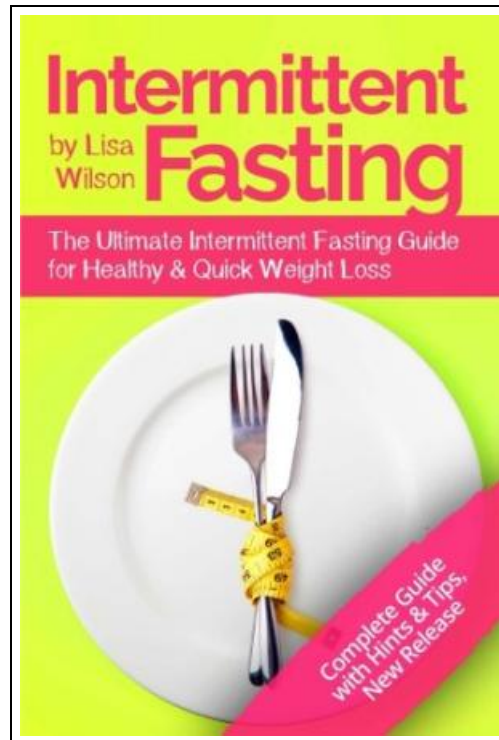


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Here You Will Find The Most Popular And Complete Intermittent Fasting Guide! The fact that the whole world is sitting on diets, does not surprise anyone today. The problem of weight reduction worries many, but not everyone is able to deal with it. It s surprising, however, that every day brings us something new in dietetics, although it would seem that everything has been tried for a long time. Exhausting diets, calorie counting, eating tasteless low-calorie food - all this leads to the fact that the vast majority of people at one point or another just break down. However, there is a relatively new dieting method, called intermittent fasting. Intermittent fasting has been practiced for centuries, as long as the humans have been living on this earth. Fasting has been a long-forgotten health secret. Although fasting is practiced in some religions, not many know that fasting is for everyone and is actually not that hard to practice and is much better for your health and easier to follow than low calorie or other diets. Intermittent fasting is very flexible and whatever your lifestyle is and no matter what diet you follow (omnivorous, paleo, or vegan), you can still do intermittent fasting and enjoy many of its benefits. This type of diet is considered very effective for weight loss and promises significant health benefits - from reducing blood sugar, to reducing the risks of heart disease and cancer, protecting brain cells and improving memory. Intermittent fasting will help you live longer and healthier life as proven by many studies. In this book, you will be able to find out what is so magic about intermittent fasting and how it works. You will learn...



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