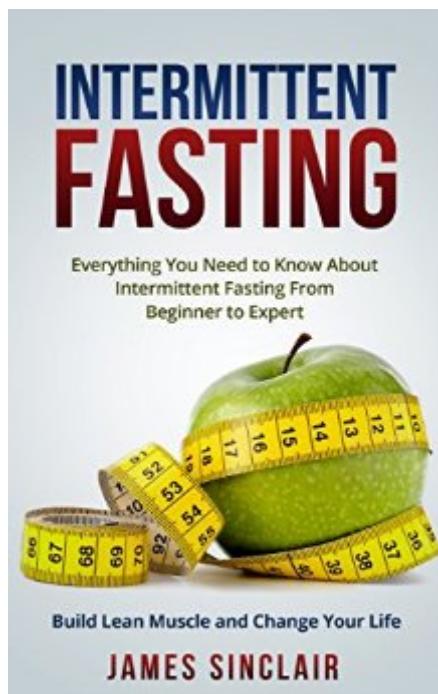


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# Intermittent Fasting: Everything You Need To Know About Intermittent Fasting For Beginner To Expert - Build Lean Muscle And Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat)



## **Synopsis**

Increase Your Energy, Look Great, and Give Your Body the Healthy Break it Needs - Start Now!Read This Book for FREE with Kindle Unlimited â“ Order Now!What is intermittent fasting? Are you ready for this amazing challenge? Do you need expert tips and advice to get you through your fast?When you read Intermittent Fasting: Everything You Need to Know About Intermittent Fasting for Beginner to Expert â“ Build Lean Muscle and Change Your Life, youâ™ll discover:Why intermittent fasting is right for youHow this process works wonders for your bodyThe Top 4 Intermittent Fasting Protocols5 Top Tips for Starting Your First FastWhat you can and canâ™t consume on your fastsand so much more!With Intermittent Fasting: Everything You Need to Know About Intermittent Fasting for Beginner to Expert â“ Build Lean Muscle and Change Your Life, you can:Change Your Hormone, Gene, and Cell FunctionDrop Pounds and Belly FatReduce Your Insulin Resistance and Type-2 Diabetes RiskDecrease Inflammation and Oxidative StressImprove Your Heart HealthRepair cells and prevent cancersand even Strengthen Your brain and Fight Alzheimerâ™s Disease!Donâ™t wait - Get Intermittent Fasting: Everything You Need to Know About Intermittent Fasting for Beginner to Expert â“ Build Lean Muscle and Change Your Life Today!Youâ™ll be so glad you did!

## **Book Information**

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## Customer Reviews

Over the past two years I have been living the Primal Lifestyle. There are people for and against this way of life; it works for me. I have more energy, less allergic reactions (used to impact me a lot) and I have shed body fat. One of the recommendations on Primal was to fast at least once a week. After doing this for a while I have read more about it and found Intermittent Fasting (IF) has become one of the newest trends that is resulting in increased benefits. After reading many posts about IF on the Internet I decided to read a book on the subject to get the A to Z. It is a pretty quick read and covers all of the topics from what fasting is, the different types of fasting, how to approach it, the rules and how it impacts on your daily life whether that be working or exercising. For example, if you want to have a cheat day where you indulge there is an approach you can take. The book isn't heavily technical but does give you a flavour for what is happening at the hormonal level and its impact to body's functions. I would recommend this book as a starting point for anyone looking to understand and try out Intermittent Fasting. Three key takeaways from the book: 1. Types of Intermittent Fasting (i.e. Leangains, Eat Stop Eat, The Warrior Diet, Fat Loss Forever). Choosing an approach depends on how you work and whether you can fast for long periods of time. For example if you want a day to indulge with food then one type of intermittent fasting may be more beneficial. 2. Impact of Growth Hormone (GH) when fasting. One of the big fallacies of fasting is that it impacts on muscle growth. Apparently your growth hormone increases during sleep, when you work out on an empty stomach and during/post fasting. 3. Incorporating high interval training (HIT) on your cheat days is beneficial to reduce the impact of a high calorie day.

I really enjoyed this book. I have slowly been gaining weight over the last 2 years and finally decided to do something about it. I have heard of intermittent fasting and wanted to learn a little more about it. This book explains it very well and is very well written. I am currently skipping breakfast and eating in an 8 hour window. This seemed strange at first but after about 4 or 5 days, it was no problem at all. I am staying away from the carbs and have upped my proteins and fats which is making me a little cranky but it will be worth it in the long run. This method of eating is much easier to plan my life around than weighing food and counting calories so I'm sure I will be able to stick at it long term. Recommended Thanks James

This book is awful, and I have to believe most of the positive reviews are paid endorsements or

fake. It's terribly written with grammatical and spelling issues throughout. I'm a believer in intermittent fasting and was hoping this book would give me details I could incorporate into my own program, but the "information" in this book does not seem the least bit credible, or does the author. This book is amateurish and a total waste of time and money.

I find it hard to believe that this "writer" couldn't find ANYONE to proofread his work. There is some useful info in this, but there are a massive amount of typos, grammatical errors, and incorrect word usage. These errors sometimes make it hard to nearly impossible to understand what the writer is trying to convey. I recommend that Mr. Sinclair get a computer that has spelling and grammar checking capabilities, AND find someone to proofread his work.

I must admit that this book is really informative. It has almost everything that one might need to know about Intermittent Fasting. I personally learned a lot here, since I really don't have much idea about this fasting yet. And for the most part, it has cleared all those old beliefs I have about fasting. It is in this book that I learned all its perks. I think this book is well written and comprehensive enough that a beginner in this endeavor will become an expert too. I also appreciate the FAQs that this book has given.

Great work Mr Sinclair I am very grateful to you. I was in great trouble as I was gaining weight day by day from two months. I cannot fast fortunately I got this book which describes diet plan to lose weight and I have been practicing the given tips and it is working I have not only lose my weight but also I now feel more comfortable & smarter. Pleasingly recommending this book to all.

This is an excellent book. This book is very helpful and well written. It contains proven steps on how to get healthy now. This book clearly explains the science behind intermittent fasting weight loss, and why it is so effective. It introduces different intermittent fasting methods, and help you choose which one is best for you. Intermittent fasting is proven safe and effective in weight loss, and improve your over all body health.. This is an amazing challenge to build lean muscle and this helpful guidebook showed me the right path and effective techniques. This book walks you step by step through each aspect of intermittent fasting, explaining the benefits, why it works, and different ways of making it fit into your lifestyle. This book has explained thoroughly the whole idea of intermittent fasting. Overall it's a great book.

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