

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

CO Houle



Intermittent Fasting Tips:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Intermittent Fasting Tips**

In some sort of inundated with displays and the cacophony of fast transmission, the profound power and mental resonance of verbal art frequently disappear in to obscurity, eclipsed by the constant assault of noise and distractions. However, situated within the lyrical pages of **Intermittent Fasting Tips**, a interesting perform of fictional splendor that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this interesting opus courses readers on an emotional odyssey, lightly revealing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect its captivating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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