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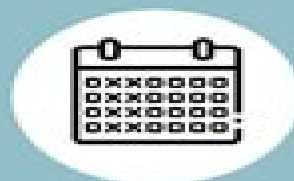
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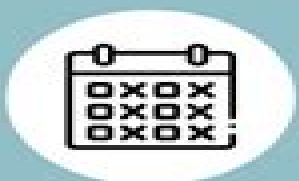
12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
fasting



Alternate-day
fasting



16:8
intermittent
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18:6
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For Beginners Intermittent Fasting

Richard Bailey



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