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The University Of Sydney Page 10 Variations Of Intermittent Energy Restriction >Time-Restricted Feeding (TRF): 8/6/4 Hours Feeding, 16/18/20 Hours Fasting >Alternate Day "Fasting" (ADF): 75% Energy Restriction On 'fast' Day Alternated With A 'feed' Day  
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## **Intermittent Fasting: A Guide - Rogue Health And Fitness**

Intermittent Fasting Is The Simplest, Easiest Diet Plan  
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BMI,  $\geq 25$ ) And Obese (BMI  $\geq 30$ ) Categories Making  
Up Around 70% Of The American Population Currently,  
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Assumes That You Have An Exercise Program To  
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## **A Guide To Intermittent Fasting**

• IF Is Not A Magic Bullet For Weight Loss, You Will Not Lose 10lbs In One Week. You May However Make Consistent Loss Such As 1pound Per Week. • IF Does Not Claim To Be The Best Diet Or The Best Approach To Dieting For Everyone. IF Is A Simplified Diet Method That Works Best For The Busy Individual. • ... Jul 1th, 2024

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## **Intermittent Fasting (Time-Restricted Eating)**

Eating A LCHF (Low Carb High Fat) Diet Improves The



Body's Ability To Utilize Fat For Energy Rather Than Glucose, As There Is More Fat And Less Glucose Available At All Times, Even In The Fed State. • Exercise. High-intensity Exercise Depletes Glucose And Glycogen Rapidly, Forcing The Body To Switch Over And Utilize More Fat For Fuel. May 2th, 2024

### **Experiments With Intermittent Fasting**

Next Step: Shorter, More Frequent Fasts. This Brand Of Intermittent Fasting Is Often Considered More Physique-friendly. Let's See Whether That's True For Me.

Chapter 7 Wrap-up, Results, And Lessons On Self-experimentation A Summary Of My Results, With Pictures. Plus, A Discussion Of Why The Sort Of Self-experimentation Practiced In Mar 1th, 2024

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