



INTERMITTENT FASTING

**AN ADVANCED MANUAL FOR ENHANCING HORMONAL HEALTH, ENHANCING COGNITIVE FUNCTION, INDUCING
AUTOPHAGY, FACILITATING WEIGHT LOSS, AND PROLONGING THE AGEING PROCESS IN ADULTS**

*The Most Effective Methods To Improve Your Health, Shed Pounds,
Sharpen Your Focus, And Lead A Healthier Lifestyle*

Devon Walton

Intermittent Fasting Manual

JE Gale



Intermittent Fasting Manual:

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Complete Guide To Fasting Jimmy Moore, Jason Fung, 2016-10-18 The ultimate resource on intermittent fasting the incredibly effective therapeutic approach to feeling better and losing weight that produces life changing results Whether you re new to intermittent fasting or you want to fine tune your fasting plan this is the intermittent fasting manual to help you build the right fasting program for the best results Whether your goal is to lose weight improve your body s insulin response sharpen your mental faculties turn down depression or anxiety or slow the aging process The Complete Guide to Fasting is the best companion for your journey Here you ll find everything you need to get you through your first fast including a 7 Day

Kick Start Fasting Plan and 20 healing recipes Get the guidance you need to make intermittent fasting work for you You will learn How intermittent fasting works and how you can successfully combine it with diets and eating preferences such as keto low carb and low sugar How intermittent fasting amplifies weight loss and improves many other health conditions such as pre diabetes type 2 diabetes metabolic syndrome hypertension and heart health Which fluids are allowed and can even aid fasting and which will break your fast What should you expect when you start fasting and how to avoid potential negative effects How to manage hunger and create the right mindset What are the different fasting types and protocols including 16 8 20 4 alternate day fasting and other extended fast Forget about starving yourself or diets with complicated rules intermittent fasting has never been easier

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