

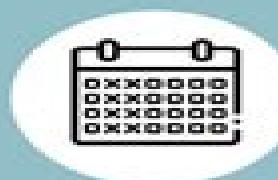
Best intermittent fasting schedules for beginners



Skipping a meal



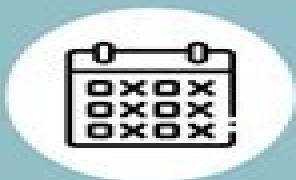
12-hour intermittent fasting



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14:10 intermittent fasting



Alternate-day fasting



16:8 intermittent fasting



18:6 intermittent fasting

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The Ketogenic Diet & Intermittent Fasting Ivan Markovic,2020-04-12 I have discovered that the only thing that kept me going all these years was the hunger to learn more each day I think that is also the reason why I now live in Austria where I have been learning the most significant lessons in my life so far My name is Ivan Markovic I was born on January 17 1987 in Krusevac Serbia My Athletic ability helped me get into the path of finding my higher self and it has proven to be one of my best features since I usually leverage it on a daily basis My soccer career and education at the University of Salzburg for Sports Science and Kinesiology pushed me even deeper into discovering all aspects of how I can improve myself in order to serve others After ten good years of self development I can now proudly say that I had a tremendous privilege of working with young athletes in different areas They have also helped me to collect the last pieces of a puzzle I needed to solve in my life I have decided to share some of the things that I have learned over the years from school and from working with others I strongly believe that this book will help transform your health positively since I have a first hand experience of the health benefits of the ketogenic diet and intermittent fasting I am convinced that you can enjoy the benefits too I look forward to staying in touch with you guys because I believe this is an excellent way to make the planet a better place Follow me on my journey and feel free to ask me anything I will be honored to keep you informed Get in touch with me on social media if you are willing to get deeper insights into my Fitness Training regimen

Apple Watch Series 3 Katrine Isaksen,2023-10-08 Mastering Your Apple Watch 3 Your User Friendly Guide to Next Gen Timekeeping In the world of technology innovation never stops and the Apple Watch 3 is a prime example of how Apple continues to redefine our digital experiences This remarkable device may share its Apple lineage with the iPhone and iPad but it offers a unique interface distinct from what you're accustomed to While it retains some familiar icons it's a universe unto itself designed to sit elegantly on your wrist and serve as your daily companion If you're one of those individuals who find themselves navigating this new frontier and are seeking a quick and hassle free guide to help you get the most out of your Apple Watch 3 then this book is tailor made for you The Series 3 Apple Watch made its grand entrance in September 2017 equipped with watch OS 4 Its flagship feature was the game changing option of mobile connectivity further enhancing its utility and potential Key Highlights A Fresh Interface The Apple Watch 3 is unlike any other Apple device with its unique interface It may share some similarities but it's a world of its own This book is your compass guiding you through the nuances of this new terrain without drowning you in technical jargon Introducing Series 3 In 2017 the Series 3 made its mark bringing with it watch OS 4 and the game changing feature of mobile connectivity Discover how this feature can revolutionize your daily life The Ultimate User Guide Whether you're strapping on your first Apple Watch 3 or looking to uncover its hidden gems this book is your trusted companion It provides everything you need to master your device from initial setup to advanced functionalities Becoming a Pro This book is packed with insights and tips that will transform you into an Apple Watch Series 3 pro Learn how to navigate its features integrate it

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Heal Your Gut, Mind & Emotions Dimple Jangda,2023-10-23 Did you know your physical mental and emotional well being depends on your gut health The healthier your gut the better you are With the gut as a central axis of vigour health coach Dimple Jangda has helped people all over the world recover from chronic diseases through a powerful combination of ancient Ayurvedic science modern research and nutrition with a special emphasis on food chemistry In this comprehensive book she shares the tools that shaped her life and advises on how you can use food to preserve your health and reverse diseases She outlines a five step process that will help you unlock the huge potentials of the gut and improve your gut brain axis so it can share critical information with you on what the body truly needs Dimple s goal is to empower people to use nutrition to prevent disease and through this accessible exhaustive book shows you just how you can do that

