

Perfect Keto

Best intermittent fasting schedules for beginners



Skipping
a meal



12-hour
intermittent
fasting



The 5:2
diet



14:10
intermittent
fasting



Alternate-day
fasting



16:8
intermittent
fasting



18:6
intermittent
fasting

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Michael Hoelscher



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technology dental technology and other health related fields features 27 case studies to illustrate the principles of nutrition for disease therapy and health maintenance About half of the cases apply to situations frequently encountered in normal nutrition the remainder apply to pathological conditions that are commonly seen requiring diet therapy Each case description and accompanying study questions are designed to offer different real life applications Six ancillary reference data tables common abbreviations and a glossary are appended Guidelines illustrations and literature citations are given throughout the text

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