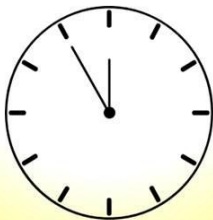


***Diet Books For Kindle Simplified:***

***UNDERSTAND  
“THE 8-HOUR DIET”  
IN 15 MINUTES***



***Intermittent Fasting Made Easy  
By K.D. Joseph***

***Diet Books For Kindle Simplified:  
Understand “The 8-Hour Diet” In 15  
Minutes***

***(Intermittent Fasting Made Easy)***

***By K.D. Joseph***

Copyright © 2013 by K.D. Joseph. All rights reserved.

*The ideas, concepts, and opinions expressed in this book are intended to be used for educational purposes only. This book is made available with the understanding that the author and publisher are not presenting any specific medical advice. Nothing in this book is intended to replace medical*

*advice, or diagnose any specific physical problem. Every person is different, and this book cannot take these individual differences into account. It is important to consult with a licensed physician or other competent medical professional. The author and publisher claim no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the material in this book. For more information or to contact the author click this link: <http://bit.ly/WCUHD2>*

---

Let me tell you what you already know: There is a vast amount of books on Kindle about dieting and weight loss. And even though it is a small fish in a big pond, there are already numerous books on Intermittent Fasting (called “IF” for short.) It’s very easy to become overwhelmed with so much material out there.

The irony is Intermittent Fasting is not confusing. It is a subject you should never feel overwhelmed about. And Intermittent Fasting has one huge advantage compared to most other forms of dieting: It really is easy. That makes it worth knowing about.

I originally found out about Intermittent Fasting a few years ago from a website run by Martin Berkhan called Leangains. Martin probably has more to do with IF's increased popularity than anybody else. His website is free and it is a phenomenal resource for people looking to go in depth with their research of IF and the science behind it. Here is a link to Martin's popular site:

<http://bit.ly/bbdxZD>

As much as I like Martin's site, unless you are into bodybuilding I doubt you will find it very interesting. You see, most of us only care about finding out how to lazily and safely lose weight.

95% of us could care less about the science behind it.

Unless you have a background in nutrition and science, it is going to be very hard to understand many of the claims and concepts that are expounded upon in IF books. Most of us could care less – we just want a dietary model that is safe and allows us to lose unwanted weight.

You do not need to spend money and many hours reading books, like the bestselling “The 8-Hour Diet” by David Zinczenko and Peter Moore, to implement Intermittent Fasting in your life. You only have to buy a big

IF book like that if you want to go into extreme depth on the topic – and understand that the free Leangains site is probably a better resource than any IF book you buy online.

I think an excess of information on this inherently easy dietary method will unfortunately confuse many readers, and make many people resist ever trying Intermittent Fasting. So I'm writing this brief guide to show you precisely how easy IF is for the normal person - and so you don't have to slog through a 300 page book that may make IF seem more complicated than it actually is.

Intermittent Fasting, for the vast majority of people who lazily and safely want lose weight, simply entails skipping breakfast.

That's it. This simple advice, which is diametrically opposed to standard American dietary recommendations, can significantly improve your health.

I personally have tried many dietary options in my life (vegetarian, raw food, low carb, protein cycling - to name just a few) and Intermittent Fasting is by far the most easy diet to implement and stay on that I have ever come across. The reasons for that are pretty self-explainable.



Many diets claim to be simple, but end up being hard. What is brilliant about IF is it backs up all its claims of being easy. All you need to do is skip breakfast. IF is manageable to start and sustain, because it is so blatantly simple to follow.

Especially if you are a lazy dieter, and just want to learn the basic “trick” of IF, all you need to know is this: You naturally consume fewer calories over the course of the day by not eating anything in the morning, and inevitably you lose weight because of that dietary habit.

Morning caloric restriction intuitively

makes sense as a concept for weight loss, and it works.

Just try it. Start skipping breakfast and don't eat until around lunchtime. You can drink tea or black coffee in the morning, but don't consume any calories until around noon.

Naturally, to actualize IF more effectively, it helps to limit your eating window to a smaller period of time (like eating only from 1pm to 7pm every day) and to eat good food, but doing these tasks consistently often proves too burdensome for many people.

