



The Mini-Fast Diet: Burn Fat Faster Than Ever with the Simple Science of Intermittent Fasting

Julian Whitaker, Peggy Dace

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In this breakthrough plan by a renowned wellness doctor, one simple lifestyle change can help reverse metabolic syndrome, drop pounds, and lower insulin levels and blood pressure. The magic secret? A clinically proven, research-backed mini-fast that drives the body into an extreme fat-burning state called *ketosis*. Just skip breakfast, then add a simple exercise program to burn even more fat. After the mini-fast, eat normally for the rest of the day, focusing on proper portions of lean protein, vegetables, and low-fat, low-glycemic carbs. No counting calories--and no hunger.

Readers will learn everything they need to follow this expertly designed program, plus:

- How to kickstart and stay in ketosis
- A 2-week sample meal plan with more than 50 easy, delicious recipes
- Advice on safe, effective exercise habits, plus an illustrated guide to the fitness plan
- Success stories from people who have changed their lives with the diet
- Science on how the program helps fight or prevent diabetes, arthritis, heart disease, and more

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Antonio Duncan:

This The Mini-Fast Diet: Burn Fat Faster Than Ever with the Simple Science of Intermittent Fasting is great book for you because the content which is full of information for you who also always deal with world and have to make decision every minute. This particular book reveal it info accurately using great coordinate word or we can say no rambling sentences in it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but tough core information with wonderful delivering sentences. Having The Mini-Fast Diet: Burn Fat Faster Than Ever with the Simple Science of Intermittent Fasting in your hand like having the world in your arm, information in it is not ridiculous 1. We can say that no book that offer you world within ten or fifteen tiny right but this publication already do that. So , this can be good reading book. Hey Mr. and Mrs. busy do you still doubt this?

Steve Garcia:

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Dana Gallo:

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