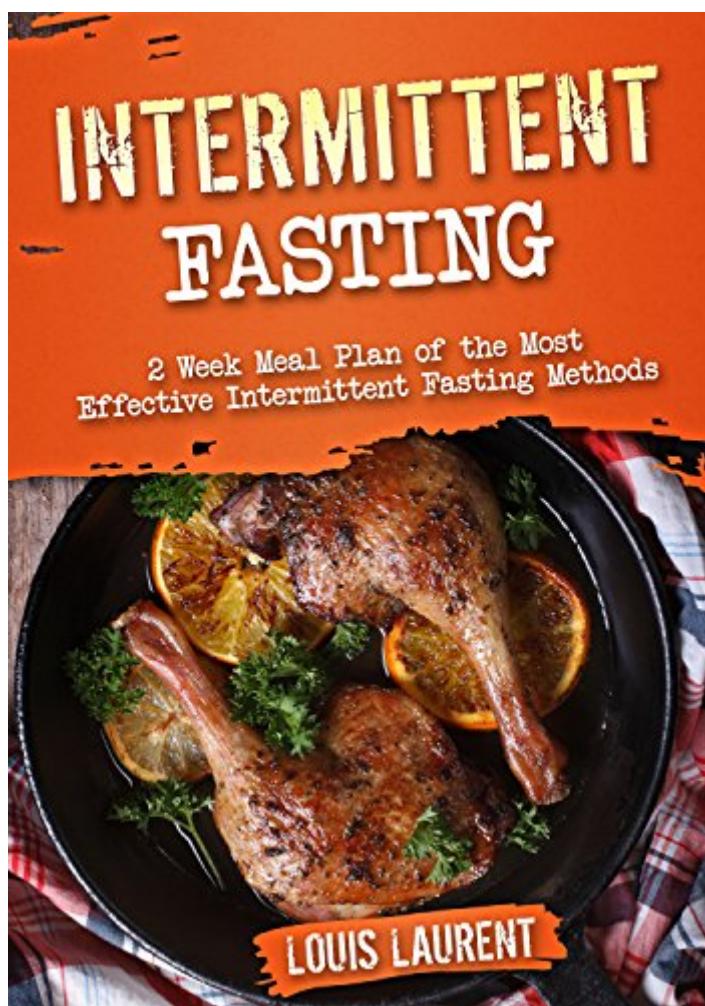


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Intermittent Fasting: 6 Week Meal Plan To Make Intermittent Fasting A Success! (Louis Laurent - Cookbooks Book 7)



Synopsis

Start enjoying the best kept secret of all the big fitness gurus and celebs today! Intermittent Fasting has been around for a long time, but it's only now that the secrets are being shared. You might be thinking intermittent fasting sounds extreme, hard and dangerous but it's the exact opposite. Intermittent fasting is the most intuitive way for us to maintain our health. As modern society has progressed in leaps and bounds, our eating habits have changed along with it, but our physical bodies have gone through little to no change at all. This mismatch in progress has resulted in a laundry list of chronic illnesses that are not due to poor conditions but the very opposite! Our rich diets and excessive indulgence in sugar, fat and protein on a constant basis has overloaded our bodies' ability to regulate the way it was built to handle our nutritional needs. The result of all this indulgence?- A surge in Type 2 diabetes due to insulin resistance- Weight gain that surrounds itself internal organs- An increase cardiovascular health problems related to impaired fat and sugar regulation from the body- Prone to chronic fatigue from the imbalance of hormones - Low quality of sleep from hormone imbalances due to sugars and fats- and many more health issues that are directly linked towards our excessive eating habits. How can intermittent fasting change your life?- Help manage your weight with lean muscle gains and even fat distribution- Lower your risk to type 2 diabetes - Lower your risk to cardiovascular disease - Lower your risk to fatty liver disease- Lower your risk to colon cancer- Improve your body's ability to regulate insulin- Increase your HGH levels- Improve sleep quality and energy levels- Help naturally rebalance your hormone levels - and much much more! This book makes intermittent fasting as easy as possible with a day-to-day meal plan for all the most effective intermittent fasting methods. 6 Week's worth of meals to be exact. Each method includes 14 days worth of recipes that fit each method's criteria as well as a workout plan that goes hand in hand for the most effective results.

Book Information

File Size: 4768 KB

Print Length: 88 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 29, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071V9ZPWS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #382,842 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Divination > Numerology

#105 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #136 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Numerology

Customer Reviews

This book provides a concise description of each of intermittent fasting plans and their associated benefits. If you can overlook the typos, this is a good introductory book to intermittent fasting. This is a great book revealing outsourcing health benefits helpful to all individuals. Have really enjoyed this book, it's an enormous piece, to unleashing one's body potential to help burn fat.

This book briefly explains 3 of the most popular and effective Intermittent Fasting methods, each method coming with a 2-week meal plan and fitness routine which will make things much easier for you as a beginner with no fitness experience. Go ahead and try at least one of the programs - the one that best suits you - and see how it works for you!

Most people think that intermittent fasting meal plan is not easy to follow and they are not confident enough to choose this, but the author in this book did all the hard work to bring a simple and easy meal plan that comprises on 6 weeks. What I liked about this book that it goes day by day and tells you where to take the meal and where to skip.

it is admired that intermittent fasting is the only way to balance your appearance. Each of this book page manifested effective ways of giving you perfect appearance and health. When we examine intermittent fasting we find it the appropriate way of losing weight with an active lifestyle. Must read authors deliberate advises.

This book is really a great resource for those who want to learn more about Intermittent Fasting. This is a great revealing book outsourcing health benefits helpful to all individuals. Meal plans for

feast days are simple and tempting. As well as recipes from this book.

Intermittent fasting is currently one of the world's most popular health and fitness trends. It involves alternating cycles of fasting and eating. This is a great book with 6 week meal plan. Great deal out there.

What a nice book about intermittent fasting. I can say that this book is specifically for those body builders to improve the overall lean mass. It also ascertained me what and how to begin intermittent fasting. It's certainly enjoyable and convenient. Plus a bonus of full daily meal plan too.

Impressive book. Well explained about Intermittent Fasting and its health benefits. Simple read and extremely useful. I now rehearse discontinuous fasting. An excellent book about all forms of fasting. This book is full of information. Easy to understand. Very informative and easy to read. I look forward to starting. I wish I'd known and used this info a long time ago.

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