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 körper zeit alte immunzellen ab und neue aufzubauen damit stärkt intervall fasten die abwehr und macht sie so weniger
 anfällig für infektionskrankheiten wie grippe oder erkältung

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 zelloberflächen dies sorgt für einen stabilen blutzucker und damit für weniger heißhungerattacken zudem muss deine
 bauchspeicheldrüse nicht so stark arbeiten auch wenn du mehr essen auf einmal isst

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 reduktionsdiät sagt der leitende wissenschaftler der studie tilman kühn zwei weitere forscherguppen aus norwegen und
 australien hätten kürzlich ähnliche ergebnisse erzielt

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 du isst zu wenig eiweiß 4 alkohol hemmt deinen metabolismus 5 zu viel zucker überfordert deinen stoffwechsel 6 du treibst
 zu wenig kraft sport 7 du isst zu viel fast food 8 zu wenig wasser verlangsamt den

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 ist es schwer umzusetzen während festgelegter zeiten nichts zu essen 3 die effekte auf den stoffwechsel unterscheiden sich
 nicht von anderen diätformen 4 bei diabetikern muss der blutzucker während des fastens gut kontrolliert

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