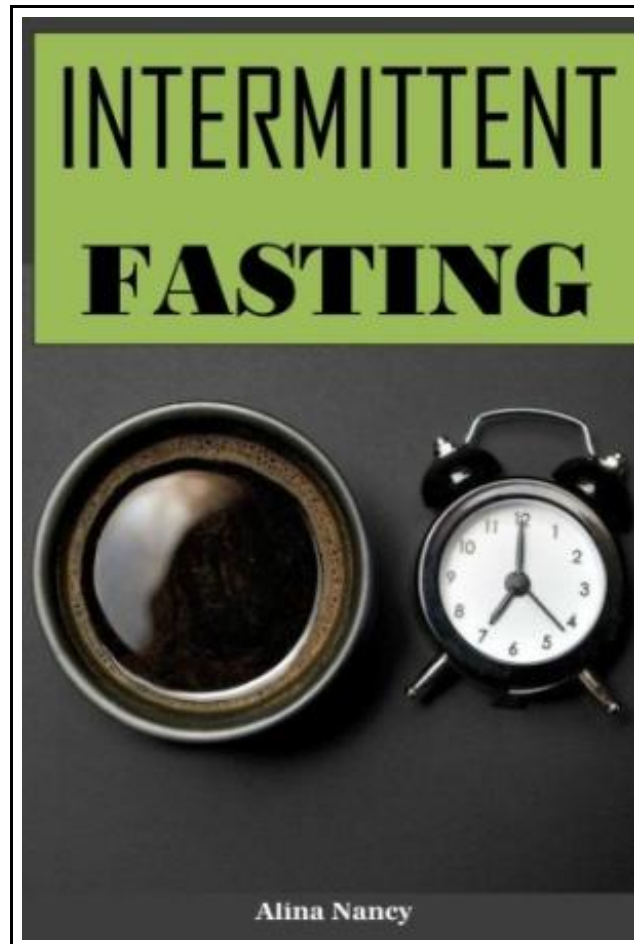


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Intermittent fasting has been very trendy in recent years. It is claimed to cause weight loss, improve metabolic health and perhaps even extend lifespan. Not surprisingly given the popularity, several different types/methods of intermittent fasting have been devised. All of them can be effective, but which one fits best will depend on the individual. 3 Popular Intermittent Fasting Plans Lean Gains Originally created by Martin Berkhan, the central ideas behind the Lean Gains dieting program involve restricting calorie consumption for a period of 16 hours, followed by 8 hours of eating. Although it may be tempting to imitate top-ranked competitive eater Joey Jaws Chestnut during the calorie-consumption phase, Berkhan suggests aiming for a higher protein intake on workout days and prioritizing carbohydrates over fat. Rest days should be lower calorie than training days, continuing the high protein intake but flipping fat and carbohydrate intake. The Alternate-Day Diet Created by James Johnson, M.D., the Alternate-Day Diet, also known as the UpDayDownDay Diet(R), follows a 24-hour rotation of low-calorie intake and normal-calorie intake. It is thought that the alternating days of caloric intake help to activate the SIRT1 gene, which assists with weight loss by inhibiting fat storage and increasing fat metabolism-in mice, anyway. You're advised to use moderation on the regular-calorie-consumption days so you don't end up looking like the Michelin Man on Thanksgiving. The Warrior Diet The Warrior Diet, written by Ori Hofmekler, is another IF protocol. As described by the author, the diet pairs a 20-hour fast with a 4-hour feeding window. The goal of the fast is to increase the actions of the Sympathetic Nervous System-commonly known as fight-or-flight-which may help to stimulate lipolysis and increase metabolic rate....



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