Apple Watch Series 3 Lonnie B. Ricks,2023-10-06 Are you thinking of buying an Apple Watch Series 3 and looking for a book to read to gain the best knowledge as regards the Apple Watch 3 This book is well written and very helpful in setting up all the features of the new Apple Watch system All the explanations are easy to understand and the writer doesn t bog you down with a lot of ultra technical stuff that the average reader doesn t need in the first place This guide will give you a rundown of the Watch 3 specific features that are part of Watch OS to help you get used to all the new features It looks nothing like the iPhone or iPad interface you are used to except for a handful of icons If you are lost and don t have a lot of time to comb through thousands of pages of tech speak just to learn how to use a watch then this book is for you The Series 3 was released in Sept 2017 with Watch OS 4 Its flagship feature was the option of mobile connectivity for yet another cost This book is going to teach you everything that you need to know about the Apple Watch 3 device and what is in store for you with the new update Apple Watch 3 Varieties of points have been made clear during this book which will surely assist you in becoming a pro to many who may also be using the Apple Watch Series 3

5:2 Summer-Ready Kate Harrison,2015-06-04 Kate Harrison s bestselling 5 2 diet books including THE 5 2 DIET BOOK THE ULTIMATE 5 2 DIET RECIPE BOOK 5 2 YOUR LIFE and THE 5 2 GOOD FOOD KITCHEN have helped thousands of readers lose weight and build their confidence Now for summer Kate has hand picked 15 of her favourite summer recipes hints and tips from all four of those books to help you get beach ready or swimsuit or swimming trunk ready without having to live on shakes or cabbage soup There is also brand new material including Top 10 Beach Boost Ideas new ways to stay on track a free to download podcast to go with the e book and lots more Join Kate and the 5 2 diet revolution to get bikini ready this summer and stay healthy all year around

16' x 16' Garage

Plans Construction Blueprints John Davidson, 2013-05-15 Please note this book is not a step by step book for construction but the actual plans that can be used to apply for permits Plans in the ebook are low resolution because of limits to the format but links to download and print high resolution to scale blueprints in PDF format are available in the book Engineering may be required on plans to be built in different locations 16 x 16 Garage Plans Construction Blueprints Complete Plans to build a 16 x 16 garage You can print the plans as needed to obtain permits to build a garage Material lists to plan out your project Floor Plans Elevation Plans Pictorials Foundation Plans Section and Framing Plans

Work Stronger

Pete Leibman, 2018-07-31 As author and high performance coach Pete Leibman demonstrates in this eye opening book stronger hours not longer hours are the key to feeling and performing your best over the long term Work Stronger provides a step by step science based approach for increasing your energy decreasing your stress and taking your performance to a higher level This book also features practical tips and powerful insights from private interviews that Leibman conducted with more than twenty five prominent leaders The group includes Chip Bergh the president and CEO of Levi Strauss Co Dick Costolo the former CEO of Twitter and Janine Allis an investor on Shark Tank You ll learn how to form stronger habits in four key areas nutrition exercise focus and renewal that are highly correlated with greater health well being and performance You can also get a free assessment of your current habits and you can download a free copy of The Work Stronger Workbook at

WorkStronger.com *Alternative Ageing* Suzi Grant, 2006-06-29 Suzi Grant knows the secrets of youth The Times LOOK AND FEEL YOUR BEST IN 2020 WITH ALTERNATIVE AGEING THE NATURAL WAY TO FEEL YOUNG AGAIN Suzi Grant is in her late sixties but you wouldn t know it Still living life to the full she knows the secrets of looking and feeling fabulous for ever A leading blogger and researcher into ageing Suzi has created this easy Alternative Ageing action plan to give you more energy and vitality Inside you ll discover What foods to eat and avoid How to keep your skin glowing How to naturally boost your hormones Easy fitness exercises Simple stress busters An average alternative ageing day Follow the tips in Alternative Ageing and you ll soon discover a new you who looks and feels great and runs rings around your children and even

