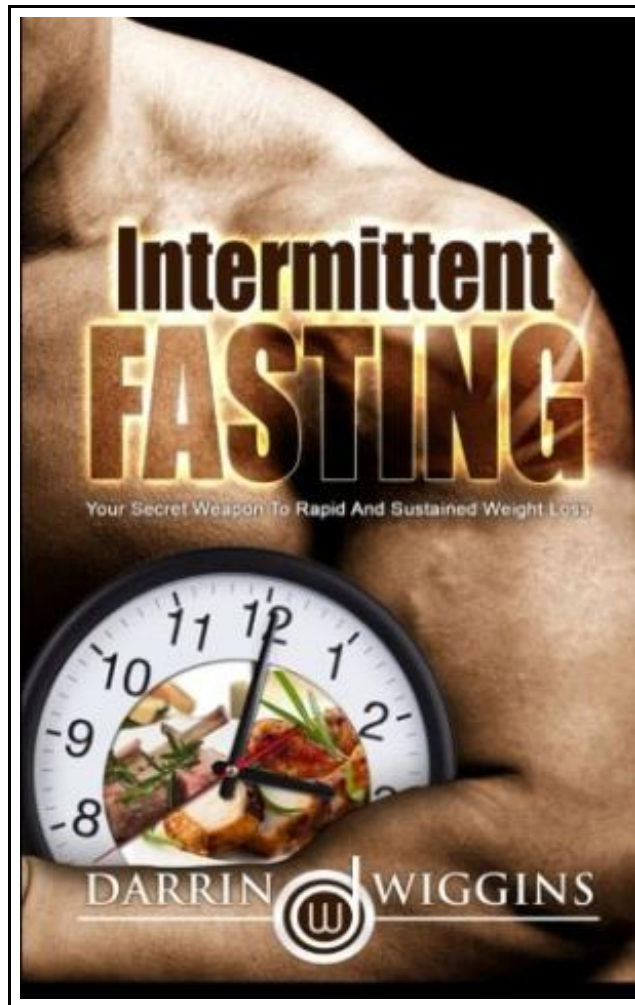


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INTERMITTENT FASTING: YOUR SECRET WEAPON TO RAPID AND SUSTAINED WEIGHT LOSS



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Your Secret Weapon To Rapid And Sustained Weight Loss Intermittent Fasting DietThe modern world is facing an obesity and diabetes crisis the likes of which we ve never seen before. Losing weight is time consuming and demotivating, and whether you have 100lbs to lose or just 10lb, you ll understand the frustration of fighting to make meagre progress or worse, gaining the weight back.If you re exhausted battling being overweight and constantly craving the very foods that are disastrous for your health, your body is likely in a fat-storing, high-crisis mode. Most people who struggle with weight loss have this fat storing problem, but intermittent fasting can solve that.Intermittent Fasting For Rapid Weight LossWith intermittent fasting, you work with your body s naturally evolved metabolism to make the most of the food you eat and create your leanest, strongest and healthiest body. By timing your meals and fasting at for specific lengths of time, you are training your body to use energy efficiently.In a fasted state, the body s insulin and hormone levels are stabilized, brain function is improved and your metabolism adapts to burning the body fat that is so difficult to get rid of. All without starving or calorie restricted style dieting, intermittent fasting can ensure you develop a metabolism that s geared to melting fat. This book will guide you on exactly how to make use of an intermittent fasting diet plan beginning today.A Healthy Body For Ultimate CutsThe only way to get lean and lose that stubborn body fat is to have a healthy body. Why would intermittent fasting be anything more than a weight loss diet? Here is why it is possible...

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