



Intermittent Fasting: A Complete Guide to Weight Loss and Clean Eating (Paperback)

By Natasha Brown

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Lose weight with Intermittent Fasting! This is your one-stop primer for everything you ever wanted to know about Intermittent Fasting but were afraid to ask! It s time to face your intermittent fasting fears and learn the facts about this ancient, yet trendsetting nutrition, health and wellness regime that hasn t stopped growing in popularity since it re-emerged at the turn of the new millennium. Intermittent fasting is becoming the face of long term weight loss, lifelong weight management, the ultimate answer to weight trainers eating dilemmas and is making a longer, healthier life a reality for thousands of its advocates and participants. Included in this information packed book: The Science Behind Intermittent FastingIntermittent Fasting With A Focus On Weight LossThree Major Types Of Intermittent Fasting ExplainedThe Answers To Your Intermittent Fasting QuestionsCommon Fasting Mistakes And How To Avoid ThemIntermittent Fasting Hacks Establishing New Eating HabitsBONUS 10-Day Fasting Plan!Immerse yourself in the common-sense yet flexible process of intermittent fasting and learn how you can control when and how you fast and feed. Experience the multiple benefits of intermittent fasting including better...



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