

MEDICINE

The fast diet: the secret of intermittent fasting — lose weight, stay healthy, and live longer

<https://www.pdfdrive.com/the-fast-diet-the-secret-of-intermittent-fasting-lose-weight-stay-healthy-live-longer-d165226090.html>

Author : Mosley, Michael and Spencer Mimi
Publisher : Short Books
Year : 2013
ISBN : 9781780721682