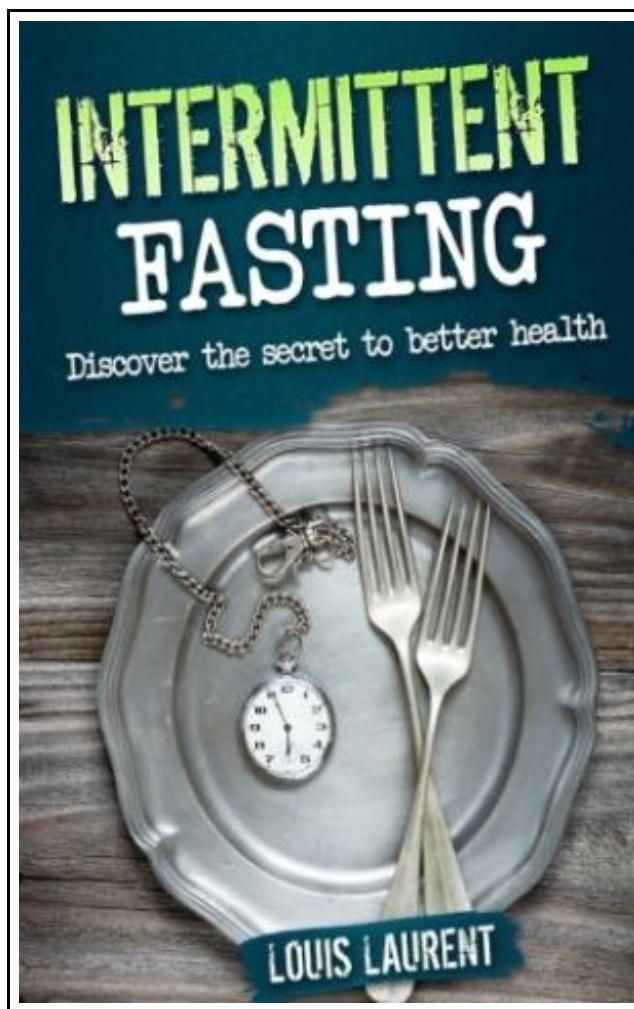


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 82 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Start enjoying the best kept secret of all the big fitness gurus and celebs today! Intermittent Fasting has been around for a long time, but its only now that the secrets are being shared You might be thinking intermittent fasting sounds extreme, hard and dangerous but its the exact opposite. Intermittent fasting is the most intuitive way for us to maintain our health. As modern society has progressed in leaps and bounds, our eating habits have changed along with it, but our physical bodies has gone through little to no change at all. This mismatch in progress has resulted in a laundry list of chronic illnesses that are not due to poor conditions but the very opposite! Our rich diets and excessive indulgence in sugar, fat and protein on a constant basis has overloaded our bodies ability to regulate the way it was built to handle our nutritional needs. The result of all this indulgence - A surge in Type 2 diabetes due to insuline resistance - Weight gain that surrounds itself internal organs - An increase cardiovascular health problems related to impaired fat and sugar regulation from the body - Prone to chronic fatigue from the imbalance of hormones - Low quality of sleep from hormone imbalances due to sugars and fats - and many more health issues that are directly linked towards our excessive eating habits How can intermittent fasting change your life - Help manage your weight with lean muscle gains and even fat distribution - Lower your risk to type 2 diabetes - Lower your risk to cardiovascular disease - Lower your risk to fatty liver disease - Lower your risk to colon cancer - Improve...



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