

INTERMITTENT FASTING

A top-down view of a yellow background featuring several health and fitness-related items. In the center is a green alarm clock with a white face and black numbers, resting on a green plate with concentric circular patterns. To the right, a white measuring tape is coiled. In the bottom right corner, there are two purple dumbbells. In the bottom left corner, a white bowl is filled with various fruits, including strawberries, kiwi, and pineapple. A small green plant is visible at the bottom center.

Manual Intermittent Fasting

Scott C. Dulebohn



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