



Benefits of Intermittent Fasting



1
Lowers Insulin Levels



2
Improves Focus

3
Supports a Healthy Heart



4
Helps Digestion

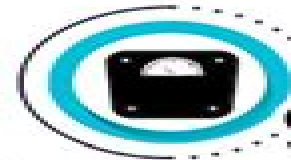


5
Supports a Healthy Immune System

6
Fights Inflammation



7
Improves Cholesterol



8
Provides Fast Weight Loss

9
Detoxifying



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Intermittent Fasting Toolkit

Dave Asprey



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