

### Beginner

**12/12**

12 hour fasting with a  
12 hour eating window



**13/11**

13 hour fasting with a  
11 hour eating window

### Intermediate

**15/9**

15 hour fasting with a  
9 hour eating window



**16/8**

16 hour fasting with a  
8 hour eating window

### Advanced

**18/6**



**19/5**

**12/12**

Selected as Fasting Plan



# Choose Plan

Pick the Interval that  
Fits Your Needs!

# Intermittent Fasting Discount Download

**Anja Leitz**



## **Intermittent Fasting Discount Download:**

**Better Body - Better Brain** Anja Leitz, 2016-04-06 Unser moderner Lebensstil hat uns unserem natürlichen Biotop entrissen. Wir verbringen den ganzen Tag unter Kunstlicht vor dem Computer am Smartphone. Ernähren uns von reichlich Kohlenhydraten und snacken in der Nacht. Schlafen unregelmäßig und rennen gehetzt von Termin zu Termin. Auf die veränderte Umwelt und Lebensbedingungen reagieren wir mit physiologischen Fehlfunktionen wie Hormonstörungen, Übergewicht und einer Vielzahl an Autoimmun- und Zivilisationskrankheiten, die sich epidemisch verbreiten. In diesem umfassenden Selbstoptimierungsbuch geben die Neurofeedback-Therapeutin Anja Leitz und ein internationales Expertenteam dem Leser das nötige Wissen an die Hand, um diese gefährliche Entgleisung zu stoppen. Der Leser erfährt, wie wichtig UV-Licht, hochwertige Omega-3-Fettsäuren und an unsere natürliche Umgebung angepasste chronobiologische Rhythmen für unser Wohlergehen sind. Mit einem 4 Wochen Reset-Programm lassen sich Körper und Geist umprogrammieren und wieder in ihre natürliche Balance bringen. Jeder Tag des Programms gibt mit bebilderten Rezepten für alle Mahlzeiten sowie zahlreichen Biohacks und Expertentipps genau vor, wie wir unsere volle körperliche und geistige Funktions- und Leistungsfähigkeit wiederherstellen und zu unserem optimalen Naturzustand zurückfinden können. Mehr Informationen finden Sie unter [www.keto-fans.de](http://www.keto-fans.de)

**Zunehmen mit Paleo** Pawel Marian Konefal, 2016-10-25 Heutzutage handeln die meisten Ernährungsbücher von dem erfolgreichen Abnehmen, und auch im Bereich der Paleo Ernährungsweise sah es bisher nicht anders aus. Das ist verständlich, da viele Menschen mit dem Thema Übergewicht zu kämpfen haben und dieses Thema in den Medien täglich präsent ist. Aber auch Untergewicht ist heutzutage ein sehr ernst zu nehmendes Thema. Mehr als 1 Million Deutsche leiden an Untergewicht. Auch ich habe mich mit diesem Thema beschäftigen müssen und mich gefragt, wie es denn eigentlich mit gesundem und erfolgreichem Zunehmen mit Paleo aussieht. Betroffene untergewichtige Menschen müssen sich oft jahrzehntlang Sprüche anhören wie: „Iss doch mal vernünftig“ oder „Werd endlich mal dicker“. Das ist leichter gesagt als getan. Denn für Betroffene ist es nicht einfach, gesund zuzunehmen. Das gesunde Zunehmen ist oft schwerer als das gesunde Abnehmen bei übergewichtigen Menschen. Es hat nämlich nicht unbedingt etwas mit der Ernährung zutun. Ist es ein physiologisches Problem oder ist es einfach ein genetisches Problem oder etwa ein Stoffwechsel-Problem? Auch psychischer Stress kann eine Schleife auslösen, die zu Untergewicht führt. Einige der Ursachen sind folgende: Genetik und Epigenetik, Phänotyp, Stoffwechsel, Malabsorption, Unverträglichkeiten, Fehlbesiedlung im Dünndarm, SIBO, Mangelernährung, Fehlernährung, Darmpermeabilität, Reizdarmsyndrom, Dysbiose, Hyperthyreose, Chronische Infektion, Autoimmunerkrankungen, Typ 1 Diabetes, Multiple Sklerose, Epilepsie, Schlechte und nährstoffarme Ernährung, Entzündungen, Negativer Stress. Sind Sie betroffen? Dieses Buch kann Ihnen dabei helfen, gesünder und fitter zu werden und ein neues Leben zu beginnen. Viel Erfolg.

