

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.



Advanced Intermittent Fasting

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McPhee, Michael W. Rabow, Kenneth R.
McQuaid, Monica Gandhi**

Advanced Intermittent Fasting:

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