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Alternate-Day Fasting: A Comprehensive Beginner's Guide

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The Alternate Day diet apparently triggers a gene that encourages the body to burn fat. In the 1930s it was discovered that a low-calorie diet increased life expectancy by around 30%.

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Editions of The Alternate-Day Diet by James B. Johnson

The original intermittent fasting plan: easy to follow, effective, and science-basedThe Alternate-Day Diet is based on scientific and clinical studies that show how restricting calories only every other day activates a gene called SIRT1?the ?skinny? gene?which results in reduced inflammation, improved insulin resistance, better cellular energy production, and releasing fat

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