*INTERMITTENT FASTING Series* Melissa White, 2021-05-20 55 % discount for bookstores. Now At 31.99 instead of 49.58. Your customers will never stop reading this guide. EDITION 2 UPDATE.

CHAPTER 13 Intermittent Fasting Intermittent fasting means fasting for a decided measure of time numerous people fast 24 hours then eat healthy the next 24 hours etc This means your body needs to search around for food fuel and in the process disposes of awful matured or harmed cells and other waste that has developed in your body Consolidate the two of these for Low Carb Intermittent Fasting and you ll have a successful blend to getting thinner and feeling extraordinary When you are fasting you can have low carb and low calorie beverages like water and dark espresso however you should not eat food sources for 24 hours You can eat sound the next day yet you should in any case keep watch on your starch intake Understand names and examination food sources to realize you are settling on the most ideal decisions for your body and your wellbeing Intermittent fasting that has been directed on beings shows a life expectancy increment of 40% or more That is superb This shows how much practicing good eating habits and purging your body can profit not just your framework and help you with losing weight yet it can likewise build your days in this world Buy it Now and let your customers get addicted to this amazing book *Intermittent Fasting* Stephen Fleming,2017-01-31 The practical scientific approach of following the INTERMITTENT FASTING methodology in your day to day life to achieve lean and fit body which is stepping stone for any success happiness in life You re about to discover This book will teach you about 7 practical ways of Intermittent Fasting that could be followed in day to day life to achieve your weight loss eventually fitness goals You can choose any one or combination of 7 proposed techniques for your customized requirement The idea is to give offer you doable techniques based on my experience results which would contribute to your fitness goals and ultimately make you happy Today only get this Amazon bestseller for just 0 99 Regularly priced at 4 99 Read on your PC Mac smart phone tablet or Kindle device Here Is A Preview Of What You ll Learn Intermittent Fasting Explained what is it historical facts The Scientific Logic behind it How it affects the metabolism Benefits proven results of intermittent fasting 7 Techniques which technique has what outcome Tips to succeed with Intermittent Fasting The mental aspect Download your copy today Take action today and download this book for a limited time discount of only 0 99 Achieve your fitness goals by trying out the practical techniques Tags Persistent Fat Loss Ketosis Year Round Fitness Intermittent Fasting Ultimate Complete Essential Guide Losing Fat Building Lean Muscle Increase Metabolism and Ketogenic Change your lifestyle Get Healthy Burn Fat and Slow down Aging Process The Secrets to Intermittent Fasting How You Can Stay Healthy Slow down the Aging Process and Have a Lot of Energy Fasting Prayer The Essential Guide to Unlock Your Hidden Potential To Lose Weight Fight Cancer and Live Longer *INTERMITTENT FASTING DIET ( Series )* Davis Smith,2021-05-15 55 % discount for bookstores Now At 22 99 instead of 35 63 Your customers will never stop reading this guide 10 BOOK OF 12 Intermittent fasting is one of the most common health and fitness trends in the world right now It s becoming popular for one reason according to a well known research magazine it works Fasting has many advantages including increased insulin sensitivity decreased leptin sensitivity massive fat burning and weight loss elimination of sugar cravings improved brain function increased human growth hormone development cancer

prevention and much more This book will give you the resources you need to get started and finish your quick You will read among other things why fasting is beneficial to your wellbeing Buy it Now and let your customers get addicted to this amazing book

