

Intermittent Fasting: The Easiest Way to Lose Weight and Improve Health (Paperback)



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Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

(Melody Jakubowski)

INTERMITTENT FASTING: THE EASIEST WAY TO LOSE WEIGHT AND IMPROVE HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There s no doubt intermittent fasting is a huge trend currently and for a good reason. Learn how to lose weight fast and all the health benefits that come included with intermittent fasting with this book. Whether your goal is to lose weight or grow muscles, intermittent fasting is the trend you should be focusing on right now. It not only promotes the growth of lean muscle but also uses stored fat to convert it to energy. There are also plenty of health benefits that come with IF, it will make you smarter by improving memory and problem solving, lower the risk of developing a lot of diseases and help you develop a stronger immune system just to name a few. We will go through the different fasting styles, many tips on how to make it easier to fast, the health and weight loss benefits which can be appreciated even on a cellular level and everything I have learned about intermittent fasting during the months I have implemented it as a lifestyle change. Also included come the differences between fasting and dieting which I have found have been massive and would recommend to combine the two of those with exercise in order to have a better diet but not deprive yourself of your favourite foods and still lose a lot of weight. For me, it is the best of both worlds and I m sure it will be for you as well. Join the intermittent fasting side, we have cookies.



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