Just skip breakfast. That's enough to

get you started with IF, and for you to see real weight loss occur. This weight loss will often be substantial and pleasantly surprising, no matter what you eat for lunch and dinner.

So relax, and do this:

Skip Breakfast.

It all comes back to that. Of course, IF can be described much more elaborately, but for almost all of us it just comes down to simply skipping breakfast and not snacking late into the night.

You do not want to make Intermittent Fasting complicated. You want to just

do it. Do not obsess over details; just start skipping breakfast. This first step is the most important step by far.

Let's spend a moment talking about skipping breakfast.

This is what you need to know: It is not hard to skip breakfast.

Don't worry, you will not starve if you don't have your bagel in the morning.

People eat much more often than they need to. You do not need to be eating every few hours – especially if you are eating nutritious foods and not pure crap. There is no need to eat more than two or three times a

day, and there is absolutely no need to eat in the morning.

Do not be concerned about not having “energy” because you did not eat in the morning. Any initial feelings of fatigue you experience when you start IF will go away after a few days, and are mainly a small mental hurdle you need to overcome. I’ve been doing IF long enough to know such a feeling is purely psychological. Have a filling meal the night before, and don’t worry about eating until the following day at lunch. After a few days of practice, this eating arrangement will seem normal. There is no problem feeling a

little hungry for lunch. Feeling a little bit of hunger is good – it means you are losing weight.

Often many of us are not hungry when we wake up, but we are accustomed to having breakfast because we are "supposed to." It's time to break this habit. You can still drink liquid - like water, black coffee, or tea - but have no calories. Like I said, for the first couple of days this might be difficult, but gently battle through it. It's not hard. Relax and understand that soon you will be used to not eating in the morning, and it will actually be pleasurable to never worry about what you need to

eat for breakfast.

If you can hold off eating until lunch, and presuming you have not eaten since dinner the night before, then each day you are giving your body a long window in which you are not consuming any calories. This is incredibly advantageous to weight loss, as well as to your general health.

When we sit down and eat we should have as much food as we want. We should not “watch” our calories. We should eat until we feel fully satiated. But I do not recommend eating every few hours, or to be snacking all the

time.

Try having only two or three meals a day, and cut out the pattern of eating all the time. Do not incessantly be nibbling on something. At noon you can have a big lunch. If you get hungry in the mid-afternoon, you can have a snack. And you can have a big dinner at night. That will be plenty of food; you will be full.

Hopefully your dinner will be on the early side, instead of later at night. It is better to be done consuming calories by 7pm as opposed to 10pm, but regardless of when you stop eating at night, all of your caloric



consumption is confined to a somewhat limited window of time. This makes a big difference.

It is not required that you follow this eating pattern and skip breakfast every day, but it is very strongly recommended. I have noticed it is surprisingly easy for people to not eat until lunch. Once you overcome the small mental hurdles in the first few days of the diet, your body and mind simply gets used to not eating until around lunchtime. From there it is smooth sailing. You still might feel some minor hunger pangs if you make it a practice of not eating until lunch, but nothing truly bothersome, and

your body will thank you for holding off eating until midday by losing weight faster and feeling healthier.

And please do not believe you “need” to have breakfast.

This standard dietary suggestion is grounded in no truth whatsoever. The assertion that we need to have a healthy breakfast to have a healthy lifestyle is absurd, particularly if we are interested in losing weight. Think about it: Instead of having a meal at seven or eight o'clock in the morning we hold off until lunchtime. That extra four or five hours without food is significant.

If you think skipping breakfast will not work for you, I at least suggest you cut down on how much you eat in the morning. For instance you could have a cup of coffee with heavy cream. That's pretty filling. But you don't need to eat a huge breakfast. If you really like breakfast have it for lunch - have bacon and eggs with coffee at 1pm instead of 8am. If your schedule makes it easier to skip dinner and only have breakfast and lunch every day, that setup works too. The same theory of IF applies whether you skip breakfast or dinner.

That is Intermittent Fasting in a nutshell, and all the info that the vast

majority of you ever will want to know on the subject. There is only one thing more I need to emphasize again: This is easy.