**Intermittent Fasting for Women** Nicola Kersey, 2018-02-26 DISCOVER THE MANY HEALTH BENEFITS OF INTERMITTENT FASTING AND LOSE WEIGHT FAST Do you want a weight loss plan that is convenient flexible and can work around you Perhaps you've had enough of spending all your money on subscriptions expensive equipment and dieting books and want something you can do for free Do you not only want to lose weight but want improved mental clarity and focus lowered blood cholesterol boosted energy less risk of cancer and Alzheimer's disease to name a few If you answered yes to any of the above questions then intermittent fasting can have a profound affect your life In this beginner's guide you will be able to learn the core principles about intermittent fasting which is substantially different from starving yourself and depriving yourself of the healthy and nutritious food available Fasting is far more effective than other diets and weight loss programs with the added benefit of being free infinitely simpler flexible and convenient Your step by step guide Intermittent fasting has never been easier This book will guide you through everything you need to know to get started and achieve your personal fitness and health goals You will learn How Intermittent Fasting Works the Science Behind Intermittent Fasting The Benefits of Intermittent Fasting The Different Types of Intermittent Fasting The Simple 5 Step Method to Setting up Your Intermittent Fasting Plan and Getting Started How to Find a Meal Plan That is Effective for You Dos and Don'ts of Intermittent Fasting FREE BONUS CHAPTER Motivation Tips to Keep You Going Strong Much More Intermittent fasting has worked for millions of people around the world and it will help you too With intermittent fasting you'll be shedding those pounds in no time Are you ready to implement one of the greatest weight loss and health plans in human history Start today This book is regularly 2.99 but right now for a limited time you can download it for only 0.99 Download your copy today

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5:2 Diet Peter David, 2016-08-11 USE THE 5:2 DIET TO REDUCE WEIGHT WITH INTERMITTENT FASTING Learn why the 5:2 diet is growing in popularity in the weight loss industry and how this guide can make the difference in your life The 5:2 diet is perfect for anyone who wants to lose weight without placing themselves under too much pressure immediately Other diets can be very difficult to stick to and that's simply because it is hard to follow very precise instructions everyday without a break The 5:2 diet however makes failure almost impossible and I'm not saying that only to get your attention but mainly because it is true This diet lets you be on a diet for 2 days within the week and the other 5 days you basically go back to your usual routine How can you say no to

something like that Dieting shouldn't be difficult and this book shows you why it's so simple to lose weight stay healthy and still have a chocolate bar every now and then while seeing results If you want to lose weight become healthier have that life changing success then make the life changing decision and follow the instructions within this book Weight loss shouldn't be a problem and with the right information it won't be Fortunately all the right information on the 5/2 diet can be found here in this book Just take a look at what's inside The 5/2 Diet Overview The 5/2 Diet Shopping List 500 Calorie Meals 250 Calorie Meals 100 Calorie Meal and Snacks Non Fast Day Meals Success with the 5/2 Diet Frequently Asked Questions And Much Much More Download your copy today Take action now and download this book so you too can discover this revolutionary method

*Intermittent Fasting* Eric Plan, 2019-09-27 Are you struggling to drop unwanted pounds Are you also tired of fad diets and techniques that just don't work Are you thinking to start cooking your own weekly meals but you have no idea how to start Are you tired of eating unhealthy and you want to balance your food habits If so then keep reading The practice of fasting occasionally helps many people to acknowledge the difference between real hunger and so called false hunger which occurs as a result of the habits of our body and mind Many of us know how to cook but are not aware of the techniques and processes which can be applied to prepare a healthy meal Healthy cooking requires time and patience This poses a great challenge especially when the responsibility of cooking is on the beginners Many a time the novices are forced to start cooking even if they do not like it Are you someone who has already started palpitating at the mere thought of cooking Are you getting nervous at the sight of food thinking that you have to select your own menu The goal of the BUNDLE is clear and simple When there is a readymade help to help you with the ideal selection of recipes the various nutritional values associated with them and the preparations which are beneficial for every kind of health disorder you are facing why not take its help Even if you are not a cook don't worry These 3 manuscripts will suggest you which steps you need to follow It includes great suggestions for Intermittent Fasting and cooking food with wholesome ingredients that can support the fitness and health goals of the individuals You will also learn Details of different forms of intermittent fasting Ways to Follow the Intermittent Fasting Plan Why clean eating is important Supplemental spices to use The importance of Meal Prepping in weight loss Macronutrients and their balance How to calculate your daily caloric need Advantages in meal prepping How to choose ingredients Cooking equipment How to storage meals 300 easy and delicious recipes And much more Would you like to know more DOWNLOAD Intermittent Fasting 3 Books in 1 Intermittent Fasting and Keto Diet Meal Prep Cookbook for Beginners Healthy Meal Prep 300 Quick and Easy Recipes Scroll to the top of the page and select the buy now button

