

beginners guide to intermittent fasting pdf

beginners guide to intermittent fasting pdf serves as an essential resource for those looking to understand and implement intermittent fasting effectively. Intermittent fasting has gained significant attention for its potential health benefits, including weight management, improved metabolic health, and enhanced longevity. This comprehensive guide covers the fundamental concepts behind intermittent fasting, different fasting methods, benefits, potential risks, and tips for success. By exploring the science and practical aspects, this beginners guide to intermittent fasting pdf enables readers to make informed decisions about incorporating fasting into their lifestyle. Whether the goal is weight loss, improved energy levels, or better overall health, this article provides a detailed overview to help beginners start their intermittent fasting journey with confidence. The following sections outline a structured approach to understanding and applying intermittent fasting principles.

- Understanding Intermittent Fasting
- Popular Intermittent Fasting Methods
- Health Benefits of Intermittent Fasting
- Potential Risks and Precautions
- Practical Tips for Starting Intermittent Fasting
- Creating Your Personalized Intermittent Fasting Plan

Understanding Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that alternates between periods of eating and fasting. Unlike traditional diets, IF focuses on when to eat rather than what to eat. This approach leverages the body's natural metabolic processes to enhance fat burning and improve overall health. The beginners guide to intermittent fasting pdf explains the biological mechanisms behind fasting, including how the body shifts from glucose to fat as a primary energy source during fasting windows. Understanding these processes is crucial for adopting intermittent fasting safely and effectively.

What Is Intermittent Fasting?

Intermittent fasting involves scheduled cycles of eating and abstaining from food. Typically, fasting periods

range from 12 to 24 hours, depending on the chosen method. During fasting, calorie intake is either zero or significantly reduced, while non-caloric beverages like water, tea, or black coffee are usually allowed. This eating pattern is designed to optimize metabolic health by reducing insulin levels and increasing human growth hormone production.

How Intermittent Fasting Affects the Body

When fasting, the body undergoes several physiological changes. Insulin levels drop, facilitating fat breakdown and energy mobilization. Additionally, fasting promotes cellular repair processes such as autophagy, which removes damaged cells and supports longevity. The beginners guide to intermittent fasting pdf details how these changes contribute to weight loss, improved brain function, and reduced inflammation.

Popular Intermittent Fasting Methods

There are various intermittent fasting protocols, each with unique fasting and eating windows. The beginners guide to intermittent fasting pdf highlights the most popular methods to help individuals select the most suitable approach based on lifestyle and goals.

16/8 Method

The 16/8 method involves fasting for 16 hours daily and eating during an 8-hour window. This is one of the most accessible protocols, often achieved by skipping breakfast and eating from noon to 8 p.m. It supports fat loss and metabolic health while fitting easily into social and work routines.

5:2 Diet

The 5:2 diet requires normal eating five days a week, with calorie restriction (about 500–600 calories) on the remaining two non-consecutive days. This approach combines intermittent fasting with calorie restriction and may be easier for those who prefer not to fast daily.

Alternate-Day Fasting

Alternate-day fasting alternates between a fasting day with little to no calorie intake and a non-fasting day with regular eating. This method has been studied extensively for its effects on weight loss and metabolic markers but may be challenging for beginners due to extended fasting periods.

Other Variations

Other intermittent fasting approaches include the Warrior Diet, which involves eating small amounts of raw fruits and vegetables during the day and a large meal at night, and time-restricted eating with varying fasting windows. The beginners guide to intermittent fasting pdf provides detailed information on these alternatives to accommodate different preferences.

Health Benefits of Intermittent Fasting

Intermittent fasting offers a range of health benefits supported by scientific research. The beginners guide to intermittent fasting pdf outlines these advantages, emphasizing both short-term and long-term outcomes for physical and mental health.

Weight Loss and Fat Reduction

IF helps reduce calorie intake by limiting the eating window, which often leads to weight loss. Additionally, fasting promotes fat burning by lowering insulin levels and increasing fat oxidation. Studies show that intermittent fasting can reduce body fat percentage and visceral fat, which is linked to metabolic diseases.

Improved Metabolic Health

Several markers of metabolic health improve with intermittent fasting, including insulin sensitivity, blood sugar control, cholesterol levels, and inflammation. These changes reduce the risk of type 2 diabetes, heart disease, and other chronic conditions.

Enhanced Brain Function

Fasting stimulates the production of brain-derived neurotrophic factor (BDNF), which supports neuron growth and cognitive function. Intermittent fasting may also protect against neurodegenerative diseases by reducing oxidative stress and inflammation in the brain.

Longevity and Cellular Health

Intermittent fasting activates autophagy, a process that clears damaged cells and promotes cellular repair. This contributes to increased lifespan and reduced risk of age-related diseases. The beginners guide to intermittent fasting pdf explains how regular fasting cycles can support healthy aging.

Potential Risks and Precautions

While intermittent fasting is generally safe for many individuals, certain risks and precautions must be considered. The beginners guide to intermittent fasting pdf discusses these factors to ensure safe practice and prevent adverse effects.

Who Should Avoid Intermittent Fasting?

Intermittent fasting may not be suitable for pregnant or breastfeeding women, individuals with eating disorders, those with certain medical conditions such as diabetes without medical supervision, or people with a history of low blood sugar. Consulting a healthcare professional before starting IF is essential for these groups.

