

# Intermittent Fasting Methods

— Flexible Fasting methods —



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16/8 Method



**16/8**

**5:2 Stop Diet**



**5:2 Diet**  
Eat-Stop Fasting



**16/8**  
**5/8**

**Eat-Stop Diet**



**12**  
OMAD

**Alternative Day Fasting**



**Meal in Day**



**INTERMITTENT FASTING**

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# Guide Intermittent Fasting

**Jicheng Xie**



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