

## Intermittent Fasting Diet 101: Intermittent Fasting for Beginners (2nd Edition + Bonus Chapter) - Intermittent Fasting Diet Guide for Weight Loss



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### **Reviews**

*This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.*




*(Ms. Ora Buckridge)*

## **INTERMITTENT FASTING DIET 101: INTERMITTENT FASTING FOR BEGINNERS (2ND EDITION + BONUS CHAPTER) - INTERMITTENT FASTING DIET GUIDE FOR WEIGHT LOSS**



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is Intermittent fasting? Why is it efficient and How can you get started? Stop procrastinating and continue reading for answers! 2nd EDITION REVISED AND EXPANDED - BONUS CHAPTER AT THE END Intermittent fasting is not a diet, but rather a dieting pattern. In simpler terms: it's making a conscious decision to skip certain meals. This book is an introduction for beginners to this dieting pattern which will help you understand the basics and see if this diet is made for you. By fasting and then feasting on purpose, intermittent fasting means eating your calories during a specific window of the day, and choosing not to eat food during the rest. Now, there are a few different ways to take advantage of intermittent fasting: Regularly eat during a specific time period. For example, only eating from noon-8 PM, essentially skipping breakfast. Some people only eat in a 6-hour window, or even a 4-hour window. Skip two meals one day, taking a full 24-hours off from eating. For example, eating on a normal schedule (finishing dinner at 8PM) and then not eating again until 8PM the following day. With intermittent fasting, your body operates differently when feasting compared to when fasting When you eat a meal, your body spends a few hours processing that food, burning what it can from what you just consumed. Intermittent fasting can potentially have some very positive benefits for somebody trying to lose weight or gain lean body mass. Men and women will tend to have different results, just like each individual person will have different results. The only way to find out is through self-experimentation. After downloading this book, you will learn....

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