

Intermittent Fasting

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How to

- PICK YOUR 8- HOUR EATING WINDOW (EI: 10AM-6PM, 12PM-8PM, 2PM-10PM)
- FOR INCREASED WEIGHT LOSS, EXERCISE IN A FASTED STATE
- WHILE FASTING ONLY DRINK WATER, TEA, AND BLACK COFFEE. NO SUGAR OR CREAM!
- STAY BUSY WHILE FASTING. UNTIL YOU GET THE HANG OF IT. HUNGER WILL COME IN WAVES GIVE IT 20 MINS AND REASSESS.

Tips

- SHARES MOST OF THE SAME BENEFITS OF EXTENDED FASTING (24+ HOURS)
- WEIGHT LOSS
- PROMOTES AUTOPHAGY
- PROTECTS THE BRAIN
- USED TO HELP MANAGE DIABETES
- IMPROVES SKIN HEALTH
- PREVENTS DISEASES

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