



# Eat Stop and Eat: Lose Weight Without Dieting (Large Print)

By Faron Connelly

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I have had a problem with weight gain since the age of 15. I had tried all of the fad diets, exercise, and fitness routines that have trended for years. Is was not until I was at the age of 40, that I discovered the benefits of eating foods that would helpcontrol my weight. Still, my health began to decline, and I was diagnosed with diabetes. Chronic fatigue syndrome had become a nightmare. I began my search on the web for a solution to my problem - when I discovered Brad Pilon s system for intermittent fasting, called Eat Stop Eat. I learned how intermittent fasting could help defend againstChronic Fatigue Syndrome Fibromyalgia. Within several weeks I began to lose weight and feel better. My thinking became clear. I had to change my lifestyle and adopt this way of eating for the rest of my life. I am now 55 years old and in the best physical condition of my life! The system described in this book will help you to shed pounds quickly, control...



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