

# Intermittent Fasting Methods

— Flexible Fasting methods —



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16/8 Method



**16/8**



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**5:2 Diet**  
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**16/8**  
**5/8**

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**12**  
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**INTERMITTENT FASTING**



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# Framework Intermittent Fasting

**JL Elias**



## **Framework Intermittent Fasting:**

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