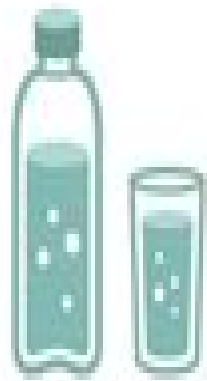


# Intermittent **FASTING**

before 12 pm



no milk  
no sugar

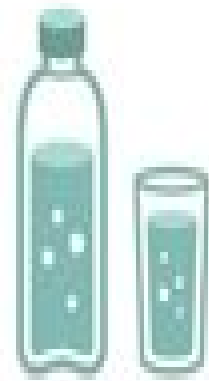
fasting window

12 pm - 8 pm



eating window

after 8 pm



fasting window

# Intermittent Fasting How To Promo

**Nola J. Pender, Albert R. Pender**



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Fast Your Way to Wellness contains 88 fasting recipes to take you all the way through from breakfast to lunch and then on to dinner A number of different fasting methods are provided so you can choose the one that fits in with your lifestyle Lee supplies information about the science of fasting what it is how it works and the enormous health benefits associated with it You ll find tips on how to start your first fast incorporating exercise into your routine and how to monitor results and adjust as you go There s a shopping list and an intermittent fasting calorie calculator to assist if you wish to add certain ingredients to recipes or mix and match All of the recipes are free of gluten wheat processed sugar and yeast and many are also dairy free Each dish includes a serving amount and indicates the number of calories per serve and there are also handy shopping preparation and cooking tips *Various Sermons, Intended to Promote Theistic Religion* Charles Voysey,1871

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