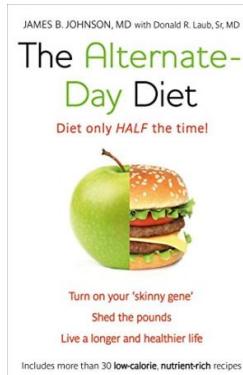


## The Alternate-Day Diet: The Original Fasting Diet



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