

SPECIAL ISSUE

CUSTOMIZED

INTERMITTENT FASTING



**DETOX
YOUR
BODY**



**Eat What You
Love and Still
Lose Weight!**

Plus

18 Delicious Recipes



Intermittent Fasting Top Setup

Donovan Ekstrom



Intermittent Fasting Top Setup:

Intermittent Fasting Affirmations Workbook For Women Over 50 Jennifer Epstein, 2024-06-01 Create a Successful Fasting Mindset Using the Power of Affirmations Combined With Journaling Power Questions and Emotional Freedom Technique Intermittent doesn't have to be hard work by using the power of daily affirmations combined with journaling EFT tapping and asking yourself Power Questions you can prepare yourself mentally and emotionally to deal with all of the challenges of Fasting particularly for women over the age of 50 Most books only help you deal with the physical challenges of fasting but do very little to help you deal with the emotional and psychological challenges of giving up food The Intermittent Fasting Affirmations Workbook for Women Over 50 Helps With Water Fasting OMAD One Meal a Day 16 8 Water Fasting Alternate Day Fasting 24 Hour Fasting 3 Day Fasting Liquid Only Fast These affirmations combined with the other self help techniques in this workbook can be used daily to improve your emotional and mental strength so you don't succumb to the common problems of fasting Hunger Cravings Lack of Motivation Eating Outside the Eating Window Overeating Eating Junk During the Eating Window Irritation and Loss of Temper Rationalization to Come off Your Plan Intrusive Thoughts of Food And much more Affirmations are a deceptively simple technique to help you stick to your Intermittent Fasting Goals especially when the going gets tough it can be so tempting to rationalize eating outside your eating window or to fill up with Junk Food instead of a healthy meal when the time comes to eat In order to succeed with your fasting you need to do the inner work daily that will help you stick to your plan Go on buy the Intermittent Fasting Affirmations Workbook today and prepare for your success

The 30-Day Keto Diet and Intermittent Fasting Blueprint Owen Hale , 2025-12-05 Are you exhausted from trying every diet only to end up bloated hungry and right back where you started For so many people keto sounds simple until conflicting rules confusing macros and constant food decisions turn it into a draining mental battle Add intermittent fasting to the mix and suddenly you're overwhelmed frustrated and convinced you're just not disciplined enough You're not the problem The plan is In The 30 Day Keto Diet and Intermittent Fasting Blueprint bestselling wellness coach Owen Hale shows you a clear compassionate and science backed path that finally makes fat loss hormonal balance and steady energy feel simple Through years of helping everyday people break free from diet burnout he understands the guilt the late night cravings the bloating and the fear that every new attempt will fail again Inside this step by step 30 day plan you'll discover The hidden reason you lose a few pounds then instantly stall How to combine keto and fasting without tracking every macro A simple rhythm that eliminates food obsession and constant hunger What to do when social events holidays and family meals disrupt your progress How to reset hormones naturally so you can stop feeling foggy bloated or off The mindset shift that turns short term diets into long term freedom and so much more This blueprint is designed to work even if you've failed every diet before Even if you've struggled with late night eating Even if you feel overwhelmed burnt out or unsure where to start You deserve a plan that doesn't punish you one that fits your life heals your relationship with food and helps your body finally respond the

