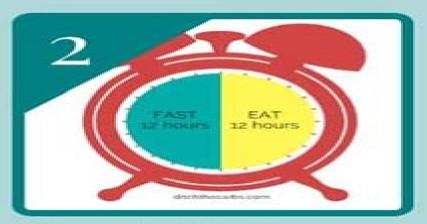


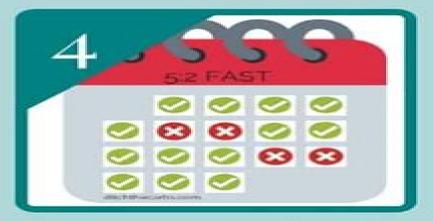
Why - is fasting so beneficial?



When to eat/drink?



How - what times to eat/fast?



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