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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Intermittent Fasting For Health and Fast Fat Loss Are you tired of diets that leave you hungry but don't seem to work? Are you tired of avoiding food because it's supposedly bad for your health? Is the fast fat loss guarantee of these diets not fast at all? Then perhaps it's time to consider intermittent fasting. Intermittent fasting or IF is more of a lifestyle change rather than a diet. That is because its strategy to fat loss and health is not to present you with a list of what food to eat or avoid. Instead IF changes the question to when to eat. And the answer is not even cut in stone but is flexible with enough alternatives to ensure that you meet your health and fast fat loss goals. While all the other diets are going to have you counting carbs and tracking antioxidant-rich food, intermittent fasting is just going to let you eat normally on some days while eating less than normal on others. That doesn't sound so difficult but you will be amazed at the results. Your body will stop using burning sugar for energy and will switch to fat. You won't really feel as hungry or as weak as you think you would be. Fast fat loss is guaranteed and with it, good health and wellness. -Intermittent fasting does away with a lot of the restrictions of other diets too. It doesn't even tell you to stop having bread, dairy, sodas or even processed food. It doesn't prohibit snacking. It does not require you to put in a certain number of hours on a treadmill to supplement your diet....

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