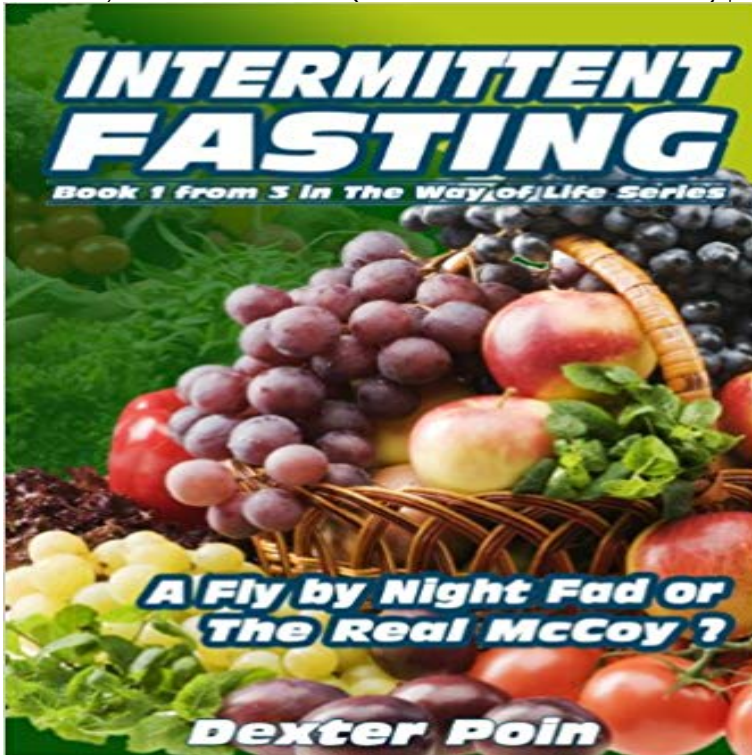


# INTERMITTENT FASTING (Nutritional Books, Nutrition for Healing, Diet Detox, Diet Fix, Diet Therapy, Diet Solutions, Diets and Weight Loss, Diets Suck (Intermittent fasting diet Book 1)



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INTERMITTENT FASTING Those few people who need to utilize intermittent fasting and do so in a safe well thought out manner can reap many benefits from utilizing this eating pattern. On the other hand, those who do not need to utilize this pattern of eating, or are simply using it as a way to deprive themselves from calories over an extended period of time, can possibly be doing more harm than good to their bodies.

Intermittent fasting does not equal starvation diet. This book is not what you think it might be. I am not an advocate of intermittent fasting nor am I against it. I just wanted to bring a different point of view on the subject that seems to have many people believing that this type of eating pattern is somehow something magical which it is not. I will see you on the inside...

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