

Weight Loss Diet: Intermittent Fasting, Meal Prep, Meal Prep 101 (Paperback)



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Reviews

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(Mozelle Halvorson)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.WEIGHT LOSS DIETThis 3 book bundle contains 3 amazing guides to help you lose the weight that you have always wanted to lose: Meal PrepMeal Prep 101Intermittent Fasting If you are looking for a new and revolutionary way to lose wait then look no further than the Intermittent Fast Diet! This diet spearheaded by Dr. Mosley, has been scientifically proven to give you results. Those that partake of the intermittent fast take on the view that weight gain is a progressive disease. If you are gaining a few pounds every single year when you are already overweight, there is no doubt about it, this is a dysfunction of your body, and your metabolism is out of whack. Unlike other diets that treat the symptoms of this weight gain disease the intermittent fast diet goes after the root of the problem. By fasting intermittently your body is able to survive on a lower caloric intake throughout the week and as a result of this switch, metabolic changes occur as a result. Normally your body is most likely running on extra carbohydrates as its primary fuel source while it leaves stored fat deposits alone for emergency use, but when you fast, the body switches gears and fat becomes the fuel source, allowing you to burn those dreaded fat deposits directly. And by fasting every other day your body stays prepped and primed to continue this slow fat burn. This is why after just a few weeks of an intermittent fasting regiment people have seen tremendous results with even the most stubborn of belly fat evaporating under the pressure cooker that has been created due to a steady and controlled intermittent fast. If you have...

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