Do not make these simple IF tips hard for yourself, it should be easy. Just relax, you will get it right.

If you are interested in other ways to easily feel better, two painless strategies are worth mentioning.

The first is to sleep more. Most people do not get nearly enough sleep. At least 8 hours a night is recommended, and studies have shown that ample sleep helps encourage not only better health, but

faster weight loss.

The other easy tip to feel healthier is to start taking a Vitamin D supplement daily. Most of us do not get enough sun, so we should supplement with a Vitamin D pill of at least 2,000 IU every day.

For those readers who want to incorporate food changes along with their Intermittent Fasting I strongly recommend consuming less sugar and grains as part of your regular diet. This is not required to make IF work effectively, but it speeds up the process of rapid weight loss. Low Carb advice is hardly new, but you will

probably not find a more direct and healthy explanation of how to start this dietary model than on Dr. Kurt Harris' Archevore blog. Click this link for more info from Dr. Harris:

<http://bit.ly/ehsg1W>

I also have included a brief excerpt from "Lazy Weight Loss" on the following page if you are interested in trying to easily limit your carbs without making much of an effort.

Hopefully this guide will help motivate you to try Intermittent Fasting - and to see its pleasant results. IF is truly easy, and it works.

***An excerpt from K.D. Joseph's "Lazy Weight Loss - Three Amazingly Easy Tips To Lose Weight"***

Carbohydrate over-consumption has made many of us overweight and unwell. If you feel that you are overweight you probably ended up this way by eating too many carbohydrates.

If you want to lazily lose weight you need to stop consuming so many carbs. We can eat a moderate amount of carbohydrates and still

lose weight, but not the enormous quantity that the normal American eats every day. So it is fine to eat vegetables, some fruit, and the occasional sweet as part of our regular diet, but **in general we need to replace carb-based meals with fat-based meals.** We will talk about how to do this in a second, but first let's cover something more obvious: sugar.

Blatant sugary stuff - soda, candy bars, juices, ridiculously sweet desserts – should be essentially eliminated from your regular diet if you want to lose weight. If you are really craving a soda make it a diet soda. This is just common sense. It



does not mean you can never eat sweets – you just can't eat sweets that are absolutely loaded with sugar. There are plenty of sweet options that are not saturated with sugar, and at the end of this book we will go over a few popular examples.

Now let's talk about eliminating grains from your diet. This is the essence of the second tip.

**If you want to easily lose weight stop eating food made from grains.**

That means no bread, pasta, crackers, chips, rice, pizza, noodles, quinoa, corn, energy bars, oatmeal....basically all of the food that most people

gobble up unthinkingly every day.

Do not fall under the false belief that you need grains in your diet. There is no truth there. For most of human history we ate no grains and were perfectly healthy without them. You simply do not need them. Instead of consuming grains, eat meat and other fatty foods.

This is not a hard switch to make.

Most of us would much rather eat meat, cheese, coconuts, and dark chocolate instead of grains - it's just we have been led to believe it's unhealthy to eat in such a pleasurable way. That's simply not true.

## **Losing weight is as easy as cutting the carbs from grains and sugars out of your regular diet.**

If you want to rapidly lose weight I also suggest not eating a lot of beans or potatoes because of their carb content. We can lazily replace all these foods with delicious fats like meat, dairy, avocados, and coconuts.

Believe me, it's not painful to switch from pasta to steak, or from cereal to bacon and eggs. Why this lazy diet is so successful is because it is fun and enjoyable, particularly once we have gotten used to it. Nothing is painful about it, and there are always plenty

of tasty options.

So to repeat it once more: eat meat and do not eat grains. Your body will thank you for it.

*To read more of “Lazy Weight Loss” click on this link:*

<http://amzn.to/VND6tR>

*When you turn the page you will be given the option of sharing this guide with friends on Facebook and Twitter – please help spread the word about Intermittent Fasting if you found the concepts in this guide useful.*

*And if you found this guide particularly*

*helpful, I'd be grateful if you posted a short review on Amazon. Your support really does make a difference, and is immensely appreciated. Thanks for reading!*