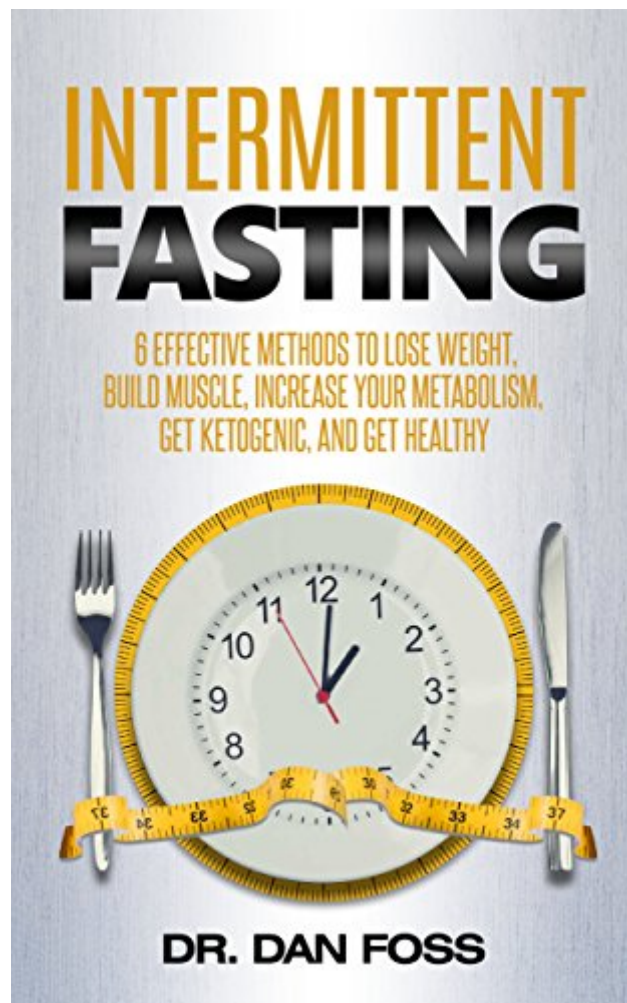


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# Intermittent Fasting: 6 Effective Methods To Lose Weight, Build Muscle, Increase Your Metabolism, Get Ketogenic, And Get Healthy



## Synopsis

Intermittent Fasting The Best Guide to Get Started with Intermittent Fasting from a Healthcare Professional! Are you sick and tired of being sick and tired? Heard about Intermittent Fasting but when you ask someone about it they think you are crazy? I know! I've been there right along with you. I didn't believe until I saw it and experienced it myself: the weight loss, the boost in HGH, and the energy levels. Hundreds and thousands of people are discovering how simply eating in a window during the day or skipping a meal can transform not only how you feel but how you function. Are you serious about getting healthier? Do you want to get the results and are willing to do the work and make your dreams a reality. Then this book is for you! I'm a holistic trained physician who has been focused on Intermittent Fasting, Ketogenic Diets, Weight Training, and Endurance Sports for the past 20 years. I discovered how combining Intermittent Fasting with a Ketogenic Diet has lead me down a path to fat adaptation, massive weight loss, and incredible energy and health. Give a man a fish you can feed him for a day, teach a man to fish he can eat for a lifetime. That's my philosophy and the reason why this book doesn't need to be 300 pages on a simplistic topic. Here Is A Preview Of What's Included in this Book 6 types of Intermittent Fasting and my personal favorite 16/8 Method Step-by-Step Science Behind Intermittent Fasting (IF) Daily Schedules for Fasting Times Branch Chain Amino Acid Supplementing Aerobic and Anaerobic Exercise with Intermittent Fasting Ketogenic Diets with Intermittent Fasting to get Fat Adapted Best Supplements My Favorite Ketogenic Recipe " Fat Bombs Grab Your Copy of my book Intermittent Fasting Today! Just scroll to the top and click buy now with 1-click!

## Book Information

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## Customer Reviews

My Pastor had been talking about periods of fasting and I wanted to read more about the different kinds of fasting. This book is a great resource. When we think of fasting often we think of going days without food and being in a weakened state. Dr. Foss explains several different methods of intermittent fasting. I liked that he gave detailed explanations of each method. Personally I liked the Chapter 6: Intermittent Fasting and the Ketogenic Diet. My body is most comfortable with this method. I have to modify this a bit because I am diabetic and Dr. Foss does warn in his book that these methods are not for people with my health problems. The great thing about having so many different methods is that we are all different and what might work for one might not work for someone else. This book allows you do to the research and have the information on hand in case you want to try the next method. There is also some information on supplements and I just might have to try the recipe for the Chocolate and Peanut Butter Fat Bombs.

Interesting! The information I was looking for in a clear and concise format. Not the greatest grammar or syntax but doesn't really take away from the content. Discover everything that you need to know! Buy this book and start with this journey today.

This Intermittent Fasting book of Dan Fross is unique compared to other same books on this topic, the contents are well researched and very easy to apply in everyday life. This book explains the concept of intermittent fasting as a way to lose weight and become more healthy as opposed to traditional dieting. It explains how long term calorie restriction, which is how traditional dieting works, can actually make people prone to weight gain and how fasting can lead to weight loss, help adults to concentrate better plus it is simple and the result can be judge immediately. Also you dont need to spend a lot, unlike other program or fad diet that you need to spend a considerable amout inorder to stick to the plan. There are several diet guides and I found them friendly, though doing them by myself seems a big challenge coz Im not used to becoming hungry always I feel tipsy. In this book

of Dr Fross we can choose a fasting plan that suits you and your lifestyle - 16/8, 5/2, alternate day or juice fasts long with fasting guides, Sure and concise guide.

Intermittent fasting is a great way to lose some weight. It is very effective. In just a short period of time you will already see the difference. There are about six effective methods of it that can make us become healthy and fit. All of them are very nutritious and can give you the energy that you need. You will definitely be astounded on what you learn in this guide. A suggestible one for all.

I have heard about intermittent fasting many times but was not aware about its advantages. Then I read this guide book where the author explored 6 effective and beneficial methods to reduce over gaining weight, get strong muscle, gain metabolism, get ketogenic and lastly be healthy. the good thing is this you will not reduce your energy level. I highly preferred this guide book.

I was amazed by this book on how it details the benefits of doing fasting which is very effective for people who wants to loose weight. The methods are very useful in a way that if you really do it it will definitely give you the body you want to achieve. It worth reading.

Of the three books I bought about intermittent fasting, this one had the most value for me. It contains a clear list of the benefits of this lifestyle (yes, I think it's a lifestyle, not a diet), good advice on how to go about it and how to tie it with my exercise routine. This is a nice holistic approach you don't find in all books on the topic. Highly recommend!

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