

intermittent fasting plateau

The article title is: Breaking Through Your Intermittent Fasting Plateau: Strategies for Continued Progress

intermittent fasting plateau is a frustrating roadblock many individuals encounter on their weight loss and health journey. After initial success with intermittent fasting (IF), you might find yourself stuck, with weight loss stalling and motivation waning. This common phenomenon, often referred to as an IF plateau, can feel disheartening, but understanding its causes is the first step toward overcoming it. This comprehensive guide will delve into why these plateaus occur, explore common contributing factors, and provide actionable strategies to help you break through and reignite your progress. We will cover adjusting your fasting window, refining your eating window, exploring different IF methods, and addressing lifestyle factors that may be hindering your results.

Table of Contents

Understanding the Intermittent Fasting Plateau

Common Causes of Intermittent Fasting Plateaus

Strategies to Break Your Intermittent Fasting Plateau

Fine-Tuning Your Eating Window

Adjusting Your Fasting Schedule

Exploring Different Intermittent Fasting Methods

Lifestyle Factors Affecting Your Intermittent Fasting Plateau

When to Seek Professional Guidance

Understanding the Intermittent Fasting Plateau

An intermittent fasting plateau is characterized by a period where you experience no further progress in terms of weight loss, body composition changes, or improvements in metabolic markers, despite adhering to your established fasting and eating schedule. It's a signal that your body has adapted to your current approach, and something needs to change to stimulate further adaptation and progress. This phenomenon is not unique to intermittent fasting; it's a common occurrence in many weight management strategies as the body seeks to conserve energy and maintain a stable state, known as homeostasis.

The initial enthusiasm and rapid results often seen when starting IF can lead individuals to believe that their current protocol is a permanent solution. However, the body is a dynamic system, and continuous adaptation is necessary to keep making gains. Recognizing that a plateau is a normal part of the process, rather than a failure, is crucial for maintaining a positive mindset and continuing your health journey. The key lies in understanding the underlying reasons for this stall and implementing strategic adjustments to re-engage your body's fat-burning mechanisms and metabolic processes.

Common Causes of Intermittent Fasting Plateaus

Several factors can contribute to an intermittent fasting plateau, often stemming from adaptations

the body makes over time. As your body becomes more efficient at utilizing stored fat for energy during fasting periods, it may also become more efficient at conserving energy overall. This can lead to a metabolic slowdown, where your resting metabolic rate decreases, meaning you burn fewer calories at rest. Another significant contributor is often found within the eating window itself. If calorie intake is not carefully managed, or if food choices within the eating window become consistently less healthy, it can easily negate the benefits of fasting.

Stress, sleep deprivation, and lack of physical activity are also major players in stalled progress. Chronic stress elevates cortisol levels, a hormone that can promote fat storage, particularly around the abdomen, and can also increase appetite and cravings. Poor sleep disrupts hormonal balance, affecting appetite-regulating hormones like ghrelin and leptin, and can impair muscle recovery and growth, which are vital for metabolism. Finally, a lack of progressive overload in exercise routines, or a complete absence of physical activity, means the body has no additional stimulus to increase calorie expenditure or build lean muscle mass, further contributing to a plateau.

Metabolic Adaptation

Metabolic adaptation is the body's natural response to prolonged calorie restriction or periods of fasting. Over time, your metabolism can slow down as it becomes more efficient at using energy. This means that the number of calories you burn at rest (your basal metabolic rate) can decrease, making it harder to create the calorie deficit needed for continued weight loss. This is your body's way of protecting itself from perceived starvation by conserving energy. Understanding this adaptation is crucial for devising strategies that can help to "re-kickstart" your metabolism.

Calorie Creep in the Eating Window

Perhaps the most common reason for an intermittent fasting plateau is the gradual increase in calorie intake during the eating window. While IF helps regulate eating times, it does not automatically guarantee a calorie deficit. If portion sizes increase, or if more calorie-dense, less nutritious foods are consumed, the surplus calories can easily offset the fasting benefits. This "calorie creep" can happen unconsciously, making it essential to remain mindful of overall intake even within your designated eating period. Tracking your food intake for a short period can often reveal surprising insights into where calories are accumulating.

