

INTERMITTENT FASTING

DO'S

- choose a fast that fits your life and goals
- drink water and electrolytes during the fast
- eat protein, fat and fiber when you break your fast
- be consistent, but adjust the schedule as needed
- exercise (but ease into it)

DON'TS

- just skip breakfast
- use extended fasts as a "reset" from a "cheat day"
- drink multiple cups of coffee to get you through your fast
- snack
- break your fast with high glycemic, low protein meals

Concert Tickets Intermittent Fasting Ideas

Christian Drosten



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The Christian Union ,1886 **Battle Creek Idea** ,1908 **"A" Standard Dictionary of the English Language Upon Original Plans** Isaac Kaufman Funk,1893 The Academy ,1895 Musical Courier ,1881 The New Statesman and Nation ,1948 Dublin University Review ,1885 Academy; a Weekly Review of Literature, Learning, Science and Art ,1894 The Poetical gazette the official organ of the Poetry society and a review of poetical affairs nos 4 7 issued as supplements to the Academy v 79 Oct 15 Nov 5 Dec 3 and 31 1910 Southern Medical Journal ,1979 **The Academy and Literature** ,1895 **The Evolution** ,1877 *New Statesman* ,1948 The Dublin University Review ... ,1885
New Statesman and Nation ,1948 *Journal of Railway Appliances and Railway Price Current* ,1884 **A Standard Dictionary of the English Language** Isaac Kaufman Funk,1894 **The Athenaeum** ,1889 *Light* ,1882 The Pacific Coast Musician ,1921 **Pacific Coast Musical Review** ,1914

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