way you've been hoping for If you're ready to burn fat faster balance your hormones and feel lighter clearer and more energized than you have in years scroll up and click Buy Now to begin your 30 day transformation today [Bone Broth Diet for Beginners](#) Dr. Rebecca Langford, N.D.,2025-08-12 Are you tired of stubborn belly fat low energy bloating or chronic inflammation Discover the Bone Broth Diet for Beginners a proven natural solution that helps you lose weight heal your gut and feel energized again all within just 21 days With easy to follow meal plans anti inflammatory recipes and intermittent fasting strategies this guide gives you everything you need to reset your body and reclaim your vitality In this powerful beginner friendly guide you'll learn how to Activate fat burning with a 21 day bone broth meal plan designed for real sustainable results Reduce chronic bloating and gas by restoring your gut lining with collagen rich broths Fight inflammation using nourishing anti inflammatory recipes that support your body's natural healing process Combine bone broth with intermittent fasting to improve metabolic health and burn stubborn fat Increase skin glow hair strength joint flexibility and digestive efficiency naturally Understand the science behind bone broth and how it supports hormone balance sleep and mood Customize your plan for keto paleo gluten free or low carb lifestyles Ease into detoxification and overcome common symptoms with expert tips and motivational support What sets this book apart Designed for busy people simple prep minimal ingredients and time saving batch cooking tips Grounded in science and inspired by real transformations Written in a compassionate no fluff tone that makes change feel achievable Whether you've tried everything else without results or you're looking for a clean nourishing way to reset your body from the inside out Bone Broth Diet for Beginners is the practical empowering blueprint you need **The God of Good Looks** Breanne Mc Ivor,2023-05-16 Dazzling I didn't want it to end Coco Mellors author of Cleopatra and Frankenstein Phenomenal A book worthy of a standing ovation Lizzie Damilola Blackburn author of Yinka Where Is Your Husband Getting a second chance is a beautiful thing Bianca Bridge's personal and professional lives are in tatters She has lost her beloved mother and has only a distant relationship with her self made father And now she's been outed as the mistress of a government minister ending her journalism career before it had even started All but unemployable she is astonished when tyrannical make up artist Obadiah Cortland Trinidad's legendary God of Good Looks hires her as his new assistant At first Bianca can't stand her fierce new boss and he lets her know the feeling is mutual But when her ex threatens both their futures and working together becomes their last resort she begins to glimpse another Obadiah beneath the facade he's so carefully cultivated I loved it India Knight A glittering will they won't they Bridget Jones re boot Nikki May author of Wahala A punchy romance with plenty to say about Caribbean class poverty and sexism Bianca Bridge is a heroine to root for Observer Wickedly funny Mc Ivor uses the metaphor of make up to examine privilege corruption and truth Bianca is a hugely endearing heroine Daily Mail **Metabolic Diet** Donovan Ekstrom,2024-07-11 Unlock the secrets to a leaner healthier and more muscular you with Donovan Ekstrom's ultimate guide to transforming your body and mind Metabolic Diet 6 Books in 1 is your comprehensive blueprint for achieving the physique you've always

dreamed of whether you're a beginner or a seasoned fitness enthusiast In this powerhouse collection you'll discover The Metabolic Diet Revolution Learn how to torch fat and build muscle simultaneously with a diet tailored to your unique metabolic needs Bodybuilding Essentials Master the art of muscle growth with expert tips on training nutrition and recovery Keto Diet Mastery Harness the power of ketosis to supercharge your fat loss while maintaining peak energy levels Intermittent Fasting OMAD Uncover the science backed benefits of intermittent fasting and One Meal A Day OMAD for accelerated fat loss and improved metabolic health Healthy Eating Habits Develop lifelong healthy eating habits that support your fitness goals and overall well being Mindset Motivation Build a bulletproof mindset that keeps you motivated disciplined and focused on your fitness journey Packed with actionable advice meal plans workout routines and mindset strategies Metabolic Diet 6 Books in 1 is your all in one guide to achieving a ripped healthy and confident body Donovan Ekstrom combines years of fitness expertise with the latest scientific research to provide you with an easy to follow roadmap to success Don't wait any longer to take control of your health and fitness Get your copy today and start your transformation journey now

