



Intermittent Fasting: Discover the Secret to Better Health (Louis Laurent Cookbooks) (Volume 4)

By Louis Laurent

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...



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Reviews

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- **Kevin Bergstrom Sr.**