



Intermittent Fasting: 2 Manuscripts: Intermittent Fasting with Ketosis Diet (Paperback)

By Steve Blum

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Enjoy The Benefits of Intermittent Fasting AND Ketosis Diet in this Special Edition Book Bundle! Is fat really that bad? Are carbs necessary for us? Does eating a lot means you Il get fat? If you found your way to this page, you probably have a tiny doubt about what doctors and nutrition experts recommended us for YEARS. So, What s the Truth? In the book Ketosis Diet: 30 Day Plan for Optimal, Super-Effective Fat Loss with Ketogenic Diet you will learn: What is Ketosis What to eat What not to eat How to unlock key hormones for fat loss And Much Much More! Intermittent Fasting Have you ever binged on food? After having a feast and getting yourself quite full, do you feel good and energetic, or is it the other way around? This secret biologic hack is getting popular and popular for a reason. With intermittent fasting, you will binge on food, but you will feel great afterward. In fact, it will HELP you lose weight! If you are like most people, you probably feel like you...



Reviews

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