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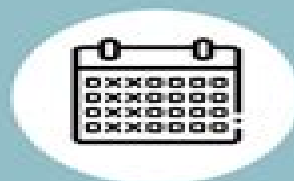
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Skipping
a meal



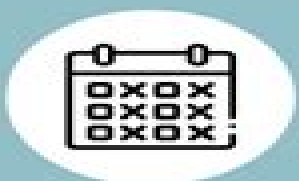
12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
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Alternate-day
fasting



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For Beginners Intermittent Fasting

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