



16/8 Method INTERMITTENT FASTING

For Weight Loss

FITWIRR.COM

7
AM

Wake up!
Have a glass of water to hydrate.



8
AM

No breakfast but black coffee or tea is ok. Better yet, have a glass of Lemon water.

12
PM

Your first meal of the day: lunch. Am something healthy with protein, green, and fiber.



3
PM

Low-carb foods with a moderate protein and fat will make a healthy snack.



7
PM

Dinner at 7pm and to be done eating by 8pm to give your body 16 hours to fast.



10
PM

Bedtime. Fast from 8pm to 12 pm the next day.

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Intermittent Fasting Tax Bracket How To

JG Myers



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healthy relaxation resilience resistance recovery and renewal Within each stage the reader is challenged to choose between sets of dichotomies one leading to healing while the other worsens our problems Throughout the reader is empowered through their own suffering to become stronger in their relationships and faith Building Strength instead of Weakness Courage over Fear Vigilance over Vulnerability Hope over Despair Guilt over Shame Forgiveness over Condemnation Acceptance of Faith Trust Grace and Mission Post Traumatic Stress Disorder PTSD effects tens of millions with symptoms of depression anxiety sleep disorders broken relationships isolation and suicidal thoughts Current treatment approaches include counseling and medication but this often leaves many still struggling in darkness for years Here readers are guided on a very different path lit by a beacon of faith THE CHRIST CURE 10 Biblical Ways to Heal Your Mind from Trauma Tragedy and PTSD provides much need help and guidance to the broken from secular to scriptural illustrated with inspirational stories of those who are winning their own battles

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