



**Intermittent Fasting: Intermittent Fasting Guide
for Fat Loss and Improved Health: Intermittent
Fasting for Beginners: Intermittent Fasting for
Beginners ... Nutrition, Women's health, Trx
training)**

Dimitry Abdulov

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Learn About Intermittent Fasting and How it Can Help You Achieve Your Weight Loss Goals!

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Intermittent Fasting (IF) is a pattern of eating that alternates fasting and non-fasting. It's the conscious decision to skip meals with the intention of teaching the body to use stored fats, instead of burning energy from food recently eaten. When a person eats, the body needs energy to digest and burn that meal. Thus, it uses the food just consumed and burns it. The idea behind IF is to trick the body to use the fats stored in the body.

Intermittent Fasting can help you achieve your weight loss goals and improve overall health.

Here Is A Preview Of What You'll Learn...

- Intermittent Fasting Explained
- Forms of Intermittent Fasting (IF)
- Physical Hunger vs Psychological Hunger
- How to Overcome Psychological Hunger
- Main Benefits of Intermittent Fasting (IF)
- Pros and Cons of Intermittent Fasting (IF)
- How to Get Started With Intermittent Fasting (IF)
- Sample IF Routines and Meals
- Much, much more!

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