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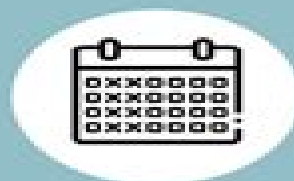
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a meal



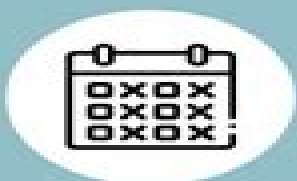
12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
fasting



Alternate-day
fasting



16:8
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Intermittent Fasting For Beginners

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