

**60 Days Beginner to Advanced**

# **INTERMITTENT FASTING**

# **CHALLENGE**

**One of the biggest dieting trends these days is Intermittent fasting.**

**Intermittent fasting is more than just a trend, having been proven to bring a lot of health benefits in numerous studies.**



# Intermittent Fasting Advanced

**Mohamed Abu-Farha, Jihad Ahmed  
Abubaker, Jaakko Tuomilehto**

## **Intermittent Fasting Advanced:**

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