Possible Side Effects

Common side effects during the initial stages of intermittent fasting include hunger, fatigue, headaches, and irritability. These symptoms often subside as the body adapts. The beginners guide to intermittent fasting pdf recommends strategies to minimize discomfort, such as staying hydrated and adjusting fasting windows.

Maintaining Nutritional Balance

Fasting does not exempt individuals from the need for a balanced diet. Ensuring nutrient-dense meals during eating periods is critical to avoid deficiencies. This guide emphasizes the importance of consuming adequate proteins, healthy fats, vitamins, and minerals.

Practical Tips for Starting Intermittent Fasting

Implementing intermittent fasting requires preparation and a strategic approach. The beginners guide to intermittent fasting pdf offers practical tips to help beginners ease into fasting and maximize benefits.

Start Slowly

Gradually increase fasting periods to allow the body to adjust. Beginners may start with a 12-hour fast and extend it incrementally to 16 hours or longer, depending on tolerance and goals.

Stay Hydrated

Drinking plenty of water is essential during fasting periods to prevent dehydration and support metabolic processes. Non-caloric beverages such as herbal teas and black coffee can also be consumed.

Focus on Nutrient-Dense Foods

During eating windows, prioritize whole, minimally processed foods rich in fiber, protein, and healthy fats. This supports satiety and maintains energy levels.

Listen to Your Body

Monitoring hunger cues, energy levels, and overall well-being helps determine if the fasting method is appropriate. Adjust fasting schedules as needed to avoid negative effects.

Consistency Is Key

Regular fasting schedules yield better results than sporadic fasting. Establishing a routine helps regulate hunger hormones and metabolic adaptations.

Creating Your Personalized Intermittent Fasting Plan

Customization is vital for long-term adherence and success with intermittent fasting. The beginners guide to intermittent fasting pdf advises tailoring fasting protocols to individual lifestyles, preferences, and health conditions.

Assess Your Lifestyle and Goals

Consider daily schedules, work commitments, social activities, and fitness routines when selecting a fasting method. Align the fasting window with periods of low activity to minimize discomfort.

Set Realistic Objectives

Define clear goals such as weight loss, improved energy, or enhanced metabolic health. Tracking progress with measurable indicators aids motivation and adjustments.

Plan Meals and Snacks

Strategic meal planning ensures balanced nutrition and helps prevent overeating during eating windows. Preparing meals in advance supports adherence to the plan.

Monitor and Adjust

Regular evaluation of how the fasting method impacts physical and mental health allows for necessary modifications. Flexibility enhances sustainability.

1. Choose a fasting protocol that fits your lifestyle.
2. Plan nutrient-rich meals for eating windows.
3. Stay hydrated and listen to your body.
4. Track progress and adjust as needed.

Frequently Asked Questions

What is a beginners guide to intermittent fasting PDF?

A beginners guide to intermittent fasting PDF is a downloadable document that provides an easy-to-understand introduction to intermittent fasting, including its benefits, different methods, and tips for getting started.

Where can I find a reliable beginners guide to intermittent fasting PDF?

Reliable beginners guides to intermittent fasting PDFs can be found on reputable health websites, fitness blogs, or through apps dedicated to intermittent fasting. Always ensure the source is credible and backed by health professionals.

What key topics are covered in a beginners guide to intermittent fasting PDF?

These guides typically cover the basics of intermittent fasting, different fasting schedules (like 16/8 or 5:2), health benefits, potential side effects, meal planning tips, and advice on how to safely start fasting.

Is intermittent fasting safe for beginners according to these guides?

Most beginners guides emphasize that intermittent fasting is generally safe for healthy individuals but recommend consulting with a healthcare provider before starting, especially for those with medical conditions or who are pregnant or breastfeeding.

Can a beginners guide to intermittent fasting PDF help with weight loss?

Yes, many beginners guides explain how intermittent fasting can aid weight loss by reducing calorie intake and improving metabolism, but they also stress the importance of combining fasting with a balanced diet and regular exercise for best results.

Additional Resources

1. *Intermittent Fasting for Beginners: A Complete Guide to Losing Weight and Improving Health*

This book offers a straightforward introduction to intermittent fasting, explaining the science behind it and how it can improve metabolism and promote weight loss. It includes practical tips for starting your fasting journey, meal planning, and managing hunger. Perfect for those new to fasting who want a clear, easy-to-follow approach.

2. *The Beginner's Guide to Intermittent Fasting: Simple Steps to Boost Energy and Burn Fat*

Designed for absolute beginners, this guide breaks down various intermittent fasting methods and helps readers choose the best one for their lifestyle. It covers common challenges and how to overcome them, along with recipes and daily routines to support fasting success. The book emphasizes sustainable habits for long-term health benefits.

3. *Intermittent Fasting Made Simple: A Beginner's Guide to Health and Weight Loss*

This book simplifies the principles of intermittent fasting, making the concept accessible and manageable for beginners. It discusses the benefits beyond weight loss, such as improved mental clarity and reduced inflammation. Readers will find motivational strategies and sample fasting schedules to get started confidently.