grandchildren It s time to feel young all over again *Intermittent Fasting* Tom Edwards, 2017-02-22 Getting Your FREE Bonus Download this book read it to the end and see BONUS Your FREE Gift chapter after the conclusion Intermittent Fasting Lose Weight Gain Muscles and Feel Your Best If you are like most people losing weight was on your list of goals for the year Perhaps you have a lot to lose perhaps you only want to shed those few pesky pounds that seem to cling to you like glue You may have started the year strong but perhaps your motivation is now waning Or perhaps you haven t yet begun After all the concept of losing weight while you know without a doubt that it s something you want to do you know it s going to be hard and you aren t going to have fun doing it But with a little secret you can actually change your life for the better losing weight gaining muscle and becoming healthier all without the stress and hassle of conventional weight loss Who wants to go on a fad diet Who wants to spend hours in the gym Who wants to give up on the foods they love for the sake of losing a

few pounds You know weight loss is important but when it comes down to it it's really difficult to accomplish And that's where this book comes in In it I am going to teach you all about a weight loss break through and launch you into the success you have been dreaming of Intermittent fasting may have been around for thousands of years but it is only recently that men and women have learned what it can truly do Lose weight achieve greater health and enjoy your life to the fullest with intermittent fasting and let this book be your guide to show you how it's done Learn what intermittent fasting is and why it works Learn how to use intermittent fasting for yourself Lose weight and gain muscle with your intermittent fasting And more Download your E book Intermittent Fasting Lose Weight Gain Muscles and Feel Your Best by scrolling up and clicking Buy Now with 1 Click button **Intermittent Fasting** Matt Burton,2017-01-03 Learn the secret to success with the intermittent fasting diet You're one click away from learning what it takes to lose the weight you have always wanted and get the slim toned body you have been looking for The intermittent fasting diet is one of the best ways to lose weight and optimize your health It has been around for centuries and isn't just another fad diet This book will take you through the steps required to be successful on the intermittent fasting diet Don't waste any more time with the trial and error that comes from finding the right diet for your unique body type Intermittent fasting works for everyone because our bodies have evolved to respond to it It is hard wired in our DNA to lose weight and reap amazing health benefits from intermittent fasting You will be amazed at the results you will have in just the first few days Warning This book is for those who really want to lose weight and get healthy Whether your goal is 5 pounds 50 pounds 100 pounds or more intermittent fasting is perfect for you This diet will change your life and get rid of that stubborn fat fast Intermittent fasting is not like other diet plans There is no calorie counting or restricting the amount of food you eat on days you don't fast You won't have to find time to plan small calorie meals or workouts No more insanity with a food scale to find out just how many calories are in the chicken breast you are going to eat Simply stick to the guide laid out in this book and you will start seeing the pounds drop off Here Is A Preview of What You'll Get Out of This Book An introduction to intermittent fasting The history of intermittent fasting Major myths about intermittent fasting that are holding you back Major benefits of intermittent fasting beyond just losing weight Tools to help you track weight loss progress while intermittent fasting What you need to know before you start an intermittent fasting program The six fasting programs for weight loss How to stop intermittent fasting the right way Pitfalls of intermittent fasting and how to avoid them Gender differences with intermittent fasting Frequently asked questions about intermittent fasting How to get the most out of intermittent fasting What to eat while intermittent fasting Who should and who should not try intermittent fasting Pros and cons to help you decide if intermittent fasting is right for you And much more Download your copy today and start getting results now Take action today and click buy now **Intermittent Fasting** Kayla Bates,2017-07-24 This 5 Step Guide is the EASIEST Way to Use Intermittent Fasting to Lose Weight Improve Your Health FREE BONUS INCLUDED If you download this book you will get a FREE DOWNLOAD of a best selling book from Kayla Bates

