

Intermittent Fasting 2025: The Ultimate Guide to Weight Loss, Health Benefits & Safe Start



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Davis Smith



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tips and tricks to help you stay fit and healthy and so much more Even if you have tried many other diets in the past to lose weight and have never achieved the desired results with this book you will change your mind because it will help you regain control of your body and enjoy your golden years in perfect and optimal health What are you waiting for Do you want a new healthy way of life Buy it Now and let your customers get addicted to this amazing book *Intermittent Fasting for Beginners* Deacon Daniels, 2022-02-24 Intermittent fasting IF is a dietary eating pattern that involves not eating or severely limiting calories for an extended period There are several subgroups of intermittent fasting each with its variation in fast length some for hours others for days s Because of all of the possible advantages on fitness and health that are being found this has become an incredibly hot issue in the scientific world In this short guide you will learn all you need to know for an impactful intermittent fasting program Get the book now by scrolling up and clicking on the BUY NOW button

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