

BIGGEST LOSER 2.0

OBESE CATEGORY WINNER

29.80% LOSS



66.95 KLS

BMI: 30.6



47 KLS

BMI: 21.46

ERYKAH ZHAYINE ALEJO

Intermittent Fasting Emmy Winners Latest

Kathleen Armour



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often daunting There are so many opportunities to eat during the day and sometimes it s rude not to participate in meals what do you do with the time you used to spend eating How do you navigate social situations while fasting How can a food addict mentally prepare for a fast Life in the Fasting Lane fills all of these gaps and more by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind helping people cope with all aspects physical social emotional medical of fasting It blends cutting edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life **Intermittent Fasting for Women** Beatrice Anahata,2019-11-15 Are you tired of complicated diets pills and tasteless food Want a proven weight loss system so powerful it melts away fat like magic while adding years to your life Introducing Intermittent Fasting For Women This weight loss system doesn t rely on dangerous pills sketchy supplements calorie counting menu planning or even special foods In fact you can eat ANYTHING you want no need to deprive yourself ever This guide will teach you what you need to know about this revolutionary weight loss system to melt fat reboot your metabolism and boost your quality of life to extraordinary new heights in as little as 14 days What you ll discover 6 Incredible Benefits of Intermittent Fasting Number 5 will Shock You 8 Pit Falls that WILL Sabotage Your Results 6 Various Types of Intermittent Fasting Choose the right one to suit your lifestyle 7 Tips to Help You Stay Motivated And much much more Millions of people like you are using it to lose weight and improve their health Intermittent Fasting turbo charge s weight loss while detoxifying your body of harmful toxins decreasing hunger minimizing risk of type 2 diabetes lowering risk of heart disease and increasing longevity It s sustainable As soon as you hit your goal weight simply take a step back and maintain it It s totally flexible do it around holidays family parties while travelling whatever your lifestyle s like If you re ready to refocus your energy into healthy life extending habits Intermittent Fasting for Women is the solution Order your copy today and start shedding unwanted fat in as little as 14 days

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