Inadequate Sleep Quality

Sleep plays a vital role in regulating hormones that control appetite and metabolism. When you don't get enough quality sleep, your body may produce more ghrelin, the hormone that stimulates hunger, and less leptin, the hormone that signals fullness. This hormonal imbalance can lead to increased cravings, particularly for high-calorie, carbohydrate-rich foods, and can make it harder to stick to your eating window and calorie goals. Furthermore, poor sleep can hinder muscle repair and growth, which are important for maintaining a healthy metabolic rate.

Chronic Stress Levels

Elevated stress levels, whether from work, personal life, or even excessive exercise, can significantly impact your weight loss efforts. The primary culprit is the hormone cortisol. When you are chronically stressed, your body releases more cortisol, which can promote fat storage, especially in the abdominal area. Cortisol can also increase your appetite and cravings for "comfort foods" that are often high in sugar and fat. This can sabotage your IF efforts by making it more difficult to control your eating habits and maintain a calorie deficit.

Lack of Physical Activity or Progressive Overload

While intermittent fasting can be a powerful tool for weight loss, it is often most effective when combined with regular physical activity. If you've reached a plateau, it might be time to re-evaluate your exercise routine. Simply doing the same workouts without progression can lead to your body adapting and burning fewer calories. Introducing new types of exercise, increasing the intensity, duration, or frequency of your workouts, and incorporating strength training to build lean muscle mass are all crucial for creating a greater energy expenditure and overcoming plateaus.

Strategies to Break Your Intermittent Fasting Plateau

Overcoming an intermittent fasting plateau requires a strategic and often multi-faceted approach. It's not about drastic measures but rather making targeted adjustments to your existing routine. The goal is to introduce a novel stimulus to your body, prompting it to adapt and resume progress. This might involve tweaking your fasting duration, modifying your eating window, or even exploring different IF protocols. Patience and consistency are key, as your body may take some time to respond to the changes you implement. The following strategies are designed to help you reignite your progress and continue on your health journey.

It's important to approach these strategies with a holistic mindset. Nutrition, exercise, sleep, and stress management are all interconnected, and improvements in one area can positively influence others. By systematically addressing potential roadblocks and implementing informed adjustments, you can effectively break through your intermittent fasting plateau and achieve your desired results. Remember to listen to your body and adapt these suggestions to your individual needs and preferences.

Fine-Tuning Your Eating Window

While the fasting window is critical, the quality and quantity of food consumed during your eating window play an equally significant role in breaking through a plateau. You might need to reassess your caloric intake. Even with IF, if you are consuming more calories than you burn, you won't lose weight. Consider meticulously tracking your food intake for a few days to identify any hidden calorie sources or portion creep. Furthermore, focusing on nutrient-dense whole foods can improve satiety, provide essential vitamins and minerals, and support overall metabolic function.

Prioritizing protein and healthy fats is particularly beneficial. Protein is highly satiating and requires

more energy to digest, contributing to thermogenesis. Healthy fats are crucial for hormone production and can also promote feelings of fullness. Reducing refined carbohydrates and added sugars can help stabilize blood sugar levels and prevent energy crashes that may lead to overeating. Making conscious choices about macronutrient balance within your eating window can have a profound impact on your progress.

Prioritize Whole, Unprocessed Foods

The foundation of breaking an intermittent fasting plateau often lies in the quality of your nutrition during your eating window. Shifting your focus towards whole, unprocessed foods is paramount. This includes lean proteins, an abundance of vegetables, fruits, nuts, seeds, and healthy fats like avocado and olive oil. These foods are rich in nutrients, fiber, and antioxidants, which promote satiety, support metabolic health, and provide sustained energy. By filling your eating window with nutrient-dense options, you naturally reduce the likelihood of consuming excess calories and improve your overall dietary quality.

Adjust Macronutrient Ratios

Simply eating "healthy" might not be enough if your macronutrient ratios are not optimized for your body's needs. Consider increasing your protein intake. Protein is thermogenic, meaning your body burns more calories digesting it, and it also promotes satiety, helping you feel fuller for longer. Including adequate healthy fats is also crucial for hormone production and satiety. While carbohydrates are necessary for energy, focusing on complex carbohydrates from vegetables, fruits, and whole grains, and moderating refined carbohydrates and sugars, can help stabilize blood sugar levels and prevent energy spikes and crashes that can lead to cravings and overeating.

