

INTERMITTENT FASTING ACCORDING TO THE AGE

Age: 18-25

14:10

Ideal for beginners

Intermittent fasting 14:10 requires you to fast for 14 hours and eat whatever you want within 10 hours

Age: 25-35

18:6

Intermittent fasting 18:6 requires you to fast for 18 hours and eat whatever you want within 6 hours

Age: 35-45

EAT STOP EAT

The Eat Stop Eat intermittent fasting plan consists of eating normally on day 1, then abstaining from food until dinner on day 2

Age: 45-55

20:4

Intermittent fasting 20:4 requires you to fast for 20 hours and eat whatever you want within 4 hours

Age: 55+

16:8

Skipping breakfast

16:8 intermittent fasting involves daily eating only during an 8-hour window and fasting for the remaining 16 hours.

GET 30-DAY PLAN



Switch Oled Intermittent Fasting Ideas

Chao Zhang



Switch Oled Intermittent Fasting Ideas:

The Switch James W. Clement, 2021-04-27 How can you lose dramatic weight reverse chronic conditions and stay healthier longer Flip the switch on your metabolism with intermittent fasting protein restriction and ketosis Lose weight Reverse Chronic Conditions Live Healthier Longer Within each of us is an ancient mechanism that eliminates toxic materials initiates fat burning and protects cells against stress It s called autophagy and when it s turned on the complex operation can not only slow down the aging process but can optimize biological function as a whole helping to stave off all manner of disease from diabetes to dementia and affording us the healthy lifespan we never thought possible So how can we activate this switch through diet How frequently should we fast and for how long Must we abstain from all foods or just specific macronutrients What s the sweet spot between intermittent fasting protein restriction and ketogenic eating Backed by a wealth of data and with a practical program anyone can follow for lasting results The Switch not only decodes the science of autophagy but also teaches you how to control it and benefit from its profound impact

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