



Intermittent Fasting 101 A Simple Guide to Losing Fat, Building Muscle and Becoming an Alpha Male

By Peter Paulson

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 30 pages. Dimensions: 8.7in. x 5.8in. x 0.2in. Intermittent Fasting 101 Finally a plan that works and that I can live with. I'm leaning up faster than any other method I've tried. I want a simple and sustainable way to lose fat, build muscle, increase your energy and feel like a new man. And do you want an approach that delivers the results at an accelerated rate and doesn't involve dieting? Well, let me introduce Intermittent Fasting. The most sustainable and easy to adopt fitness approach that will get you in the best shape of your life. Loved by celebrities such as Hugh Jackman, Beyoncé, Benedict Cumberbatch and Ben Affleck - Intermittent Fasting is the key to getting lean quickly and easily. But what is Intermittent Fasting? You will be happy to know it's not a diet; it's a new approach to eating. Intermittent Fasting is simply the process of cycling between periods in which you eat with periods that you don't eat. These short fasting windows cause your body to produce a multitude of hormonal responses. These responses produce incredible benefits and results. But what are the...

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