

Intermittent Fasting Worksheet

Intermittent fasting is a natural way of eating that can provide tremendous health benefits.

You can expect to lose weight and decrease the likelihood of developing many chronic diseases. If your health is poor, you may see some significant improvements. As with any eating plan, compliance is an important factor.

Answer these questions to gain a better perspective of how to be successful with intermittent fasting:

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Annelies Wilder-Smith

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