

# INTERMITTENT FASTING

## DO'S

- choose a fast that fits your life and goals
- drink water and electrolytes during the fast
- eat protein, fat and fiber when you break your fast
- be consistent, but adjust the schedule as needed
- exercise (but ease into it)

## DON'TS

- just skip breakfast
- use extended fasts as a "reset" from a "cheat day"
- drink multiple cups of coffee to get you through your fast
- snack
- break your fast with high glycemic, low protein meals

# Intermittent Fasting Tips

**Old Natural Ways**



## **Intermittent Fasting Tips:**

## Whispering the Secrets of Language: An Mental Quest through **Intermittent Fasting Tips**

In a digitally-driven earth wherever screens reign great and immediate transmission drowns out the subtleties of language, the profound techniques and mental nuances concealed within words usually get unheard. However, nestled within the pages of **Intermittent Fasting Tips** a interesting fictional value sporting with natural thoughts, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, that charming opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each word. Within the emotional depths of this moving review, we can embark upon a heartfelt exploration of the book is primary themes, dissect its captivating writing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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