

Intermittent Fasting Methods

— Flexible Fasting methods —



16/8 Method
16/8 Method



16/8

5:2 Stop Diet



5:2 Diet
Eat-Stop Fasting



16/8
5/8

Eat-Stop Diet



12
hours

OMAD

Alternative Day Fasting



Meal in Day



INTERMITTENT FASTING

Warrior Diet



OMAD

One Meal a Day

Framework Intermittent Fasting

Victor M. Corman



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web jun 2 2021 den nervus vagus oder auch vagusnerv genannt können sie selbst stimulieren um vielfältige beschwerden zu lindern oder gar zu heilen die durch einen blockierten vagusnerv ausgelöst werden wir zeigen ihnen einige Übungen mit denen sie den wichtigen hirnnerv wieder aktivieren können