4. *Fast Start: Intermittent Fasting for Beginners in PDF*

A digital-friendly guide that introduces readers to the basics of intermittent fasting with clear explanations and easy-to-follow instructions. It includes printable meal plans, fasting trackers, and tips for maintaining energy levels while fasting. Ideal for those who prefer a downloadable PDF format for convenience.

5. *The Essential Intermittent Fasting Handbook for Beginners*

This handbook provides an in-depth overview of intermittent fasting, including its history, health benefits, and scientific research. It offers practical advice on fasting windows, hydration, and combining fasting with exercise. The book is a comprehensive resource for those seeking to understand and implement fasting safely.

6. *Beginner's Intermittent Fasting: How to Start and Succeed*

Focusing on the mindset and habits needed to succeed with intermittent fasting, this book guides readers through the initial stages of fasting with encouragement and realistic expectations. It addresses common myths and misconceptions, helping beginners stay motivated and informed. The inclusion of success stories adds inspiration.

7. *Intermittent Fasting 101: A Beginner's Guide to Weight Loss and Wellness*

This guide covers the fundamentals of intermittent fasting while highlighting its impact on overall wellness, including improved digestion and hormonal balance. It provides step-by-step instructions for starting fasting safely, alongside tips for adjusting fasting plans to individual needs. The book is suitable for anyone looking to improve health holistically.

8. *Simple Intermittent Fasting: A Beginner's Guide to Easy and Effective Fasting*

Emphasizing simplicity and ease, this book breaks down intermittent fasting into manageable steps for those new to the practice. It includes practical advice on meal timing, what to eat during eating windows, and how to handle social situations while fasting. The straightforward approach helps readers integrate fasting into daily life smoothly.

9. *Intermittent Fasting for Beginners PDF: Your Step-by-Step Guide to Getting Started*

This downloadable PDF guide offers a practical, step-by-step approach to beginning intermittent fasting, with clear explanations and helpful charts. It covers different fasting protocols and how to choose one that fits your lifestyle. The guide is designed for quick reference and easy understanding, making it ideal for beginners seeking immediate guidance.

Beginners Guide To Intermittent Fasting Pdf

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Beginner's Guide to Intermittent Fasting PDF

Ebook Title: Unlocking the Power of Intermittent Fasting: A Beginner's Guide

Ebook Outline:

Introduction: What is Intermittent Fasting (IF)? Different IF methods explained. Benefits and potential risks.

Chapter 1: Choosing the Right IF Method for You: Detailed explanation of popular IF methods (16/8, 5:2, OMAD, etc.). Considerations for different lifestyles and health conditions.

Chapter 2: Preparing for and Starting Your IF Journey: Practical tips for a smooth transition.

Addressing common challenges (hunger, fatigue, headaches). Sample meal plans and recipes.

Chapter 3: Maximizing the Benefits of IF: Optimizing your IF practice for weight loss, improved health markers, and overall well-being. Importance of nutrition and hydration.

Chapter 4: Troubleshooting Common Issues and Staying Motivated: Addressing potential side effects and how to overcome them. Strategies for long-term adherence and success.

Chapter 5: Intermittent Fasting and Specific Health Conditions: Exploring the potential benefits and risks for individuals with pre-existing health conditions (diabetes, PCOS, etc.). Importance of consulting a doctor.

Conclusion: Recap of key takeaways. Encouragement for continued practice and ongoing learning.

Beginner's Guide to Intermittent Fasting: Unlock Your Body's Potential

Intermittent fasting (IF) has exploded in popularity, transforming from a niche health practice to a mainstream approach for weight management and overall wellness. But what exactly is it, and is it right for you? This comprehensive guide will demystify intermittent fasting, equipping you with the knowledge and tools to embark on your own successful IF journey.

What is Intermittent Fasting?

Intermittent fasting isn't about what you eat, but when you eat. It involves cycling between periods of eating and voluntary fasting on a regular schedule. This isn't a diet in the traditional sense; it's an eating pattern that allows your body to enter a metabolic state known as ketosis, where it begins burning stored fat for energy. Instead of constantly fueling your body with calories, IF gives your digestive system a break, allowing it to focus on cellular repair and other vital processes.

Different types of IF exist, each with its own approach to fasting periods and eating windows. Understanding these variations is crucial to choosing the method that best suits your lifestyle and health goals.

Choosing the Right IF Method for You: A Personalized Approach

The beauty of intermittent fasting lies in its adaptability. Several popular methods cater to different preferences and schedules:

The 16/8 Method (Leangains Protocol): This involves fasting for 16 hours and consuming all your calories within an 8-hour eating window. It's a relatively gentle introduction to IF and often

considered the easiest to maintain long-term.

The 5:2 Diet: This approach involves eating normally for five days a week and restricting your calorie intake to 500-600 calories on two non-consecutive days. This method is suitable for individuals who prefer more flexibility in their eating schedule.

Alternate-Day Fasting: This more intense method involves fasting every other day. It's generally not recommended for beginners and requires careful planning and monitoring.

One Meal a Day (OMAD): As the name suggests, you consume all your daily calories in a single meal. This requires meticulous meal planning and is not suitable for everyone.

Choosing the right method depends on various factors, including your current health status, lifestyle, and personal preferences. Individuals with pre-existing medical conditions should consult their doctor before starting any IF regimen. Gradual implementation is crucial to avoid potential side effects and ensure sustainable long-term adherence.

