



Low Carb and Intermittent Fasting Secrets You Wish You Knew

By Mirsad Hasic

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER:: How to Achieve Longevity and SUPERCHARGE Your Weight Loss Goals Longevity is a conversation that is long overdue in this community. Let s take the first step, now! - Mirsad Warning: this isn t for the timid, the shy, or those that are convinced they know absolutely everything. Even if it were possible to know every single piece of information on low carb, we all need reminders. Are you a fan of old movies? I am, mostly because they can be so cheesy. You know the old submarine movies, where you can hear the captain say, Dive.dive.dive! That s what we need to do when it comes to our health. Staying on the surface just isn t enough. In order to unlock the health benefits that are out there, we have to dive down to get them. Sometimes that means leaving behind concepts that we were committed to. In other cases, it means keeping what we know, but adding new information to it. This process of combining the old with the new creates something...

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