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**1** Lowers Insulin Levels



**2** Improves Focus

**3** Supports a Healthy Heart



**4** Helps Digestion



**5** Supports a Healthy Immune System

**6** Fights Inflammation



**7** Improves Cholesterol



**8** Provides Fast Weight Loss

**9** Detoxifying



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# Intermittent Fasting Toolkit

**Jane Bird**



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