Preparing for and Starting Your IF Journey: A Smooth Transition

Transitioning to intermittent fasting doesn't have to be abrupt or challenging. A gradual approach helps your body adapt and minimizes potential side effects like headaches, fatigue, and irritability.

Hydration is Key: Drink plenty of water, unsweetened tea, or black coffee during your fasting periods to stay hydrated and stave off hunger pangs.

Listen to Your Body: Pay attention to your hunger cues and adjust your eating window or fasting duration as needed. Don't push yourself too hard, especially when starting out.

Focus on Nutrient-Dense Foods: When you do eat, prioritize whole, unprocessed foods rich in nutrients. This will maximize the benefits of your IF practice.

Plan Your Meals: Prepare your meals in advance to avoid impulsive, unhealthy choices during your eating window.

Gradual Implementation: Start with shorter fasting periods and gradually increase the duration as your body adapts.

Maximizing the Benefits of Intermittent Fasting: Optimal Health and Well-being

Intermittent fasting, when implemented correctly, can offer a multitude of health benefits, including:

Weight Loss: By promoting fat burning, IF can be a highly effective tool for weight management.

Improved Insulin Sensitivity: IF can help improve how your body responds to insulin, reducing the risk of type 2 diabetes.

Reduced Inflammation: Studies suggest that IF may help reduce chronic inflammation, a contributing factor to many diseases.

Brain Health: Some research indicates that IF may have neuroprotective effects, potentially improving cognitive function.

Cellular Repair: The fasting periods allow your body to focus on cellular repair and regeneration processes.

To maximize these benefits, ensure you're consuming a balanced diet rich in fruits, vegetables, lean proteins, and healthy fats during your eating window. Prioritize adequate hydration and sufficient sleep.

Troubleshooting Common Issues and Staying Motivated: Overcoming Challenges

While intermittent fasting offers numerous benefits, it's essential to be prepared for potential challenges. Common issues include:

Hunger: This is often the biggest hurdle for beginners. Drinking water, unsweetened tea, or black coffee can help manage hunger pangs.

Fatigue: Listen to your body and adjust your fasting schedule if you experience excessive fatigue. Ensure you're getting enough sleep.

Headaches: These can be caused by dehydration or electrolyte imbalances. Stay hydrated and consider adding electrolytes to your diet.

Irritability: This is a common side effect, particularly in the early stages of IF. Focus on stress management techniques and ensure you're getting enough sleep.

Staying motivated is crucial for long-term success. Track your progress, celebrate milestones, and find a support system to help you stay on track. Remember that consistency is key.

Intermittent Fasting and Specific Health Conditions: Considerations and Consultations

While IF can be beneficial for many, it's not suitable for everyone. Individuals with certain health conditions, such as eating disorders, diabetes, or pregnancy, should consult their doctor before starting IF. Specific conditions may require adjustments or modifications to standard IF protocols. This chapter will cover the intersection of IF and specific health conditions.

Conclusion: Embark on Your IF Journey Today

Intermittent fasting is a powerful tool that can significantly improve your health and well-being. By understanding the different methods, preparing adequately, and addressing potential challenges, you can unlock the transformative power of IF and embark on a journey towards a healthier, happier you. Remember to listen to your body, stay consistent, and seek guidance from healthcare professionals when necessary.

FAQs:

1. Is intermittent fasting safe for everyone? No, intermittent fasting is not suitable for everyone, especially those with certain medical conditions. Consult a doctor before starting.
2. Will I lose weight quickly with intermittent fasting? Weight loss depends on various factors, including diet and exercise. IF can aid weight loss but requires a balanced approach.
3. What are the potential side effects of intermittent fasting? Potential side effects include hunger, fatigue, headaches, and irritability, typically less pronounced with gradual implementation.
4. Can I exercise while intermittent fasting? Yes, but adjust your workout intensity based on your energy levels.
5. What should I eat during my eating window? Focus on nutrient-dense whole foods, including lean protein, vegetables, and healthy fats.
6. How long does it take to see results from intermittent fasting? Results vary, but many people experience improvements within a few weeks.
7. Can I drink during my fasting period? Water, black coffee, and unsweetened tea are generally acceptable.
8. What if I break my fast accidentally? Don't worry; it happens. Simply get back on track with your next fasting period.
9. Is intermittent fasting a sustainable long-term approach? For many, it is, but it requires mindful planning and self-awareness.

Related Articles:

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2. Intermittent Fasting and Type 2 Diabetes: Examines the potential benefits and risks of IF for individuals with type 2 diabetes.
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6. Intermittent Fasting and Women's Health: Addresses the specific considerations and potential benefits of IF for women.
7. Intermittent Fasting and Muscle Growth: Explores the relationship between IF and muscle growth, addressing common concerns.
8. The Science Behind Intermittent Fasting: A deep dive into the scientific research supporting the benefits of IF.
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show is a classic example of why moving more and eating less only works in the short term, if at all. There is a reason there are few reunion shows. So why are low calorie diets flawed? A study on 14 contestants on the biggest loser show revealed some alarming results six years after filming had finished. The initial results were impressive but as the study showed, they were short lived. Below are results of some of the factors tested. Weight * Average weight before filming: 328 lb/ 148 kg * Average weight after 30 weeks on the show: 199 lb/ 90 kg * Average weight six years after final: 290 lb/131 kg As you can see, contestants lost a massive amount of weight during filming, but struggled to maintain the weight loss over a long period of time. Download Now To find out why the contestants couldn't keep the weight off and how to prevent it happening to you

