

Traditional Dieting vs Intermittent Fasting

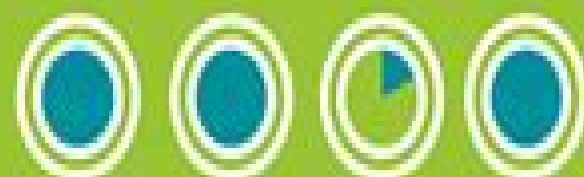



Normal food intake

Science is showing both intermittent fasting and traditional dieting can lead to healthy weight loss



Normal food intake




- 1lb or
-0.45kg

Example: Reduce calorie intake by 500 every day

Example: Eat normally 5 days per week, fast (severely limit food intake) for 2 days per week

Same destination, different journey

Intermittent Fasting Vs

M Mosston



Intermittent Fasting Vs:

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