The Ultimate Guide to Healthy Eating Losing Weight Without Starving Yourself From the best selling author Kayla Bates comes Intermittent Fasting 5 Step System to Unlock Your Body's FULL Potential to Burn Fat FAST Get Toned Still Eat Your Favorite Foods This book will help you unlock the full potential of your body to lose weight fast If you are trying to lose weight but can't seem to see any real results If you want to tone up and get that sexy dream body you've always wanted Or if you just want to lose weight while still being able to eat your favorite foods THEN THIS BOOK IS FOR YOU This book provides you with a 5 step system that works quickly to unlock your body's full potential to burn fat faster than ever before It comes with all the information you need to know to begin your journey to good health and achieving weight loss with intermittent fasting If you successfully implement this guide you will Start losing weight and seeing results in as little as two weeks Live a healthy and happy life while enjoying all your favorite foods Begin burning excess body fat so you can finally get that dream body Be able to implement intermittent fasting effectively and safely Feel energized and start your day refreshed every time Tags intermittent fasting intermittent fasting for women intermittent fasting for beginners intermittent fasting for weight loss intermittent fasting carb cycling fasting for weight loss fasting and eating for weight loss [Intermittent Fasting](#) Charlie Mason, 2020-11-21 If you need to lose weight look great reduce inflammation boost your immunity or a myriad of other benefits then you should consider one of the various intermittent fasting methods There are different forms of intermittent fasting so if you want to fast responsibly then you should find the type of fasting that suits you best For instance there is the 16 8 fasting where you fast for 16 hours and then eat your meals within the remaining 8 hours Then there is the alternate day fast where you fast on one day and eat normally the next You may also choose the extended fast where you fast for a longer period of time such as 8 days or more Traditional fasting has proven to be ineffective with many people unable to cope with the tough requirements Ordinarily people would fast from dawn to dusk for probably an entire month having to endure days on end without proper meals Then once the benefits of fasting are achieved they would resume normal life only for the problems to creep back again This can be very frustrating Fortunately intermittent fasting solves this challenge Rather than go through lengthy periods of fasting all you need to do is identify the most suitable intermittent type of fasting For instance you may choose the 16 8 format where you go for 16 hours without eating anything and only eat within an 8 hour window in any given day Fortunately the 16 hours of fasting include your sleeping time so you will be asleep for about half of that time Intermittent fasting has gained popularity because it offers choice is easy to handle and has a lot of benefits but without the rigors and disadvantages of traditional ways of fasting If you need to lose weight look great reduce inflammation boost your immunity or a myriad of other benefits then you should consider one of the various intermittent fasting methods Tags Fasting Intermittent Weight Loss Guide Your Muscle Diet Burn Lose Build Healthy intermittent fasting intermittent fasting books intermittent fasting for women intermittent fasting diet intermittent fasting and ketogenic diet intermittent fasting 101 intermittent fasting free kindle books intermittent fasting for men intermittent fasting and keto diet

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Intermittent Fasting 101 Felicia Sanders,2019-08-28 Are you someone who is looking out for having powerful effects on both the brain and the body or increasing the longevity Are you tired of not achieving any results in spite of trying umpteen methods to stay fit Read On Intermittent Fasting is the latest trend which focuses not on the type of food that has to be eaten but the time when they should be taken in Thus intermittent fasting is not a pattern of diet in the conventional sense of the term but is actually an eating pattern involving 16 or 24 hour fasts twice per week There are various methods of intermittent fasting all of which is about splitting the week or the day into fasting and eating periods Intermittent fasting is gradually becoming the most followed fitness and health trend in the world DOWNLOAD Intermittent fasting 101 A Complete Guide to Unlock Weight Loss Potential and Live a Healthier Life for Women Quick Recipes Ideas and 16 Effective Methods to Achieve the Best Results Women are in general vulnerable to various health conditions and on top of that if the diet and eating practices what they follow are not up to the mark there can be serious complications The goal of the book is simple The eBook is the perfect guide to help women know about the science behind controlling diseases like sugar and inflammation The book also helps pregnant women to start with a good diet and achieve fast results You will also learn Benefits of Intermittent Fasting The Science Behind Food to include and exclude Advice for pregnant women How to start and get results 16 Best methods to get the most out of this diet How to track your diet using various free Technology List of 101 short and unique recipes for diet Would you like to know more Download the eBook Intermittent Fasting 101 to get hold of the perfect path to a healthy life Scroll to the top of the page and select the BUY NOW button

