

9 Benefits of Intermittent FASTING



Lowers Insulin Levels



Improves Focus



Supports a Healthy Heart



Helps Digestion



Supports a Healthy Immune System

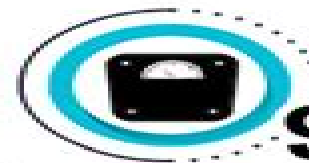


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Toolkit Intermittent Fasting

R Barnett

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