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Sequence Of A Fast Day (100% Energy Restriction, Zero Calories) And A Feed Day (ad Libitum Food Consumption), Resulting In Roughly 36-h Fasting Periods. Previous Studies Demonstrated Weight Reductions Jan 7th, 2024
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Fasting Is Also Often Done For Religious Or Spiritual Reasons, Including In Islam, Christianity, Judaism And Buddhism. Summary. Intermittent Fasting (IF) Is An Eating Pattern That Cycles Between ... Apr 9th, 2024.

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