

Intermittent Fasting and Periods

author:



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Synopsis

In this episode, we talk about how intermittent fasting affects your period, and vice versa, based on my 5+ years of experience.

Get your copy of my audio book, The Laid Back Guide to Intermittent Fasting for FREE when you sign up for a 30 day trial of Audible.

The Laid Back Guide To Intermittent Fasting Book

Overcoming Weight Loss Obstacles Book

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Reader's comments

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