

The background of the book cover features a close-up photograph of a healthy meal. On a white ceramic plate, there is a piece of cooked salmon, a sliced tomato, a hard-boiled egg cut in half, and some green leafy vegetables. A silver fork is visible on the left side of the plate. The plate is set on a light-colored wooden surface. In the top right corner, a glass of water with a lemon slice is partially visible. A large, light blue diagonal shape cuts across the bottom right corner of the image.

Foreword by  
**DR. JASON FUNG**

**THE  
ESSENTIAL  
GUIDE TO**

# **Intermittent Fasting for Women**

**Balance Your Hormones  
to Lose Weight, Lower  
Stress, and Optimize Health**

**MEGAN RAMOS**

# Cover Letter Intermittent Fasting Guide

**F Rizvi**



## Cover Letter Intermittent Fasting Guide:

*The Essential Guide to Intermittent Fasting for Women* Megan Ramos, 2023-06-06 From renowned experts Megan Ramos and Dr Jason Fung A transformative approach to women's health and well being that gives readers the tools to reclaim their health sustainably Essential reading for any woman wanting to improve her metabolic health and make sense of her body hormones and sustainable fasting strategies Cynthia Thurlow author of Intermittent Fasting Transformation Intermittent fasting has changed my body mind and life I am truly grateful and humbled by humans like Megan who are sharing the truth about health Raven Symon Struggling with your metabolism and hormone health Disappointed by diets that don't provide sustainable long term results Sick of feeling tired and stressed all the time Megan Ramos was in the same position when she discovered intermittent fasting at the clinic where she was a researcher After suffering from non alcoholic fatty liver disease PCOS and type 2 diabetes she harnessed the power of fasting to reverse these conditions lose over 80 pounds and achieve long lasting health Today as the co founder of The Fasting Method with Dr Jason Fung she has helped over 20 000 people primarily women improve their wellbeing through intermittent fasting In *The Essential Guide to Intermittent Fasting for Women* Ramos shares Easy to use fasting protocols that can be incorporated into your busy schedule Information on when and how to eat to feel full and energized How intermittent fasting can support your health through fertility struggles PCOS perimenopause and menopause How balancing your hormones and stress levels can help you avoid weight gain and depression Designed specifically for women of all ages and their unique needs this go to guide provides you with the steps to take control of your health for good

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