Portion Control and Calorie Awareness

Even with intermittent fasting, a calorie deficit is generally required for weight loss. It's easy for portion sizes to creep up over time, especially with enjoyable foods. Implementing mindful portion control or even tracking your calorie intake for a short period can be highly illuminating. Understanding your actual caloric consumption will help you identify if you are inadvertently consuming more than you need, thereby hindering your progress. Awareness is the first step to making effective adjustments to bring your intake back into a deficit.

Adjusting Your Fasting Schedule

Your body is incredibly adaptable, and it's possible that your current fasting schedule has become too familiar, leading to a metabolic slowdown. Experimenting with different fasting durations or timings can provide a new stimulus. This doesn't necessarily mean drastically extending your fasts, but rather introducing variations that challenge your body in new ways. Consistency is important, but sometimes a calculated variation can be the key to unlocking stalled progress.

Consider slightly extending your fasting periods if your current schedule is very lenient, or perhaps shortening them slightly on certain days to offer a less demanding approach. The key is to avoid making your fasting schedule too easy or too difficult, but rather to find a new balance that encourages adaptation. Listening to your body's hunger cues and energy levels during these adjustments is crucial to ensure you are not pushing yourself to an unsustainable extreme.

Varying Your Fasting Length

If you've been consistently following the same fasting window (e.g., 16:8), your body might have adapted. Consider incorporating slightly longer fasts occasionally, perhaps a 20:4 or even a 24-hour fast once a week or every two weeks, depending on your comfort level and how your body responds. Conversely, if you are already doing very long fasts, you might consider slightly shortening your fasting window on some days to give your digestive system a break and potentially re-regulate hunger hormones, which can sometimes help break a plateau.

Shifting Your Eating Window Timing

Sometimes, simply shifting the timing of your eating window can be beneficial. For instance, if you've been eating late into the evening, try moving your eating window earlier in the day. This can help align your eating patterns with your body's natural circadian rhythms, potentially improving digestion and sleep quality, both of which can indirectly impact weight management. Experiment with different start and end times for your eating window to see if this creates a positive shift.

Exploring Different Intermittent Fasting Methods

If your current IF protocol isn't yielding results, it might be time to explore alternative methods. The world of intermittent fasting is diverse, offering various approaches that cater to different lifestyles and metabolic needs. What works for one person may not work for another, and sometimes a different structure can provide the novel stimulus your body needs to break through a plateau.

Consider if a more structured approach or a less restrictive one might be more suitable. It's important to choose a method that you can realistically adhere to long-term. Jumping between too many methods too quickly can be counterproductive. Instead, select one or two alternatives to try for a consistent period to assess their effectiveness before making further changes. Always listen to your body and consult with a healthcare professional if you have any underlying health conditions.

Alternate-Day Fasting (ADF)

Alternate-Day Fasting involves alternating between days of normal eating and days of very low calorie intake or complete fasting. While this can be an effective method for creating a significant calorie deficit over time, it is more intense than daily intermittent fasting. If you're experiencing a plateau, carefully integrating ADF for a short period, perhaps one or two days a week, could provide a strong metabolic reset. Ensure you are properly hydrating and fueling on your non-fasting days.

The 5:2 Diet

The 5:2 diet is another popular IF method where you eat normally for five days of the week and restrict your calorie intake to around 500-600 calories on the remaining two non-consecutive days. This approach offers a different way to create a weekly calorie deficit without the daily commitment of a strict fasting window. If you find daily fasting challenging to maintain, or if your current routine has stalled, the 5:2 diet can be a viable strategy to explore for breaking through an IF plateau.

Time-Restricted Eating Variations

Beyond the common 16:8 method, there are many variations of time-restricted eating (TRE). For example, you could try a 14:10 window if you're currently doing 16:8, or an 18:6 if you're finding 16:8 too easy. Some individuals find success with even shorter eating windows, such as OMAD (One Meal A Day), though this is a more advanced approach and requires careful nutritional planning. Experimenting with these TRE variations allows you to find a sustainable schedule that keeps your metabolism engaged.

Lifestyle Factors Affecting Your Intermittent Fasting Plateau

It's a common misconception that intermittent fasting is solely about diet and timing. However, your overall lifestyle plays a critical role in your body's response to IF and its ability to break through plateaus. Neglecting other crucial aspects of health can inadvertently sabotage your efforts, leaving you feeling stuck despite your diligent fasting schedule. Addressing these lifestyle factors is as important as fine-tuning your eating and fasting windows.

