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[The benefits of intermittent fasting the right way - BBC](#)

*Intermittent Fasting: How To, Types, Benefits, and Safety*

**Intermittent fasting: What are the benefits?**

- Mayo Clinic

**What Is Intermittent Fasting? A Detailed Beginner's Guide**

**Beginner's Intermittent Fasting Guide: Benefits, Do's & Don'ts | U.S.**

**7 Intermittent Fasting Schedules and How to Choose**

**Intermittent fasting (IF): Your complete guide - Diet Doctor**

**6 ways to do intermittent fasting: The best methods - Medical News ...**

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