

# Intermittent Fasting Methods

— Flexible Fasting methods —



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16/8 Method



**16/8**  
5:2 Stop Diet



**5:2 Diet**  
Eat-Stop Fasting



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**5/8**  
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**12**  
OMAD  
Alternative Day Fasting



**Meal in Day**



**INTERMITTENT FASTING**  
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# Guide Intermittent Fasting

**Julia Schneider**



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