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diet for your needs Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

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possible to eat what you like, most of the time, and get thinner and healthier as you do it? Simple answer: yes. You just have to restrict your calorie intake for two non-consecutive days each week (500 calories for women, 600 for men). This book brings together the results of recent revolutionary research to create a dietary programme that anyone can incorporate into their normal working life.

beginners guide to intermittent fasting pdf: The Menopause Reset Dr. Mindy Pelz, 2023-06-20 A transformational plan for women who find themselves struggling through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, weight gain, and hot flashes. Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge, no matter how hard you try. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In The Menopause Reset, you will learn: What hormone changes cause, symptoms, and proven strategies to fix them The best way to stop your menopause-related memory loss How you can put an end to your symptoms without the use of medications How to unstick your metabolism and finally lose the extra weight How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

beginners guide to intermittent fasting pdf: The Perfect 10 Diet Michael Aziz MD, 2011-01-01 Lose up to 14 Lbs in 21 days! The Breakthrough Diet That Gets Real-Life Results—Fast Frustrated by trendy low-fat, low-carb diets that leave you feeling hungry without losing or keeping off any weight? It's not your fault! The latest medical research shows that balanced hormones are the key to weight loss. In fact, those hard-to-maintain diet fads wreak havoc on your hormones, which is why the weight comes back the moment you stop. Dr. Michael Aziz is board-certified in internal medicine and knows that the ultimate key to good health is a diet that can be maintained in the real world. In The Perfect 10 Diet, he shares his revolutionary discovery: how to create the perfect balance between the 10 key hormones that control health and weight, so that you can finally: Melt away the pounds without going hungry Revitalize your health Reverse the aging process and look younger at any age Featuring over 70 delicious, heart-healthy and easy-to-follow recipes for the foods you crave (like Garlic-Cheese Stuffed Mushrooms and Pistachio Dark Chocolate) but never thought you could have, this book will teach you how to eat what you want and still lose the weight! Join the Perfect 10 diet community online at www.perfect10diet.com or on Facebook.com/perfect10diet or on Twitter #Perfect10diet or follow @perfect10diet! Below are a few of the real people whose lives have been changed through The Perfect 10 Diet. I went from a size 24 to a 6, and I love it!—Nancy A. I have lost seventy pounds on The Perfect 10 Diet in sixteen months and my fasting insulin level has dropped from 40 to 4. The Perfect 10 Diet allows me to eat more fat from butter, coconut, and avocados, which I avoided for years believing they were bad for my cholesterol. Who could ask for anything more? Nothing tastes as good as thin feels.—Julie Eat anywhere, eat healthy meals, and enjoy the food I love? How easy is that?—Carol Z. At age 50, I feel like I'm 20 again.—Ted S.

beginners guide to intermittent fasting pdf: The Obesity Code Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of the hormones insulin

and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

beginners guide to intermittent fasting pdf: Life in the Fasting Lane Dr. Jason Fung, Eve Mayer, Megan Ramos, 2020-04-07 Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. What do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? Life in the Fasting Lane fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

beginners guide to intermittent fasting pdf: Intermittent Fasting Transformation Cynthia Thurlow, 2022-03-15 Discover the customized nutrition plan that will help you be lean, fit, more youthful, sexier, and full of energy—at every stage of life. Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, what makes this program unique is that it is geared toward your hormonal needs at every stage in life—whether you are cycling or in perimenopause, menopause, or beyond. Intermittent Fasting Transformation will help you: • lose weight steadily and burn fat without hunger, cravings, or plateaus—and keep it off • balance your hormones for better metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what foods best support weight loss, detoxification, and overall health • lift brain fog and help you sleep better • put aging in reverse . . . and so much more. Cynthia Thurlow, a nurse practitioner and an internationally known women's health expert whose viral TEDx Talk has received more than 10 million views, developed this breakthrough plan after entering perimenopause in her forties. Intermittent fasting didn't just help her lose weight; she had more energy, fewer cravings, and lower blood glucose levels. Thurlow has now worked with thousands of women in her private practice to make her unique program of intermittent fasting work for them, too. With meal plans and 50 recipes, along with advice for supercharging your fast, this plan will transform your life, slow down the aging process, and help you reclaim your health and well-being.

beginners guide to intermittent fasting pdf: Fast. Feast. Repeat. Gin Stephens, 2020-06-16 The instant New York Times and USA Today bestseller! Change when you eat and change your body, your health, and your life! Diets don't work. You know you know that, and yet you continue to try them, because what else can you do? You can Fast. Feast. Repeat. After losing over eighty pounds and keeping every one of them off, Gin Stephens started a vibrant, successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay, Don't Deny® intermittent fasting lifestyle. Fast. Feast. Repeat. has it all! You'll learn how to work a variety of intermittent fasting approaches into your life, no matter what your circumstances or schedule. Once you've ignited your fat-burning superpower, you'll get rid of "diet brain" forever, tweak your protocol until it's second nature, and learn why IF is a lifestyle, not a diet. Fast. Feast. Repeat. is for everyone! Beginners will utilize the 28-Day FAST Start. Experienced intermittent fasters will strengthen their intermittent fasting practice, work on their mindset, and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side

effect of weight loss. Still have questions? Gin has you covered! All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section.

