent Fasting Tutorial:**

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