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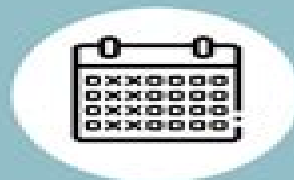
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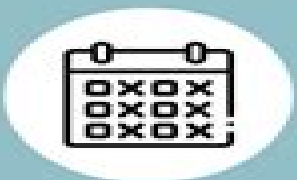
12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
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Alternate-day
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16:8
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18:6
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Zhe Xu



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