Mindluster Platform

About the course Intermittent Fasting for Weight Loss

Intermittent Fasting course, in this course delve into the practice of intermittent fasting, exploring its various methods and effects on health. Understand the science behind intermittent fasting, its potential benefits for weight loss, metabolic health, and mental clarity. Learn about different fasting schedules and practical tips for incorporating intermittent fasting into your lifestyle for improved well-being.

Medical Category's Courses

Course Lesson(3)

Lesson 1 : **How to Intermittent Fast for Quick Weight Loss â€“ Dr Berg Reveals All**

Lesson 2 : **Intermittent Fasting for SERIOUS Weight Loss Dr Berg**

Lesson 3 : **How to Do Intermittent Fasting for SERIOUS WEIGHT LOSS**

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