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**Intermittent Fasting** Jorge E. Waters, 2016-11-29 Intermittent Fasting The ultimate way for easy and sustainable weight loss Today only get this Amazon bestseller for a limited discount of 9 99 Regularly priced at 14 99 You re about to discover how to get the body you really deserve You want to impress that one person live healthy and be more productive Forget all these Diet Gurus because this book shows you fast and easy what you need to do in order to get the success everybody wants you need this book So many people complain about their belly fat their wide hips or their small muscles but nobody knows that it is in fact easier then anybody thinks Just follow these perfectly ordered steps to accomplish your goals of a fit healthy and aesthetic body Here Is A Preview Of What You ll Learn What exactly is Intermittent Fasting All the health benefits of a Intermittent Fast Mistakes to avoid to get a perfect start and fast results Strategies to even tune Intermittent Fasting to its greatest with popular Diets A step by step guide on how to choose the perfect Intermittent Fasting Method for your daily life How to sustain your positive weight loss results on a long term And much more Download your copy today Many People followed all these steps and got the results they ever dreamed of And it is in fact that easy Read only these few pages follow the instructions and see immediate results I can promise you you will love it and everybody else will recognize it What are you waiting for Take action today and get this book for a limited time discount for only 9 99 Now it is your chance to get up and start your own journey to success Do it now

**Intermittent Fasting for Women** Belinda Watts, 2016-05-21 Have you been struggling to lose weight or have a hard time recovering from health conditions and diseases Do you feel like you have absolutely no energy to get errands done let alone do something that you enjoy Weight gain fatigue diabetes heart disease and insomnia are just a few health conditions that intermittent fasting can cure I know what you are thinking isn t fasting basically starving yourself We have been lead to believe that we need to eat three to six meals a day to be healthy and fit But the reality is that most people tend to over eat every single day which leads to a number of health issues Intermittent fasting is an age old dieting pattern that allows you to enjoy your favorite food while losing weight But there are dozens of more benefits to fasting than just weight loss This book will teach you everything there is to know about fasting including popular fasting methods and how it can change your life for the better In this book you will learn The History of Intermittent Fasting The Science that Makes Fasting Work How Fasting Can Affect Your Hormones The Benefits of Fasting The Most Common Myths About Intermittent Fasting The Research That PROVES Intermittent Fasting Works And Much Much More In this book is all of the information you need to know about intermittent fasting From the great health benefits to just losing weight and eating right intermittent fasting is the perfect way to achieve your health and fitness goals Of course you may not be a doctor or nutritionist so trusting in yet another diet may make you suspicious of

getting real results Every diet and exercise program promises to change your life and help you become a better and healthier you But it is hard to tell which program is just a fad or money scheme and which ones are the real deal Many studies have examined the effects of intermittent fasting for humans and animals And plenty of evidences have shown that intermittent fasting is the real deal Now is the time to make a positive change in your life for your family friends and for yourself Intermittent fasting will make you feel and look healthier and help you to live your life to its fullest If you are ready to begin a new chapter in your life one that will open doors and give you new opportunities then download Intermittent Fasting for Women An Improved Beginners Guide to Fast Weight Loss and Effective Fat Burn now [A BEGINNERS GUIDE TO INTERMITTENT FASTING](#) David Carol,2021-05-05 55 % discount for bookstores Now At 35 99 instead of 55 78 Your customers will never stop reading this guide SERIES Intermittent fasting is one of the most common health and fitness trends in the world right now It s becoming popular for one reason according to a well known research magazine it works Fasting has many advantages including increased insulin sensitivity decreased leptin sensitivity massive fat burning and weight loss elimination of sugar cravings improved brain function increased human growth hormone development cancer prevention and much more This book will give you the resources you need to get started and finish your quick You will read among other things why fasting is beneficial to your wellbeing Buy it Now and let your customers get addicted to this amazing book [INTERMITTENT FASTING FOR BEGINNERS](#) David Johnson,2021-05 55 % discount for bookstores Now At 35 99 instead of 55 78 Your customers will never stop reading this guide 2 BOOKS Intermittent fasting is one of the most common health and fitness trends in the world right now It s becoming popular for one reason according to a well known research magazine it works Whether you re trying to lose weight or boost your biomarkers for better health intermittent fasting is a cost effective way to do both Fasting isn t about depriving yourself of food it s more of an eating habit than a diet It entails fasting and eating periods that alternate It s an extremely successful therapeutic strategy that delivers amazing results regardless of diet plan when performed correctly If you re having trouble with your fitness weight or a chronic illness I am persuaded that this is the most effective intervention available Fasting has many advantages including increased insulin sensitivity decreased leptin sensitivity massive fat burning and weight loss elimination of sugar cravings improved brain function increased human growth hormone development cancer prevention and much more This book will give you the resources you need to get started and finish your quick You will read among other things why fasting is beneficial to your wellbeing Different fasting methods and which one is best for you When do you expect to burn fat while fasting Myths about fasting what is the science of fasting Difference between fasting and hunger What effect does intermittent fasting have on your sleep What to drink during a fast the advantages and disadvantages of fasting and much more Buy it Now and let your customers get addicted to this amazing book *Summary The Mindset Warrior*,2020-06-26 An Easy to Digest Summary Guide BONUS MATERIAL AVAILABLE INSIDE The Mindset Warrior Summary Guides provides you with a unique



