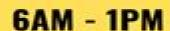
# 18:6 LOW-CARB INTERMITTENT FASTING





Black COFFEE



Unsweetened TEA



Mineral WATER

### 1PM - 7PM

@mikecolafitness



**7PM - 6AM** 



Apple Cider VINEGAR



Mineral WATER



**Hibiscus TEA** 

## **Intermittent Fasting This Week Open Now**

**Brad Davidson, Laura Morton** 

#### **Intermittent Fasting This Week Open Now:**

Keto Meal Prep Stefano Villa, Are you looking for new ketogenic diet recipes Are you hoping to free up more of your week Are you interested in what meal prepping can offer you Keto from the word ketosis is made from Ketones the term for the body s energy molecules This is a second source of energy for the body that is utilized when glucose blood sugar is insufficient to meet the body s needs Ketones are generated when the number of carbohydrates the major source of glucose consumed is very little in combination to a limited amount of protein additional protein is converted into glucose Under these conditions the liver converts fat to ketones which are then transported into the bloodstream The body cells use this as a source of energy like glucose They can also be utilized by the brain This is essential as the brain cannot get its energy directly from fat and it is a rapid energy consuming organ Keto from the word ketosis is made from Ketones the term for the body s energy molecules This is a second source of energy for the body that is utilized when glucose blood sugar is insufficient to meet the body s needs Ketones are generated when the number of carbohydrates the major source of glucose consumed is very little in combination to a limited amount of protein additional protein is converted into glucose Under these conditions the liver converts fat to ketones which are then transported into the bloodstream The body cells use this as a source of energy like glucose They can also be utilized by the brain This is essential as the brain cannot get its energy directly from fat and it is a rapid energy consuming organ Here s a sneak preview of what s inside of this book what s keto and how to get started a 28 meal plan tons of ketogenic recipes tips and tricks of a ketogenic lifestyle FAQ Get your copy now

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longer and harder workouts Those old school approaches are actually detrimental to your health You ve got to reset and optimize your metabolism In The Stark Naked 21 Day Metabolic Reset fitness expert and co founder of Stark fitness Brad Davidson shares his exclusive two tiered program to help you feel great and perform at consistent peak level with boundless energy that lasts Davidson begins by showing you how to repair your metabolism by reducing common stressors and removing food sensitivities and toxins that cause inflammation weight gain and burn out He then teaches you how to optimize your metabolism by safely reintroducing the right foods for you and learning how to carb cycle a method of eating carbohydrates that enhances performance without health risks Designed to withstand the hectic demands of modern life The Stark Naked 21 Day Metabolic Reset includes step by step meal plans and easy to follow recipes without using any expensive hard to find foods or complicated calculations This is THE ultimate program for the high achiever on the go Get the results you ve always wanted but never thought possible The Stark Naked 21 Day Metabolic Reset is the lifestyle plan to help you take control of your health and fitness forever I Know I Should Exercise, But... Diana Hill, Katy Bowman, 2025-03-04 The most insightful guide to getting moving I ve ever read Kelly McGonigal author of The Joy of Movement Break down the common everyday mental blocks to moving your body and turn your mind from an adversary into an ally in the quest to feel better in your body I know I should move my body more but I m on my feet all day for work and I m exhausted I m addicted to my phone I m great at starting movement programs just lousy at sticking with them My body jiggles and embarrasses me in public Movement is sooooo boring Sound familiar If not it probably means you have another perfectly good excuse of your own We all have our reasons for not getting the physical activity we know is good for us reasons which stubbornly defy the same old tired prescriptive advice about hours of weekly cardio or numbers of steps Adding insult to injury these same excuses contribute to you feeling bad or guilty when you fail to move as much as you know you should That s why Diana Hill and Katy Bowman have put together this simple guide to changing the way you think to change how much you move Diana is a modern psychologist expert in Acceptance and Commitment Therapy ACT and host of the Wise Effort podcast Her mission is to help her clients and readers grow the psychological flexibility needed to get moving in directions that matter to them Katy is a biomechanist author and trailblazing movement teacher who has spent a career helping people integrate more movement into their lives In I Know I Should Exercise But the two join forces to help you challenge your barriers to movement in a new way Katy translates her understanding of the obstacles that keep people sedentary including dozens of real world examples from readers and clients into 44 essential impediments to movement Diana responds to those common barriers while introducing you to acceptance and commitment therapy ACT behavioral psychology and self compassion evidence based approaches for cultivating flexibility and aligning actions with values Whether your internal barrier is born of fear malaise inertia embarrassment or difficulty managing competing priorities you will learn how to disempower it by applying effective science based tools for changing the way you think You ll learn to identify your resistance whether it s an

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