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with secret ingredients The main fat burning truths for women Rapid weight loss shortcuts you probably haven't heard before The reality about intermittent fasting and the most essential benefits for women And much more [Intermittent Fasting](#) Frankie Jameson, 2017-09-29 The best books about intermittent fasting in one bundle Book 1 Fasting has become more popular Although it used to be something strictly religious or spiritual modern research has discovered the benefits of scheduling and moderating food intake affecting the natural cleansing system of our bodies Learn more about what you can do to lose weight feel more energetic and improve your nutrition and dieting habits You will read among others The definition of intermittent fasting and the benefits that come with it Effective ways to use intermittent fasting for weight loss and detoxification Different applications such as the 24 hour fast the eat stop eat method the alternate day fast and the warrior diet The impressive system you can create for yourself to resist temptation and live happier Weight loss exercise and fasting complementary tips and tricks Specific substances foods and nutrients to take or avoid And much more Book 2 This book is a goldmine of information for those who are interested in intermittent fasting The popular weight loss method hasn't lost its touch and in this book you will come to understand why You will read among others The best setup for an intermittent fasting diet everyone should know about Secrets to the fasting method and the things all the others fail to mention Daily routines and the perfect timing to lose 10 pounds or more The sweet spot for the number of meals you should have Additional tips to help you stop overeating And much more Book 3 Are you a man and you want to try intermittent fasting as a weight loss method Then this is the best book for you Without beating around the bush the author is straight forward and teaches you How the anatomy of men is specifically built for intermittent fasting programs Body building effects and benefits The best ways to get rid of belly fat with intermittent fasting schedules Healthy ways to fast without damaging your body and your rhythm The best reasons for intermittent fasting And much more **Intermittent Fasting** Frankie Jameson, 2017-09-28 Learn to use intermittent fasting to your advantage Book 1 Fasting has become more popular Although it used to be something strictly religious or spiritual modern research has discovered the benefits of scheduling and moderating food intake affecting the natural cleansing system of our bodies Learn more about what you can do to lose weight feel more energetic and improve your nutrition and dieting habits You will read among others The definition of intermittent fasting and the benefits that come with it Effective ways to use intermittent fasting for weight loss and detoxification Different applications such as the 24 hour fast the eat stop eat method the alternate day fast and the warrior diet The impressive system you can create for yourself to resist temptation and live happier Weight loss exercise and fasting complementary tips and tricks Specific substances foods and nutrients to take or avoid And much more Book 2 This book is a goldmine of information for those who are interested in intermittent fasting The popular weight loss method hasn't lost its touch and in this book you will come to understand why You will read among others The best setup for an intermittent fasting diet everyone should know about Secrets to the fasting method and the things all the others fail to mention Daily routines and the

perfect timing to lose 10 pounds or more The sweet spot for the number of meals you should have Additional tips to help you stop overeating And much more Book 3 How important is intermittent fasting for the average woman You will find out the answer in this book You will also learn such things as How fast you can lose fat as a woman if you start an intermittent fasting program Diet plan tactics and strategies with secret ingredients The main fat burning truths for women Rapid weight loss shortcuts you probably haven't heard before The reality about intermittent fasting and the most essential benefits for women And much more

Intermittent Fasting Frankie Jameson, 2017-09-28 2 in 1 bundle with valuable information Book 1 This book is a goldmine of information for those who are interested in intermittent fasting The popular weight loss method hasn't lost its touch and in this book you will come to understand why You will read among others The best setup for an intermittent fasting diet everyone should know about Secrets to the fasting method and the things all the others fail to mention Daily routines and the perfect timing to lose 10 pounds or more The sweet spot for the number of meals you should have Additional tips to help you stop overeating And much more Book 2 Are you a man and you want to try intermittent fasting as a weight loss method Then this is the best book for you Without beating around the bush the author is straight forward and teaches you How the anatomy of men is specifically built for intermittent fasting programs Body building effects and benefits The best ways to get rid of belly fat with intermittent fasting schedules Healthy ways to fast without damaging your body and your rhythm The best reasons for intermittent fasting And much more

Intermittent Fasting Frankie Jameson, 2017-08-20 The best meal plan for intermittent fasting This book is a goldmine of information for those who are interested in intermittent fasting The popular weight loss method hasn't lost its touch and in this book you will come to understand why You will read among others The best setup for an intermittent fasting diet everyone should know about Secrets to the fasting method and the things all the others fail to mention Daily routines and the perfect timing to lose 10 pounds or more The sweet spot for the number of meals you should have Additional tips to help you stop overeating And much more Curious yet Then don't wait and start reading so you don't have to remain in the dark I will see you in the first chapter

