

Intermittent Fasting Methods

— Flexible Fasting methods —



16/8 Method
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16/8



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5:2 Diet
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16/8
5/8

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12
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Meal in Day



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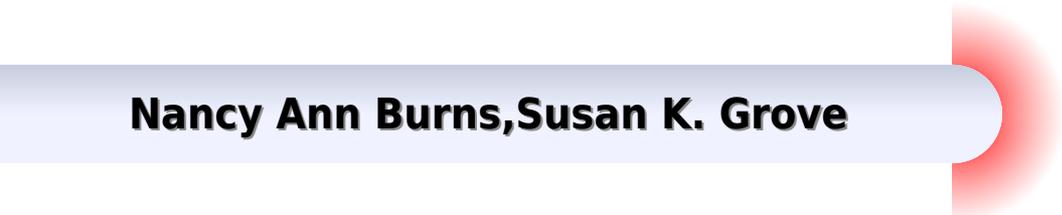


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Framework Intermittent Fasting

Nancy Ann Burns, Susan K. Grove



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