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eating according to the body's natural
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The Alternate-Day Diet Revised: James B. Johnson M.D ...

The Alternate-Day Diet describes how limiting caloric intake every other day can activate a gene called SIRT1 which reduces inflammation, lowers free radical stress, improves insulin resistance, and most important, causes fat

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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

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