beginners guide to intermittent fasting pdf: *Fasting Cure* Upton Sinclair, 2008-07 Upton Sinclair was not only a prolific and much admired author, but also a follower of Bernarr MacFadden's Physical Culture movement (see his Physical Culture Cook Book, 1901) and a member of the editorial staff of Physical Culture Magazine. Dedicated to MacFadden, this 1911 volume advocates the benefits of systematic fasting in producing long-lasting health benefits.

beginners guide to intermittent fasting pdf: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

beginners guide to intermittent fasting pdf: Fasting Journal Jentezen Franklin, 2011-10-31 DIVNew York Times-bestselling author Franklin offers the necessary keys to experiencing powerful transformation in this 21-day fasting journal. Each day provides a specific focus for prayers and fasting, and includes specific reminders of what to expect bo/div

beginners guide to intermittent fasting pdf: Carnivore Diet Shawn Baker, 2019-11-19 Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

beginners guide to intermittent fasting pdf: *The DASH Diet for Beginners* Sonoma Press, 2013-10-21 Shed pounds and improve your health with the DASH diet, ranked #1 in "Best Diets Overall" by U.S. News & World Report. The DASH diet is the last diet you will ever need to go on. The DASH diet is a scientifically proven way to permanently reduce blood pressure and lose weight. Designed by top researchers at major institutions such as Harvard Medical School, the DASH diet is an easy-to-follow diet that cuts down on sodium and unhealthy fats, and has been shown to promote weight loss, and significantly lower the risk of cancer, diabetes, and osteoporosis. The DASH Diet for Beginners is your guide to getting started, with detailed meal plans, and 150 delicious DASH diet recipes. The DASH Diet for Beginners will help you achieve optimal health with: • 150 delicious DASH diet recipes for every meal • Detailed information on the proven health benefits of the DASH

diet • 30-day DASH diet meal plan for lasting weight loss • Targeted health plans for weight loss and high blood pressure • 10 steps for success on the DASH diet The DASH Diet for Beginners will help you lose weight permanently, fight disease, and experience the best health of your life.

beginners guide to intermittent fasting pdf: Delay, Don't Deny Gin Stephens, 2016-12-31

Tired of counting calories, eliminating foods from your diet, or obsessing about food all day? If so, an intermittent fasting lifestyle might be for you! In this book, you will learn the science behind intermittent fasting, and also understand how to adjust the various intermittent fasting plans to work for your unique lifestyle. The best part about intermittent fasting is that it doesn't require you to give up your favorite foods! You'll learn how to change WHEN to eat, so you don't have to change WHAT you eat. Are you ready to take control of your health, and finally step off of the diet roller coaster? All you have to do is learn how to delay, don't deny!

beginners guide to intermittent fasting pdf: A Guide to Flexible Dieting Sonia Wings, 2021 See if this sounds familiar: you've just started a new diet, certain that it's going to be different this time around and that it's going to work. You're cranking along, adjust to the new eating (and exercise) patterns and everything is going just fine. For a while. Then the problem hits. Maybe it's something small, a slight deviation or dalliance. There's a bag of cookies and you have one or you're at the mini mart and just can't resist a little something that's not on your diet. Or maybe it's something a little bit bigger, a party or special event comes up and you know you won't be able to stick with your diet. Or, at the very extreme, maybe a vacation comes up, a few days out of town or even something longer, a week or two. What do you do? Now, if you're in the majority, here's what happens: You eat the cookie and figure that you've blown your diet and might as well eat the entire bag. Clearly you were weak willed and pathetic for having that cookie, the guilt sets in and you might as well just start eating and eating and eating. Or since the special event is going to blow your diet, you might as well eat as much as you can and give up, right? The diet is obviously blown by that single event so might as well chuck it all in the garbage. Vacations can be the ultimate horror, it's not as if you're going to go somewhere special for 3 days (or longer) and stay on your diet, right? Might as well throw it all out now and just eat like you want, gain back all the weight and then some. What if I told you that none of the above had to happen? What if I told you that expecting to be perfect on your diet was absolutely setting you up for failure, that being more flexible about your eating habits would make them work better? What if I told you that studies have shown that people who are flexible dieters (as opposed to rigid dieters) tend to weigh less, show better adherence to their diet in the long run and have less binge eating episodes? What if I told you that deliberately fitting in 'free' (or cheat or reward) meals into your diet every week would make it work better in the long run, that deliberately overeating for 5-24 hours can sometimes be a necessary part of a diet (especially for active individuals), that taking 1-2 weeks off of your diet to eat normally may actually make it easier to stick with in the long run in addition to making it work better. I can actually predict that your response is one of the following. Some may think I'm making the same set of empty promises that every other book out there makes. But I have the data and real-world experience to back up my claims. Or, maybe the idea of making your diet less strict and miserable is something you actively resist. I've run into this with many dieters; they seem to equate suffering and misery with success and would rather doom themselves to failure by following the same pattern that they've always followed rather than consider an alternate approach. Finally, maybe what little I wrote above makes intuitive sense to you and you want to find out more. Regardless of your reaction to what I've written, I already have your money so you might as well read on. I should probably warn you that this isn't a typical diet book. You won't find a lot of rah-rah or motivational types of writing, there are no food lists and no recipes. There are thousands of other books out there which fit that bill if that's what you want but this isn't it.

