



# INTERMITTENT FASTING

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

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Sharpen Your Focus, And Lead A Healthier Lifestyle*

Devon Walton

# Intermittent Fasting Advanced

**Ben Azadi**



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