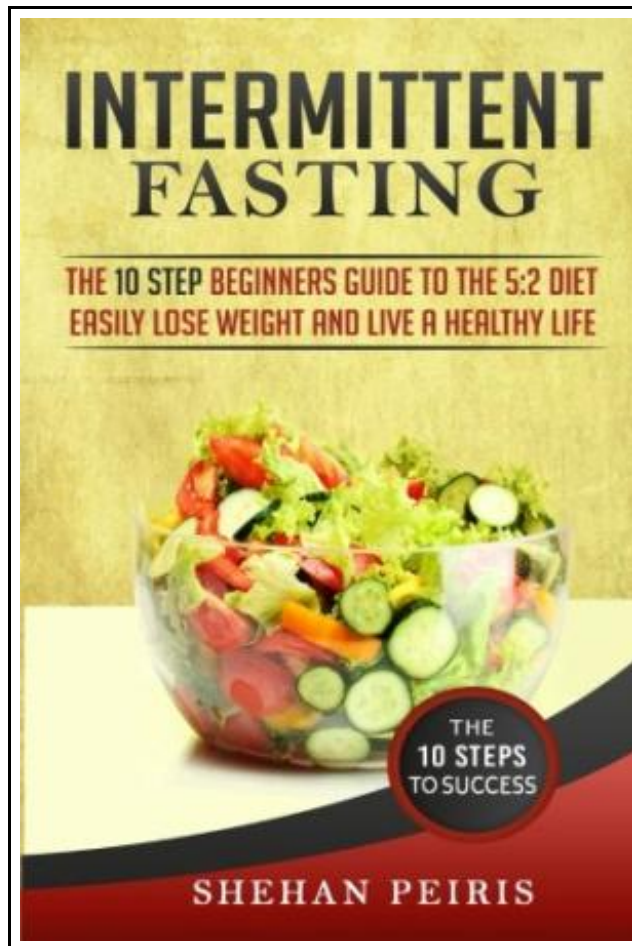


# Intermittent Fasting: The 10 Step Beginners Guide to the 5:2 Diet - Easily Lose Weight and Live a Healthier Life



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