



INTERMITTENT FASTING

**AN ADVANCED MANUAL FOR ENHANCING HORMONAL HEALTH, ENHANCING COGNITIVE FUNCTION, INDUCING
AUTOPHAGY, FACILITATING WEIGHT LOSS, AND PROLONGING THE AGEING PROCESS IN ADULTS**

*The Most Effective Methods To Improve Your Health, Shed Pounds,
Sharpen Your Focus, And Lead A Healthier Lifestyle*

Devon Walton

Advanced Intermittent Fasting

Ashley Dawson



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web step 7 8 place in an oven preheated to 175 c and bake for 70 minutes take care to place a tray on a lower shelf under the crostata to catch any drippings halfway through take the crostata out of the oven and pierce the holes with a knife once again then return to the oven to bake step 8 8

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web le crostate sono dolci molto facili da preparare ma nella loro semplicità possono stupire e conquistare sempre tutti grandi e bambini in questa sezione ho voluto inserire anche delle ricette di crostate particolari ideali da preparare e servire in occasioni speciali feste di compleanno battesimi comunioni etc

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