



A type of scheduled eating plan where you simply restrict your normal daily eating to a 6-8 hour window of time, without cutting calories.*

BENEFITS

INCREASES

- Insulin and leptin sensitivity, reducing the risk of chronic disease, from diabetes to heart disease and even cancer
- Ghrelin levels, also known as "the hunger hormone," to reduce overeating
- Ability to become "Fat Adapted", which increases your energy by burning stored fat



DECREASES

- Triglyceride levels, decreasing your risk of heart disease
- Inflammation and free radical damage
- Weight gain and metabolic disease risk

EATING



RECOMMENDED SCHEDULE



<http://fitness.mercola.com/sites/fitness/archive/2013/01/18/intermittent-fasting-approach.aspx>
<http://fitness.mercola.com/sites/fitness/archive/2013/03/01/daily-intermittent-fasting.aspx>

*If you're hypoglycemic, diabetic, or pregnant (and/or breastfeeding), you are better off avoiding any type of fasting or timed meal schedule until you've normalized your blood glucose and insulin levels, or seeked medical advice. Other conditions that should be taken into account to avoid fasting include those living with chronic stress, and those with cortisol dysregulation. The information on this graphic is not intended to replace a one-on-one relationship with a qualified health care professional.

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Take Control of Your Health

Intermittent Fasting How To On Sale

Jeff Riseley

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Stress Less, Sell More Jeff Riseley,2023-01-24 Improve your sales performance and avoid burnout with Mental Health resilience and stress management strategies In Stress Less Sell More 220 Strategies to Prevent Sales Burnout and Maximize Mental Performance celebrated sales leader and founder of the Sales Health Alliance Jeff Riseley delivers a practical and impactful handbook that makes it easy for sales teams to perform better and build mental health conversations consistently into their busy selling days In the book you ll explore ways to navigate the pressures and stressors faced by every sales professional Its pages can be read day by day or all at once and a companion website supplements the material found in the book with free articles and videos You ll also discover How to build an individual Mental Health and stress management toolkit to improve mental resilience and sales performance Ways to overcome stressors in sales like lost deals missed targets and buyers ghosting Helpful team based changes that dramatically improve salesperson mental health like quota relief during vacations An essential guide to improving salesperson wellbeing and sales performance Stress Less Sell More will prove to be an invaluable resource for sales leaders team leaders salespeople and sales teams looking for ways to make daily work life less stressful and more productive

Elite Sales Strategies Anthony Iannarino,2022-04-05 Accelerate your sales career with this how to book from an expert in sales In Elite Sales Strategies expert sales leader Anthony Iannarino offers his philosophy about becoming a commercial success This guidebook provides unique insights into how to approach every sale by serving your clients from a position of authority and expertise As Iannarino himself notes this technique speaks to an ethical obligation towards your client combining ethics and tactics to help place you in a position where your strengths can be fully utilized This guidebook suggests putting yourself in a one up position where you as the salesperson come to a client in a position of authority and strength where you yourself are qualified to offer nuanced and helpful advice to companies that have put themselves in a one down position whether that be by bad decision making poor understanding of the marketplace or bad luck At its heart this book suggests you find the advantages that you can provide that will in turn help your client become one up themselves in their own field and ensure they achieve the better results they need In addition Elite Sales Strategies provides readers with A step by step approach for how to become one up yourself and what you provide to your clients A healthy analysis of what makes a person or a company one down and tips on how to course correct Strategies tactics and talk tracks that will provide you with what you need to become one up Terminology and vocabulary so that you can approach your client with tact and decorum while still addressing the weaknesses of their system As a successful international speaker author and sales leader Anthony Iannarino brings a unique set of skills to bear in this book Iannarino s tried and true methodology is an ideal resource for sales professionals in all fields as well as for executives and managers looking to improve their sales success and position within the business world

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