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Mon, 09 Jul 2018 02:53:00 GMT - A systematic review of intervention studies in mammals, including humans was performed. PubMed between 1973 and 2011 was searched by use of relevant MeSH terms related to the effects of intermittent fasting on excess body weight, energy balance, aging physiology, cardiovascular risk factors, glucose metabolism, tumor physiology and neurodegenerative pathology.

The Effects of Intermittent Fasting on Human and Animal Health -

Sun, 08 Jul 2018 04:20:00 GMT - Free Bonus: I created an Intermittent Fasting Quick Start Guide with a summary of the benefits of intermittent fasting and 3 fasting schedules you can use depending on your goals. It's a quick 5 page PDF you can save and reference later as you try this yourself. Click here to get the guide, free.

The Beginner's Guide to Intermittent Fasting - James Clear -

Mon, 21 Nov 2011 08:31:00 GMT - The biggest question I have gotten since starting this site (The "IF" question)