

# INTERMITTENT FASTING

A BEGINNER'S GUIDE TO BURNING FAT,  
IMPROVING HEALTH AND GETTING IN  
SHAPE FAST!!! FOOD PLAN AND RECIPES  
INCLUDED.



MAYA CASTRO

# Intermittent Fasting Ebook

**F Rizvi**



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web 5 3 first wash the used glassware properly with raw water 5 4 then scrub the glassware with 0 1 detergent solution 1 ml teepol in 1000 ml purified water 5 5 rinse the glassware properly with raw water 5 6 again rinse 3 to 4 times with purified water 5 7 drain the water from glassware 5 8 keep in drier use dried glassware for analysis

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