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Fasting Frankie Jameson,2017-09-28 A great guide to mastering intermittent fasting Book 1 This book is a goldmine of information for those who are interested in intermittent fasting The popular weight loss method hasn't lost its touch and in this book you will come to understand why You will read among others The best setup for an intermittent fasting diet everyone should know about Secrets to the fasting method and the things all the others fail to mention Daily routines and the perfect timing to lose 10 pounds or more The sweet spot for the number of meals you should have Additional tips to help you stop overeating And much more Book 2 How important is intermittent fasting for the average woman You will find out the answer in this book You will also learn such things as How fast you can lose fat as a woman if you start an intermittent fasting program Diet plan tactics and strategies with secret ingredients The main fat burning truths for women Rapid weight loss shortcuts you probably haven't heard before The reality about intermittent fasting and the most essential benefits for women And much more Hospital Topics ,1962 *Intermittent Fasting for Beginners - How to Lose Weight Boost Energy and Feel Amazing* Ian Flood,2020-11-03 Lose weight and feel healthier with intermittent fasting Are you curious about intermittent fasting Have you tried it before Were you successful in achieving results Why haven't you tried it yet Does the thought of it overwhelm you If you want to turn the answers to these questions around all you have to do is pick up this book and read it carefully It is packed with all the crucial information factual data and a step by step process to get you started with intermittent fasting and experience weight loss like never before Many people are skeptical about following intermittent fasting due to the potential health issues that can arise A chunk of information in this book covers those health concerns and how you can avoid them Intermittent fasting has been perceived as one of the most effective and simplest diets that one can follow even with a busy schedule The best part about this diet is that you can eat or drink whatever you want and still lose weight This flexibility and amazing results should be enough to inspire you to want to get you started Intermittent fasting is not a new term in the fitness world Almost everyone who has struggled or is struggling to lose weight has tried intermittent fasting at least once in their life This book is here to guide you through your weight loss journey by incorporating intermittent fasting as a lifestyle change Here's an overview The true definition of intermittent fasting and how it works The secrets of intermittent fasting and its sudden popularity How to start intermittent fasting as a beginner How to avoid feeling overwhelmed when you start fasting The stages of intermittent fasting and the best options for you Tips to sustain intermittent fasting for prolonged periods of time The different schedules of intermittent fasting and pros and cons of each The most popular intermittent fasting schedule and why most people follow it How to begin with shorter fast sessions and jump to longer fast periods quickly How to determine the type of schedule that best suits your needs busy schedule and preferences How the body is affected during intermittent fasting How it affects men and women differently Discover how to prepare your body to endure the effects of intermittent fasting and go through the process without hassle How to use intermittent fasting to lose weight and build energy reserves Tips and tricks on how to distract yourself during the fast

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fasting diet everyone should know about Secrets to the fasting method and the things all the others fail to mention Daily routines and the perfect timing to lose 10 pounds or more The sweet spot for the number of meals you should have Additional tips to help you stop overeating And much more **Intermittent Fasting : The Ultimate Beginners Guide To Learning**

About Intermittent Fasting For Weight Loss Old Natural Ways,2020-01-11 Have you heard about intermittent fasting It s a form of weight loss that basically entails controlling when you eat Not necessarily how much you eat but how long you eat It s a new popular way for many people to lose the weight that they want to easily and readily If you ve been curious about intermittent fasting then look no further You can with this book learn everything you need to know about intermittent fasting including how to do it the top tips and a few different ways to do it We ll go over how you can do intermittent fasting and how it works including how in the world it works to help you lose weight and the best ways to lose weight when intermittent fasting Many don t think that you can lose weight in that way but it s super popular for the very reason of it s that easy You ve probably googled it before but it isn t just for losing weight but it can help with your metabolism having a healthier body and shedding problematic body fat Intermittent fasting is awesome for this and in this book we ll take you through everything that you need to know about intermittent fasting so you can in turn get the best results that you can with this and also get the healthy body that you want It isn t just good for losing weight it s also a wonderful step in the right direction for those of us who are curious about improving our body and mind but aren t sure on how to do it readily Well you re in luck because this book will teach you all about how to get the most you can out of it **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

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