Intermittent Fasting Playbook Nicholas Mayor,2018-09-03 Do you really understand the fundamentals of how real weight loss works People buy diet supplements join expensive gym memberships or even buy exercise equipment after watching some YouTube videos to get rid of that ugly tummy fat But sadly most people struggle to see the REAL results because they follow what s popular and don t know the right answers If you are searching for sustainable ways to lose weight burn extra fats and heal your body in the process you might have already come across literature about intermittent fasting for weight loss Don t stop there Dig deeper because you

are closer to attaining a sustainable solution for all your weight loss related problems To help you provide the right background and answer all your questions about intermittent fasting for weight loss here is your go to guide INTERMITTENT FASTING PLAYBOOK Here is what you will discover in INTERMITTENT FASTING PLAYBOOK Why intermittent fasting weight loss methodology focuses on long term sustainable results in losing weight Explore how this book is different from other intermittent fasting kindle books as it will teach you simple and daily activities that you can take up quickly to start losing weight Bust all your myths about intermittent fasting flavors or warrior diets or other such things Even if you're scared of fasting you'll learn the ways to implement the intermittent fasting with tested strategies and a little bit of commitment This intermittent fasting book will explain you what is the right intermittent fasting diet plan for you Should you try intermittent fasting 16:8 or you go for 20:4 intermittent fasting How intermittent fasting women should follow a different fasting and eating window as compared to men Learn about major benefits intermittent fasting provides you besides weight loss Understand the reasons why most diets fail and what is so special about intermittent fasting Understand how intermittent fasting weight loss techniques can automatically reduce your calorie intake most important for weight loss Learn more about Eat Stop Eat or different eating windows and what suits your body needs How you can turbo charge weight loss while still eating the food you love Why you should switch to low carb intermittent fasting gradually Understand how keto and intermittent fasting is a wonderful fusion and why should you implement keto intermittent fasting to put your weight loss journey on fast track INTERMITTENT FASTING PLAYBOOK will show you proven intermittent fasting weight loss methods that will help you to burn fat heal your body improve your general health and help you live longer Are you tired of trying too much Don't waste time anymore Download your copy of INTERMITTENT FASTING PLAYBOOK now Learn best ways to apply intermittent fasting for weight loss heal your body and live a healthy life *Intermittent Fasting for Women Over 50* Eva Peterson, 2020-09-23 LOOKING FOR A WAY TO LOSE WEIGHT AND STAY HEALTHY EVEN WHEN YOU ARE OVER 50 IF YOUR ANSWER IS YES THEN KEEP READING FURTHER Intermittent Fasting could be the healthy sustainable eating solution you've been looking for so many years Interestingly Intermittent Fasting is not new Fasting has been practiced for a long time Fasting involves abstaining from calorie foods and drinks all for a good cause Research has shown that by adopting the intermittent fasting diet you can lose weight control the development of certain diseases improve your metabolism and increase longevity among other benefits You may have tried a dozen diets and failed but none of them come close to intermittent fasting It could be the solution you've always been looking for Weight loss doesn't have to be strenuous The difference between this eating pattern and diets is that it produces results since it focuses on the timing of meals that mostly end up eliminating the possibility of eating at odd hours that result in weight gain This book is a perfect guide to Intermittent Fasting for Women over 50 Intermittent fasting offers you such flexibility that you don't have to make the sacrifices associated with most calorie restriction diets and methods However you will lose weight Lastly intermittent fasting is not just

any other weight loss diet but a way of life You don t have to worry about gaining weight once you stop fasting you will need to make conscious decisions about your meal schedules to maintain your ideal weight and not feel guilty when eating Below is the List of Things You Will Learn What Is Intermittent Fasting Intermittent Fasting Methods Benefits of Intermittent Fasting Best Exercises For Women Over 50 Common Intermittent Fasting Myths Mistakes To Avoid During Intermittent Fasting Some Frequently Asked Questions About Intermittent Fasting One Week Diet Plan Recipes For Fasting For Women Over 50 And much more You will discover a better and healthier way to lose weight that doesn t involve radical changes in your lifestyle and dietary needs Are you ready to begin the journey to a healthier life Then Scroll up and Click the Orange BUY NOW WITH 1 CLICK BUTTON on the top right corner and Download Now You won t regret you did See you inside

