



Intermittent Fasting: Your Secret Weapon to Rapid and Sustained Weight Loss

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Your Secret Weapon To Rapid And Sustained Weight Loss Intermittent Fasting DietThe modern world is facing an obesity and diabetes crisis the likes of which we ve never seen before. Losing weight is time consuming and demotivating, and whether you have 100lbs to lose or just 10lb, you ll understand the frustration of fighting to make meagre progress or worse, gaining the weight back.If you re exhausted battling being overweight and constantly craving the very foods that are disastrous for your health, your body is likely in a fat-storing, high-crisis mode. Most people who struggle with weight loss have this fat storing problem, but intermittent fasting can solve that.Intermittent Fasting For Rapid Weight LossWith intermittent fasting, you work with your body s naturally evolved metabolism to make the most of the food you eat and create your leanest, strongest and healthiest body. By timing your meals and fasting at for specific lengths of time, you are training your body to use energy efficiently.In a fasted state, the body s insulin and hormone levels are stabilized, brain function...



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