



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)

By James Sinclair

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What is intermittent fasting? Are you ready for this amazing challenge? Do you need expert tips and advice to get you through your fast?

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- Why intermittent fasting is right for you
- How this process works wonders for your body
- The Top 4 Intermittent Fasting Protocols
- 5 Top Tips for Starting Your First Fast
- What you can and can't consume on your fasts

and so much more!

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- Change Your Hormone, Gene, and Cell Function
- Drop Pounds and Belly Fat
- Reduce Your Insulin Resistance and Type-2 Diabetes Risk
- Decrease Inflammation and Oxidative Stress
- Improve Your Heart Health
- Repair cells and prevent cancers
- *and even* Strengthen Your brain and Fight Alzheimer’s Disease!

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Louise Lewis:

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Adam Whittington:

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Alberto Benson:

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would like to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Marina Tucker:

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