Intermittent Fasting Nicola Kersey, 2018-02-18 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 book you will be able to learn what fasting is what it s not the history behind fasting the science of fasting as well as actual techniques methods practical advice and tips that you can apply when you re ready to start fasting The ancient Greeks were firm believers of fasting The elite of Greek society including many renowned thinkers physicians and spiritual teachers believed that fasting was a virtue 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 The Basics of Fasting A Short History of Fasting The Physiology of Fasting What Really Happens to Your Body When You Fast The Many Benefits and Advantages of Fasting The Different Types of Fasting The Common Myths and Misconceptions about Fasting The Common Difficulties and Problems People May Face When Fasting Tips and Advice to Help You Fast Successfully 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 you too With intermittent fasting you ll be shedding those pounds in no time Are you ready to start your path towards a healthier and more fulfilled life This book is regularly 2 99 but right now for a limited time you can download it for only 0 99 Download your copy today Scroll up to the top and click BUY NOW Tags intermittent fasting intermittent fasting results intermittent fasting benefits benefits of fasting diets to lose weight fast intermittent fasting weight loss fasting for weight loss fast times fast results 24 hour fast intermittent fasting schedule intermittent fasting guide intermittent fasting meals diet plan to lose weight fast weight loss clean eating lose weight burn fat heal your

body the fast diet stay healthy live longer preserve muscle **Intermittent Fasting** Alex Bourne,Eden Rohmer,2017-09-18
Book 1 Have you heard so much about Intermittent fasting and you finally want to try it out Look no further this is the best guide you could ever use to ensure your success This Master Plan Includes Chapter 1 What Makes Intermittent Fasting Different Chapter 2 Some FAQs On Intermittent Fasting Chapter 3 Amazing Practical Tips To Make It Work Chapter 4 Delicious Low Carb Food That You Should Incorporate In Your Daily Meal Plan Chapter 5 40 Intermittent Fasting Recipes Inside you will learn the secrets that make intermittent fasting so successful while also learning about all the various types of intermittent fasting that are popular today Intermittent fasting of all types has a plethora of benefits on the human body including weight loss muscle gain and an added resilience to everything from heart attack to stroke While it might sound too good to be true you will also find the science behind the fad which conclusively proves why it is so successful Does it sound too much Don't panic and don't back down This diet will NOT make you hungry If your schedule is planned correctly and you follow it loyally you will never starve This book will help you balance your metabolism and achieve a healthier and happier lifestyle Don't you want that Then Don't Hold Back Download Now And Start Intermittent Fasting TODAY Book 2 Imagine how different your life would be if you could lose fat increase muscle mass and cleanse your body all at the same time just by changing when you eat Want to lose weight Want to put on muscle Want to cleanse your body Want to sleep better Want to have more energy These are just a handful of benefits which can be achieved when a person switches to an IF style of eating You have tried everything yet nothing seems to work But have you tried Intermittent Fasting It is a way of manipulating your daily eating patterns with the goal to lose weight and improve your digestive system and your overall health This is an easy diet to follow because it doesn't involve large calorie restriction The steps are easy and you can follow them with the help of Alex Bourne's book Intermittent fasting How to lose weight and still eat the food you love Inside this amazing book you will find Chapter 1 What Is Intermittent Fasting Chapter 2 Myths Regarding Intermittent Fasting Chapter 3 For Those Who Are Starting Intermittent Fasting Chapter 4 The Workout Plan Chapter 5 Advanced Workout Plan Chapter 6 Recipes You will NEVER take up another fad diet ever again once you have seen the benefits of intermittent fasting It is quite possibly the easiest way to lose weight while still enjoying great food most of the time Get your copy of Intermittent Fasting today Losing weight is about to become much easier **Intermittent Fasting** Elliot Cutting,2019-04-15 Intermittent Fasting Do you feel like no matter how hard you try and no matter how many different diets and lifestyle changes you go on You always seem to be stuck at the same old weight Would you like to lose weight and feel better while eating your favourite foods If so then keep reading Intermittent fasting is a lifestyle in which you can eat many more of the foods you actually enjoy and still lose weight at the same time At the same time Intermittent Fasting isn't just to lose weight it also has other health benefits too making it something that everyone should do even if they aren't looking to lose fat I take it you've followed countless diets without seeing any proper results right Well from now on you can watch the fat float away while you're in disbelief in how

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