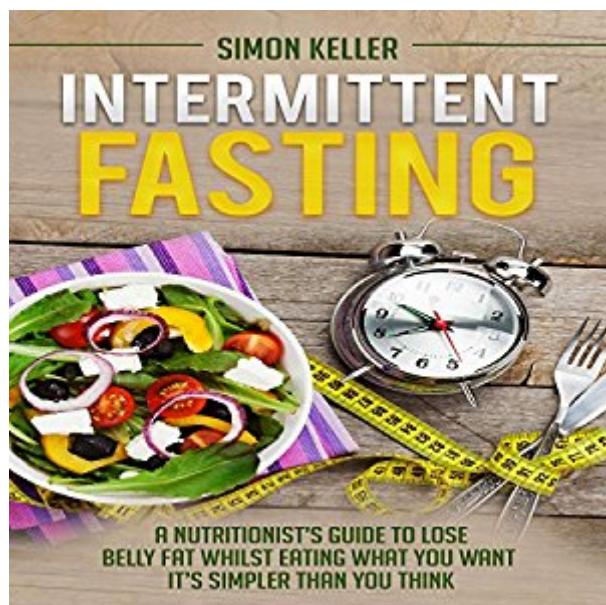


The book was found

Intermittent Fasting: A Nutritionist's Guide To Lose Belly Fat Whilst Eating What You Want - It's Simpler Than You Think



Synopsis

Imagine how different your life would be if you could lose fat, increase muscle mass, and cleanse your body all at the same time, just by changing "when" you eat. Can you really have your cake and eat it? Excuse the pun, but with intermittent fasting you really can. I know this sounds like an exceptional claim, but in my opinion, this way of eating really is the panacea to virtually all human ailments.... Want to lose weight? Want to put on muscle? Want to cleanse your body? Want to sleep better? Want to have more energy? These are just a handful of benefits which can be achieved when a person switches to an IF style of eating. Simon Keller is a nutritionist who specializes in all forms of human physiology and peak performance. However, it wasn't until leaving university life and entering into the "real world" did he start to understand how these theoretical topics worked in a practical sense - through 10 years of training and consulting clients within his health and wellness facility in London. In this insightful and functional book, Keller gives listeners a firsthand look into the scientific considerations regarding intermittent fasting, as well as a practical guide on how to:

Understand the implications of food timing from a biological standpoint
Manipulate insulin and leptin sensitivity for weight loss
Regulate food timing to naturally increase growth hormone production
Understand the detox/cleansing capabilities of human cells to avoid chronic diseases
The different methods of intermittent fasting explained
The best food types and optimal meals plans for this method of eating
The most beneficial exercise protocols to follow to accelerate weight loss/muscle growth ...and much more.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 14 minutes

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#46 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #196
in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

The book shared a concept about skipping breakfast (and other meals), and how your health can benefit as a result. This is a topic that is controversial (which is funny “you’re just skipping a meal) as it turns a LOT of conventional wisdom on its head. By fasting and then feasting on purpose, intermittent fasting generally means that you consume your calories during a specific window of the day, and choose not to eat food for a larger window of time. In simpler terms: it’s making a conscious decision to skip certain meals on purpose. The less blood sugar you have in your body = The more fat you will burn.

This book gives the reader the understand to the reasons of food timing from a the start of process. It balances your food intake as well as your natural increase of muscles. It also promotes and helps you avoid such chronic diseases. Great meal plan is also available for your daily consumption.

Intermittent fasting made easy! At times, information can be downright confusing when it comes to intermittent fasting. But when you come to think of it, intermittent has been done already by hectic individuals. Remember the times you skipped breakfast? And went directly to lunch? Or brunch as some people call it. Now that was intermittent fasting already. Here, you’ll find different varieties of the time frame but what’s important is you’ll be guided to finding out which style best suits you. A very helpful read indeed!

Definitely an eye opener! Knowledge is key and following this lifestyle doesn’t cost a thing, imagine that! I may have to read it numerous times as there is a lot of information to take in but so worth it. I had already changed my diet completely, and started intermittent fasting a few months ago which helped a lot. These books have changed my life. I have never been this thin or healthy in my life.

This book is a great introduction to Intermittent Fasting. It is clear and concise. The author has discussed different methods that you can use and what benefits and advantages you can get in using those fasting schedules. This book will really motivate you to have healthy lifestyle and get fit. This book taught me how to implement it in my every world. A very quick and easy read. Highly recommended this book to those looking to change their dieting habits.

This is a very amazing book about intermittent fasting and its very well explained that anyone can easily understand. It also provide some easy to follow, delicious and healthy recipe for anyone. You

will definitely learn everything you need to know about intermittent fasting and I really enjoyed reading this book.

The benefits of intermittent fasting are just tremendous. You should read about all them. It is very motivative. I had already changed my diet completely, and started intermittent fasting a few months ago which helped a lot. These books have changed my life. I have never been this thin or healthy in my life.!

There are nice and effective tips for consuming reduction here. The benefits of intermittent fasting are just tremendous. You should read about all them. It is very motivative. Meal plans for feast days are simple and tempting. As well as recipes from this book. And the turkey taco is my favorite one.

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