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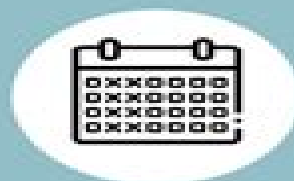
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Skipping
a meal



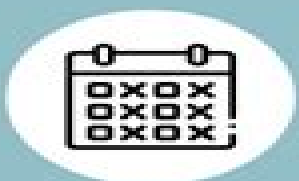
12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
fasting



Alternate-day
fasting



16:8
intermittent
fasting



18:6
intermittent
fasting

Best Intermittent Fasting

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

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