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**Water Fasting** Andrew Leroy,2018-02-26 Water Fasting The Truth About Intermittent Fasting How To Use It For Weight Loss And Health Improvement And What Can Go Wrong Fasting as a tradition and religious act occurs regularly throughout history but although the modern version is similar it does not need to be undertaken as a religious act In fact fasting can offer an array of benefits which is why this is much more than just a passing fad Intermittent water fasting can be said to be a lifestyle approach to losing weight maintaining your weight and building a healthy lifestyle These are big claims but they are backed up by research and even more impressively you don t need to exercise to lose weight Of course exercise will improve your health more and increase your weight loss abilities This book looks at intermittent water fasting and helps you to understand what it is and how it can be included in your life it includes A brief history of fasting How to instigate fasting into your current schedule The health benefits and weight loss potential of fasting The advantages and disadvantages of fasting Warning signs to be aware of that indicate you should stop fasting Intermittent water fasting is something that everyone should try at some point in their life It might not be for everyone but this book will help to ensure you know the right way to implement this lifestyle change and make the most from it Download your E book Water Fasting The Truth About Intermittent Fasting How To Use It For Weight Loss And Health Improvement And What Can Go Wrong by scrolling up and clicking Buy Now with 1 Click button

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Fish,2020-10-25 There are strategies that have been proven effective for long term weight loss When you follow a well  
planned strategy you will be able to lose weight safely losing weight too quickly is harmful and you will be able to keep that

weight off for the years to come as long as you make sure you implement an appropriate healthy lifestyle habit and continue to follow them Read on your PC Mac smartphone tablet or Kindle device One particular strategy that has become popular among people who are trying to live a healthier life and lose weight at the same time is the intermittent fasting Even though scientific studies have yielded evidence that has proven intermittent fasting to be an effective weight loss tool it should also be noted that not planning an appropriate strategy and implementing a meal plan that focuses on weight loss will not yield the results that you might be aiming for The reason you have picked up this book is probably because you have tried multiple diets and found that the success rate is often not something to be desired It s true most of the diets out there fail Many of these diets do not only fail but causes complications once you stop following the program For many people extra weight gain is a very unpleasant complication that they suffer after they have undergone a diet program Intermittent fasting consists of a dieter cycling between periods when they are allowed to eat and periods where they are supposed to fast This type of diet doesn t necessarily say which foods you can eat but specifies when you should eat Of course if you want to lose weight or get a better health it is better to eat foods that are good for you and nutritious However with intermittent fasting it s not going to specifically list out which foods you can and cannot have The main thing to remember is that when you are in the fasting period you are not allowed to eat You can still drink beverages to keep you hydrated Some of the options include tea coffee water and other non caloric beverages Some forms of this fast will allow for a bit of food during the fasting periods but most don t And if you like it is usually fine to take a supplement while you are on this fast as long as it doesn t contain calories Here is a preview of what you will learn A Quick Overview of the 16 8 Intermittent Fasting Method Why it is important to maintain a healthy weight Infectious emotion and why our modern diet is wrong Benefits of 16 8 Intermittent fasting And Much More Download your copy today

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