

COMMON TYPES OF INTERMITTENT FASTING



Time-Restricted Eating (TRE)

16 hours of fasting and an 8-hour eating window.
A 14:10 regimen can also be followed

Alternate-Day Fasting (ADF)

Eating one day and fasting on the next day



5:2 Diet

Eating a restricted diet of 500-600 calories for
two days a week, while eating normally
on the other days

Extended fasting

Any eating pattern that includes a fasting
window lasting more than 24 hours



Intermittent Fasting Sleep Hacks Price

Thomas DeLauer



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Intermittent Fasting for Women Kate Sinclair, Mark Evans, 2020-02-21 This book is more than just a retelling of the information about this weight loss strategy It is a comprehensive guide that will give you everything you need from the basic information to the practical information necessary to make intermittent fasting a lifestyle

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