Mindluster Platform

About the course Intermittent Fasting Plan for Beginners

Intermittent Fasting Plan course, in this course we will explore the principles and strategies of intermittent fasting. Learn about different fasting protocols, timing options, and potential health benefits. Discover how to customize an intermittent fasting plan to fit your lifestyle and goals. Gain practical tips for implementation, managing hunger, and optimizing nutrition during fasting and eating windows. Whether you're new to intermittent fasting or looking to refine your approach, this course will provide you with the knowledge and tools to create an effective intermittent fasting plan.

Medical Category's Courses

Course Lesson(3)

Lesson 1 : **Intermittent Fasting for Beginners THE MOST IMPORTANT TIPS**

Lesson 2 :
How to Do Intermittent Fasting â€“ Intermittent Fasting Basics for Beginners â€“ Dr Berg

Lesson 3 : **How To Do Intermittent Fasting â€“ Dr Berg s Guide PDF**

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