

9 TOP INTERMITTENT FASTING TIPS

#1 STAY HYDRATED

Making sure you drink plenty of water is always important but when you're fasting, it's something you need to pay extra attention to. When you don't eat, you'll miss out on the water in foods, so you need to be drinking more fluids than you usually do to compensate for this.



In addition to this, drinking plenty of fluids helps you to feel full during the periods of fasting and reduces your cravings for food.

#2 AVOID TEMPTATIONS

Being around tempting foods makes fasting unnecessarily difficult. The look and smell of these foods will set off your appetite and make you crave them.

Therefore, make sure you stay away from places where tempting foods may be on offer during the days and times that you fast.



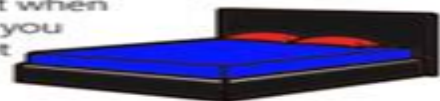
#3 CHOOSE YOUR BEST DAYS



During the week you're going to have busy days where you hardly have a moment to spare and quiet days where you have no commitments and lots of free time. These quiet days are much more suitable for fasting, so find them and plan your fasts accordingly.

#4 GET PLENTY OF SLEEP

Numerous studies have shown that getting a good night's sleep suppresses your appetite and keeps your hunger cravings under control. While this is important at all times, it's extra important when you're going without food, so you should make it a priority to get at least six hours of quality sleep the night before a fast.



#5 MAKE USE OF THE SPARE TIME

When you fast you create free time in your schedule during the slots where you would usually be eating. This spare time is a perfect opportunity to do something you love such as reading, listening to music or going for a walk. By using the spare time in this way, you'll not only feel happier but also look forward to fasting and the unique opportunity it provides.



#6 SPEND SOME TIME OUTSIDE



Natural sunlight cleanses your blood and enhances the detox effects of fasting. The sun's rays also boost your mood and your energy levels. By spending some time outside on the days you fast, you can enjoy these benefits and make your fasting experience more pleasant.

#7 DO SOME LIGHT EXERCISE

Doing large amounts of intense exercise when you're fasting isn't a good idea as your body won't have the fuel it needs to perform effectively. However, a small amount of light exercise can enhance your circulation, your energy levels and your mood and keep you feeling refreshed as you fast.



#8 TAKE TIME TO RELAX



Rest and relaxation is something you should be making time for every day. However, when you're operating on fewer calories, it's extra important. Therefore, on the days you fast, try to avoid any stressful situations and spend as much time as you can resting and relaxing.

#9 REWARD YOURSELF

One final way to make intermittent fasting more enjoyable is to reward yourself after a successful fast or fasts.

These rewards can be big or small and whatever you can think up can act as a reward. Some good reward ideas to start with are your favourite meal, a new outfit, a day or night out, doing an activity you've never done before or a vacation.



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laryngology and voice represents a small niche within the small niche of otolaryngology As such it is unlikely that works seminal to the advancement of the field will ever be recognized in the context of science in general However many publications have significantly altered the way voice production is conceptualized as well as shifted treatment paradigms for patients with voice disorders Thus in bringing this collection together for the first time they have admirably achieved their threefold aim to recognize great contributions to the field to provide a written history of the field and to provide a compilation of landmark manuscripts in the field of laryngology and voice science for both current clinician scientists as well as future contributors to the field

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Complete Guide to Intermittent Fasting Christine Moore,2018-10-10 Are you ready to achieve your weight loss goals with intermittent fasting You re on Amazon right now browsing through thousands of books on how to lose weight You ve tried many ways to lose the extra pounds but haven t quite found the right diet strategy or motivation you need to succeed I want you to know weight loss isn t easy If it was everyone would be doing it but you re here taking action while others are not and one step closer to that dream body Intermittent fasting is one of the best eating plans that you can go on and notice that we say eating plan rather than diet plan Rather than focusing on diet plans with eating that restrict the foods you want intermittent fasting is simply going to ask you to limit your eating window Instead of eating from the moment you get up until the moment you fall asleep you will focus on eating at certain periods of time during the day or the week This guidebook is going to delve deeper into intermittent fasting so you know exactly what to expect while you are on this a fasting schedule The good news is there is some freedom and you can pick and choose the type of fast that gives you the best results or that seems to be the easiest for your busy schedule Some of the topics that we will explore in this guidebook include Why does intermittent fasting work so much better than other diet plans What is the best way to break my fast to get the best results What are the different types of intermittent fasts Powerful motivation tips that keep you focused and stay on your fast So what are you waiting for Scroll up and buy the book now so I can show you how Added bonuses When you buy the paperback you get the kindle version free

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