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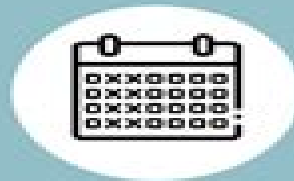
Best intermittent fasting schedules for beginners



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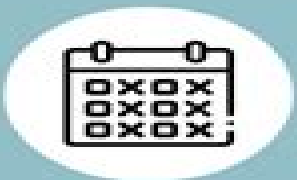
12-hour intermittent fasting



The 5:2 diet



14:10 intermittent fasting



Alternate-day fasting



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