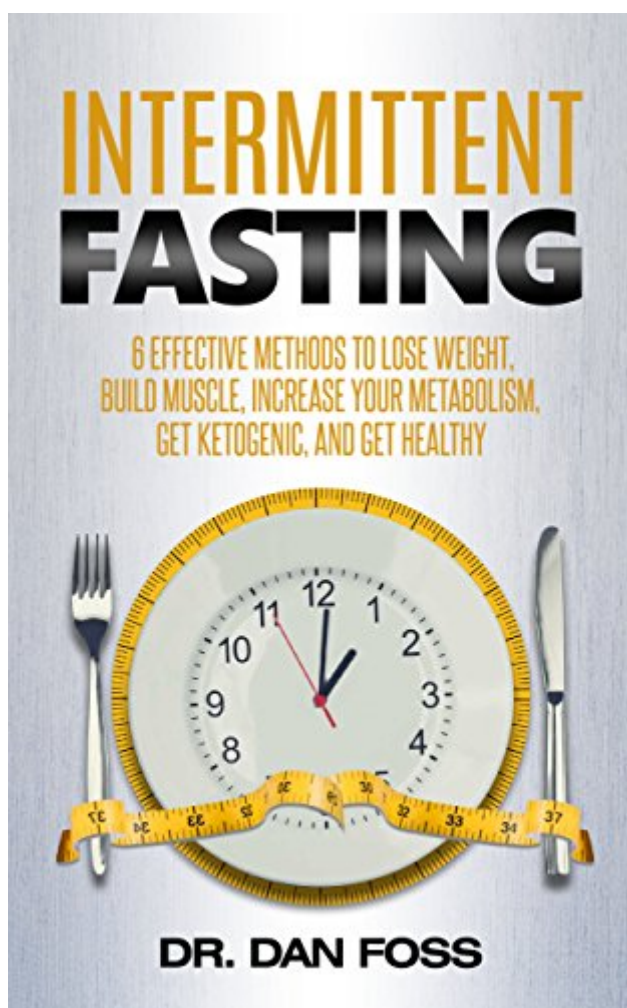


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# Intermittent Fasting: 6 Effective Methods To Lose Weight, Build Muscle, Increase Your Metabolism, Get Ketogenic, And Get Healthy



## Synopsis

**INTERMITTENT FASTING**The Best Guide to Get Started with Intermittent Fasting from a Healthcare Professional!**FREE Gift!!!** My Fat Adapted Cheat Sheet that I give to my 1-on-1 patients and clients! Yours **FREE** with this book!**Are you sick, and tired of being sick and tired? Heard about Intermittent Fasting but when you ask someone about it they think you are crazy? I know! I** <sup>TM</sup>**ve** been there right along with you. I didnâ <sup>TM</sup>**t** believe until I saw it and experienced it myself: the weight loss, the boost in HGH, and the energy levels. Hundredâ <sup>TM</sup>**s** and thousandâ <sup>TM</sup>**s** of people are discovering how simply eating in a window during the day or skipping a meal can transform not only how you feel but how you function. Are you serious about getting healthier? Do you want to get the results and are willing to do the work and make your dreams a reality? Then this book is for you! Iâ <sup>TM</sup>**m** a holistically trained physician who has been focused on Intermittent Fasting, Ketogenic Diets, Weight Training, and Endurance Sports for the past 20 years. I discovered how combining Intermittent Fasting with a Ketogenic Diet has led me down a path to fat adaptation (my body adapted to using my stored fats preferentially as fuel for energy), massive weight loss, and incredible energy and health. "Give a man a fish, and you can feed him for a day; but teach that man to fish, and he can eat for a lifetime." Thatâ <sup>TM</sup>**s** my philosophy and the reasoning why this book doesnâ <sup>TM</sup>**t** need to be 300 pages in order to cover this concept.**Grab this GREAT physical book now at a limited time discounted price!Â Here Is A Preview Of Whatâ <sup>TM</sup>s Included in this Book**6 types of Intermittent Fasting and My Personal Favorite16/8 Method Step-by-StepSome Science Behind Intermittent Fasting (IF)Daily Schedules for Fasting TimesBranch-Chain Amino Acid Supplementing Aerobic and Anaerobic Exercise with Intermittent Fasting Ketogenic Diets with Intermittent Fasting to Get Fat AdaptedBest SupplementsMy Favorite Ketogenic Recipe â “ Fat Bombs**Order your copy of this fantastic book today! Just scroll to the top and click buy now with 1-click!**

## Book Information

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## **Customer Reviews**

My Pastor had been talking about periods of fasting and I wanted to read more about the different kinds of fasting. This book is a great resource. When we think of fasting often we think of going days without food and being in a weakened state. Dr. Foss explains several different methods of intermittent fasting. I liked that he gave detailed explanations of each method. Personally I liked the Chapter 6: Intermittent Fasting and the Ketogenic Diet. My body is most comfortable with this method. I have to modify this a bit because I am diabetic and Dr. Foss does warn in his book that these methods are not for people with my health problems. The great thing about having so many different methods is that we are all different and what might work for one might not work for someone else. This book allows you do to the research and have the information on hand in case you want to try the next method. There is also some information on supplements and I just might have to try the recipe for the Chocolate and Peanut Butter Fat Bombs.

This book is very informative, I had no idea about the many benefits of intermittent fasting. It covers 6 different methods of intermittent fasting, one of the methods is covered in depth. I personally decided to try the "warrior diet" method, and I have never felt better. If you are interested in learning intermittent fasting, this book is perfect. With all the methods covered and all the information on how to do things right, you will surely find something that fits your daily habits.

Very informative and useful book. I really liked the 6th Chapter. I studied the Ketogenic Diet and I was interested to learn something new. A lot of useful information, I advise everyone.

I have always been interested in trying out intermittent fasting and this book really lays it out in a very clear and easy to follow way. I have never eaten breakfast so I feel this will be an easy and effective programme to follow to hopefully help me lose a few pounds in the process. I would highly recommend this book to any one interested in intermittent fasting.

I first bought this book because the author and my son went to school together. I just skimmed it and thought I knew all the information on it and took it off my carousel. Then I was diagnosed for a condition requiring long term steroid treatment and I needed to find a steroid- sparing lifestyle that would keep the side effects of the steroids to a minimum. I revisited Dr. Foss' book. and found guide to optimal health with lots useful hacks. I won't be able to do Intermittent Fasting as per Dr. Foss, but I'm going to follow all the rest.

I really enjoyed this book and found the information to be helpful. You will find a number of recommended strategies for fasting, including the 5:2 and warrior methods. There are also some nutritional recommendations and sample schedules that show you how to fit your workout routine in. Overall, I'd definitely recommend this book if you're looking to try fasting.

Of the three books I bought about intermittent fasting, this one had the most value for me. It contains a clear list of the benefits of this lifestyle (yes, I think it's a lifestyle, not a diet), good advice on how to go about it and how to tie it with my exercise routine. This is a nice holistic approach you don't find in all books on the topic. Highly recommend!

This is a brief but concise detailing of the topic. Myths, facts and even the correlation between keto and intermittent were being laid down here. Not mentioning about the plus tips of what food to eat for a healthy diet without having to think about committing guilty pleasures. Not bad for a start.

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