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Intermittent Fasting: Unleash Your Body's Potential to Burn Fat and Build Lean Muscle Fast (50 Recipes Included) (Paperback)

By Eden Keller

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book. If there was a diet plan that allowed you to burn more fat, build muscle, and enjoy the benefits of a longer, healthier, and more productive life, wouldn't you want to know about it? Then this is the book you have been waiting for. The reason mostly all diets fail isn't because we switch to the wrong foods, it is simply because we don't actually sustain the diet over the long-run. It's not a nutrition or nourishment problem, it's a behavior change problem. In my personal opinion, the ease and simplicity of intermittent fasting is the best reason to give it a try. You will find that it provides a wide range of health benefits without requiring massive lifestyle changes. If you are ready to take action and see mind-bottling results fast, then this book is for you! 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...



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