beginners guide to intermittent fasting pdf: Intermittent Fasting Made Easy Thomas DeLauer, 2022-04-12 Intermittent Fasting Made Easy is the ordinary person's best practice guide to doing intermittent fasting optimally, effectively, and safely, written by top nutrition and fitness expert and YouTube sensation Thomas DeLauer.

beginners guide to intermittent fasting pdf: *Your Guide to Lowering Your Blood Pressure with Dash* U. S. Department Human Services, National Health, Department Of Health And Human Services, Lung, and Blood, National Heart Institute, National Heart Lung Institute, And, 2012-07-09 This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan-and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption-2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 U.S. Dietary Guidelines for Americans. The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat-about 4,200 milligrams per day in men and 3,300 milligrams per day in women. Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake.

beginners guide to intermittent fasting pdf: *The Daniel Fast* Susan Gregory, 2011-03-04 Are you hungry for more of God in your life? Discover why millions of men and women throughout the world are rediscovering the ancient discipline of fasting--and, as a result, are encountering God in amazing ways. In this authoritative guide, Susan Gregory, 'The Daniel Fast Blogger' and an acknowledge expert on the popular partial fast inspired by the biblical book of Daniel, guides readers toward a successful fasting experience--Cover, p. 4.

beginners guide to intermittent fasting pdf: *The 8-Hour Diet* David Zinczenko, 2013-12-03 In *The 8-Hour Diet*, a New York Times bestseller in hardcover, authors David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat anything they want, as much as they want—and still strip away 20, 40, 60 pounds, or more. Stunning new research shows readers can lose remarkable amounts of weight eating as much as they want of any food they want—as long as they eat within a set 8-hour time period. Zinczenko and Moore demonstrate how simply observing this timed-eating strategy just 3 days a week will reset a dieter's metabolism so that he or she can enter fat-burning mode first thing in the morning—and stay there all day long. And by focusing on 8 critical, nutrient-rich Powerfoods, readers will not only lose weight, but also protect themselves from Alzheimer's, heart disease, even the common cold. In the book, readers will find motivating strategies, delicious recipes, and an 8-minute workout routine to maximize calorie burn. The 8-Hour Diet promises to strip away unwanted pounds and give readers the focus and willpower they need to reach all of their goals for weight loss and life.

beginners guide to intermittent fasting pdf: *The 21-Day Intermittent Fasting Weight Loss Plan* Andy DeSantis, 2020-05-26 Fasting for weight loss--a simple, effective, and satisfying plan for your health Fasting is a practice with ancient roots, and its health benefits are enjoyed by people all over the world. Discover the benefits for yourself with *The 21-Day Intermittent Fasting Weight Loss Plan*. This easy-to-follow plan, complete with healthy recipes, shows you how to begin your intermittent fasting practice--and how regular breaks from food can support your health and weight loss goals. Learn more about the science of intermittent fasting and why this dynamic tool can help

you lose weight and improve your quality of life. Explore three daily and three weekly intermittent fasting types, each between 12 and 36 hours long, and find out how to implement them for your unique body and lifestyle. This complete guide even includes a wide variety of nourishing recipes for breakfast, soups and salads, veggie and meat mains, snacks, and fast-friendly drinks. The 21-Day Intermittent Fasting Weight Loss Plan includes: Customizable choices--The flexible 21-day fasting plan includes weekly schedules for each of the six intermittent fasting styles, giving you plenty of ways to mix and match. 75+ flavorful recipes--Stay nourished with wholesome recipes like Fresh Pea & Mint Soup with Greek Yogurt, Honey Sesame Salmon with Bok Choy, Blueberry-Green Tea Smoothie, and many more. Plan to get moving--A variety of cardio and bodyweight exercises with easy-to-follow illustrations help you combine intermittent fasting and physical activity for better results. Embrace fasting and enjoy your meals more than ever with The 21-Day Intermittent Fasting Weight Loss Plan.

beginners guide to intermittent fasting pdf: Summary: the Longevity Solution: Rediscovering Centuries-Old Secrets to a Healthy, Long Life Personal Growth Personal Growth Publishing, 2019-03-08 This book breaks down all the big ideas and pertinent facts in The Longevity Solution so they can be easily and quickly understood. There is also a bonus Analysis of The Longevity Solution included within. Continue reading below to see all that you get. PLEASE NOTE: This is an unofficial and independent summary & analysis of The Longevity Solution and is meant to be read as a supplement to The Longevity Solution. You can find the original book here: <https://amzn.to/2TzoGTJ> In the Longevity Solution, Dr. James DiNicolantonio and Dr. Jason Fung show you all of the research and facts on what you can do in order to live a longer and healthier life. Because after all, the key isn't just to live longer, it's to retain your health as long as possible. With the key points laid out, you can begin to make changes that will have positive effects on your health. Inside this book you can expect: *Time saving chapter summaries *Important facts recap for each chapter's summary *Our overall analysis of the subject book *Discussion questions to get you thinking Download your copy today! (Please Note: This summary & analysis was published and written by Personal Growth Publishing. It is NOT affiliated with the original author in any way and it is NOT the original book. You can purchase the original book by visiting this link: <https://amzn.to/2TzoGTJ>) WARNING: This book has passed copyscape and is plagiarism free. False Copyright Claims will result in legal action. Summary books such as this, Cliff Notes and others are completely legal.

