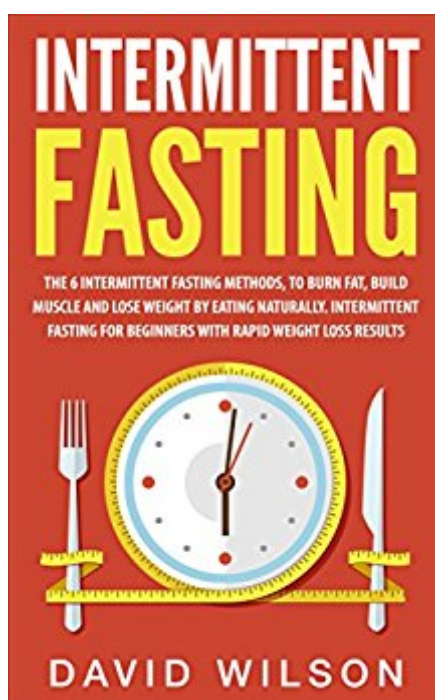


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Customer Reviews

This book reveals crucial facts discovered by several studies that have shown that intermittent fasting helps fight inflammation. Inflammation causes many common conditions and diseases, such as: signs of aging, cancer, diabetes, heart disease, viral and bacterial infections, acid reflux, high blood pressure, urinary tract infections, high blood pressure, and more. Heart disease kills more than six hundred thousand people in the United States each year.

I have known that fasting is good for our general well being but never really give it a try. But after reading this book, I may want start with the simplest form of fasting as suggested. Why you may wonder? It is mainly for general physical and mental health for now. Thanks David for sharing some

useful fasting tips for a beginner like me.

This book contains a lot of strategies on how to lose weight, burn fat and more. Intermittent Fasting is the most powerful approach to shedding unwanted fats and achieving your desired body shape. I learned about the proven benefits of IF, the methods tips for starting my first fast and the most common difficulties of fasting. This book is very useful and it's helping me to lose weight and become fit.

This was an educational read on intermittent fasting. I never knew there are various methods under intermittent fasting until I read this book. This book has lots of information on intermittent fasting which will help beginners like me. If you like reading health/fitness related books, you may like this book too.

Really enjoyed this book! The author did a great job researching the information and explained everything really well. I have been doing intermittent fasting for a while and love it. I read the book to learn more about its benefits and variations.

I have done fasting before but wasn't really sure if that was different from what intermittent fasting is. I just learned something new from this book and I think it's not bad if I try it. It's great that this book already set my expectation of what I'm going to experience when starting with intermittent fasting diet.

This book is very helpful and well written. What I loved in this book is that the author first mentions what really intermittent fasting is all about: a proven safe and effective way in weight loss, weech improve your over all body health, and the insights given here are tried and proven to be very effective.

Just thinking that I will skip my meal for one day or 14 hours really scares me but I want to become slim and fit so I will try this method that's why I bought this book of Wilson. One thing that hinders me is the feeling that when I am hungry or skip 1 meal I became dizzy or my head ache, but flicking through the pages I discover that it is but natural feeling for people who will go into this diet plan and will soon diminish when used to it. This book discusses a method for eating that includes short & long term fasts, depends on you. Fasting for brief periods people groups eat less calories,

furthermore streamlining a few hormones identified with weight control. As long as you don't remunerate by eating a great deal additionally amid the non-fasting periods, then these techniques will prompt lessened calorie admission and help you get thinner and shed off those unwanted belly fat. A short, yet interesting and very informative read

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Muscle Strength) Intermittent Fasting: Unleash Your Bodyâ€™s Potential to Burn Fat and Build Lean Muscle Fast, While Eating the Foods You Love Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Keto Fasting: Start an Intermittent Fasting and Low Carb Ketogenic Diet to Burn Fat Effortlessly, Fight Diabetes, Purge Disease and Become Keto Adapted (Fasting Ketosis Book 1) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting for Beginner to Expert - Build Lean Muscle and Change Your Life DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)

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