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Intermittent Fasting (Alternate Day Fasting) In Healthy ...Background/objectives: Alternate Day Fasting (ADF) Is A Subtype Of Intermittent

Fasting And Is Defined As A Continuous 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. Pre-vious Studies Demonstrated Weight Reductions Jan 2th, 2024.

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Things Through Wu-wei And Teaches Through No-words. May 2th, 2024  
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And Obese (BMI  $\geq 30$ ) Categories Making Up Around 70% Of The American Population Currently, Weight Loss  
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