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but healthy recipes... ? Or ready-made suggestions for when you don't feel like cooking ? Hundreds of real-life tips and success stories from men and women like you This is more than another diet craze - it's anything but crazy and it's a lifestyle you'll want to adopt for the rest of your life.

beginners guide to intermittent fasting pdf: *The 7 Principles of Fat Burning* Eric Berg, 2010 The 7 Principles of Fat Burning is the handbook to the sensational Berg Diet that has empowered thousands of people to get healthy, lose weight and keep it off. It shows how to activate your fat-burning hormones with a tailor-made eating and exercise plan for your body type. The 7 Principles is a highly practical book that provides clear explanations-aided by dozens of charts and illustrations-of the principles of healthy weight loss. Easy-to-understand health and nutrition information and simple tests to determine your correct body type are the keys to its success. Knowledge is power and The 7 Principles of Fat Burning gives dieters the power to take command by eating the healthy diet that activates the fat-burning hormones for their body type. For years people have been told to lose weight to be healthy. The truth is, you need to get healthy to lose weight. The Seven Principles of Fat Burning shows you how. Dr. Berg thoroughly educates readers and puts them right where they should be: in charge of their own weight.

beginners guide to intermittent fasting pdf: *Atomic Habits* James Clear, 2018-10-16 The #1 New York Times bestseller. Over 20 million copies sold! Translated into 60+ languages! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

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help to uncover the science of fasting and identify your goals by selecting one of various fasting programs. Choose from several eating patterns: the 16/8 method; the Warrior Diet; the 5:2 diet; intuitive fasting and alternate-day fasts. Learn the answers to any burning questions you may have, such as 'Can I drink water and coffee while fasting?' and 'Is it okay to exercise while intermittent fasting?' In Part 2, discover a plethora of meal plans and low-carb recipes that will aid your fasting diet. Meal plans are developed so that food leaves you satisfied for hours or even days. With lower carb, higher fat, and moderate protein, recipes offer you the key nutrition you need to make your fasts productive and sustainable. Dr. Becky Gillaspy is your fasting coach and will be with you every step of the way! With thorough up-to-date research and action-ready plans, you will be well on your way to achieving a more healthy, adaptable body with this easy-to-navigate nutrition book.

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****Metabolic Autophagy will teach you:**** * What increases lifespan in humans and other species * Why there's so much disease and obesity in society * How to promote health and longevity with intermittent fasting * What is Autophagy and how it works * How to age slower and be vigorous throughout your life * Which foods make you live longer and build muscle * How the nutrient regulators of mTOR, AMPK, sirtuins, FOXO proteins, hormesis and others affect longevity * What are circadian rhythms and how they affect your health * Metabolic Autophagy Foods list and their anabolic-catabolic score * Supplements that support muscle growth and longevity * Many extras and bonuses in regards to food and exercise
Siim Land is a best-selling author, anthropologist, entrepreneur, high-performance coach and a biohacker who writes about optimizing health and human performance. This book incorporates daily lifestyle and dietary practices that help to cross the chasm between longevity and high performance.

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three days without water! is a commonly known fact-and one that makes most people pause for thought when considering a water fast as part of a weight loss regime. The truth about water fasting is simple: if done correctly, it is a highly effective method of weight loss that also kick starts your body's detoxification processes while enabling you to curb the debilitating effects of sugar cravings and other side-effects associated with a fast food diet! In *The Water Fasting Guide: How to Restore Your Body, Heal Yourself, Feel Better and Lose Weight with Water Fasting*, you will find a comprehensive resource that answers all your questions about this ancient technique-and how you can use it to your benefit. You'll discover a variety of techniques and information that show you exactly how fasting works, as well as expert guidance on how to prepare for your fasting diet. You'll also get the complete lowdown on managing your water fast and the risks associated with it, showing you the science behind the diet and how you can ensure your water fast is safe, even as a beginner. For those who like to keep moving and exercise, there is a special section on management and exercise, and even a 10-day plan post-water fast to ensure that you gently bring your body back to new eating habits. The benefits of reading this book include: - Learning fasting for beginners - Learning water fasting for health - Learning how long you can fast and how much weight you will lose (and how to keep it off) - Understanding who should and should not water fast and how they should do it - Learning the basics of water fasting for weight loss - Step-by-step instructions of how to begin your fast and how to break your fast - And much more! If you are interested in the idea of a water fast, 40 pounds in 30 days weight loss, or simply just getting healthier, this is the book for you. Order your copy today and get step-by-step instructions on water fasting for beginners and weight loss and enjoy a free BONUS FAQ that covers the top questions people have when learning how water fasting for weight loss works! Add *The Water Fasting Guide: How to Restore Your Body, Heal Yourself, Feel Better and Lose Weight with Water Fasting* to your shopping cart today for a world-class reference for those seeking to water fast as part of a lifestyle change to their eating habits and diet. Don't forget to claim a FREE Kindle version with your purchase of Paperback copy!

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