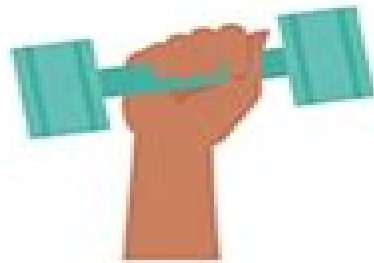


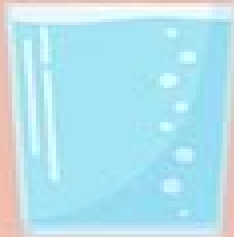


# INTERMITTENT FASTING **TIPS & TRICKS**



## 1. Exercise

Just 30 mins a day most days of the week is enough to boost your metabolism and melt fat fast.



## 2. Drink water

Staying hydrated is the best way to curb hunger pangs and keep cravings at bay.



## 3. Track your progress

Tracking your start & stop times is sure to keep you on target.

# Intermittent Fasting Act Practice Tricks

**Zhe Xu**



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web jan 1 2021 george vithoukas was born in athens greece 1932 he has acquired numerous rewards and recognitions the most prestigious being the right livelihood award also known as the alternative nobel prize awarded to him in 1996 for upgrading classical homeopathy to the standard of a science