Consider how stress impacts your daily life and your eating habits. Chronic stress can lead to hormonal imbalances that hinder weight loss. Similarly, the quantity and quality of your sleep directly affect appetite regulation and metabolic function. Lastly, the type and frequency of your physical activity are key drivers of calorie expenditure and metabolic health. By actively managing these lifestyle elements, you can create a more supportive environment for your body to achieve continued progress.

Stress Management Techniques

Chronic stress can significantly impede weight loss and break through an intermittent fasting plateau. When you're stressed, your body releases cortisol, which can promote fat storage, particularly around the midsection, and increase cravings for unhealthy foods. Incorporating stress management techniques into your daily routine is therefore essential. This could include mindfulness meditation, deep breathing exercises, yoga, spending time in nature, or engaging in hobbies you enjoy. Finding healthy ways to cope with stress will help regulate cortisol levels and improve your body's ability to lose weight.

Optimizing Sleep Hygiene

Adequate and quality sleep is foundational for metabolic health and hormone regulation, both of which are crucial for breaking an intermittent fasting plateau. During sleep, your body repairs tissues, consolidates memories, and balances hormones like ghrelin (appetite stimulant) and leptin (appetite suppressant). Aim for 7-9 hours of quality sleep per night. Establish a consistent sleep schedule, create a relaxing bedtime routine, and ensure your bedroom is dark, quiet, and cool to optimize your sleep hygiene. Poor sleep can lead to increased hunger, cravings, and impaired fat metabolism.

Incorporating Strength Training

While cardio is excellent for burning calories, incorporating strength training is vital for building lean muscle mass, which directly boosts your resting metabolic rate. Muscle tissue burns more calories at rest than fat tissue. If your intermittent fasting plateau is due to a slowing metabolism, adding resistance training to your routine can help increase your overall daily calorie expenditure. Aim for 2-3 full-body strength training sessions per week, gradually increasing the weight or resistance as you get

stronger to ensure progressive overload.

Hydration and Electrolyte Balance

Adequate hydration is crucial for overall health and can be particularly important when practicing intermittent fasting. Water plays a role in numerous bodily functions, including metabolism and satiety. Dehydration can sometimes be mistaken for hunger, leading to unnecessary eating. Moreover, during longer fasting periods, electrolyte balance can become a concern. Ensuring you are drinking enough water and considering electrolyte-rich foods or supplements (if needed and appropriate) can help prevent fatigue and support optimal bodily functions, aiding in breaking through plateaus.

When to Seek Professional Guidance

While this guide offers comprehensive strategies for navigating an intermittent fasting plateau, it's important to recognize when professional help is advisable. If you have underlying health conditions, such as diabetes, thyroid issues, or a history of eating disorders, it is crucial to consult with a healthcare provider or a registered dietitian before making significant changes to your diet or fasting regimen. They can provide personalized advice tailored to your specific health needs and ensure your approach is safe and effective.

Furthermore, if you have diligently tried various strategies and are still experiencing persistent plateaus, or if you feel overwhelmed or unsure about how to proceed, seeking expert guidance can be invaluable. A professional can help identify subtle factors contributing to your stall and develop a more individualized plan. They can also offer support and accountability, which are often key components to long-term success. Don't hesitate to reach out for help; it's a sign of commitment to your health journey.

Consulting a Healthcare Provider

If you have any pre-existing medical conditions, such as diabetes, heart disease, or a history of disordered eating, it is imperative to consult with your doctor or a qualified healthcare professional before making significant changes to your intermittent fasting plan. They can assess your individual health status, monitor for any potential risks, and provide personalized recommendations to ensure your approach is safe and beneficial. Your health should always be the top priority.

Working with a Registered Dietitian

A registered dietitian (RD) can be an invaluable resource when facing an intermittent fasting plateau. They can help you critically evaluate your current eating habits, analyze your macronutrient intake, and identify potential nutritional deficiencies. An RD can also create a personalized meal plan that ensures you are meeting your nutritional needs within your eating window while still maintaining a calorie deficit, and they can offer practical strategies for food preparation and meal planning to overcome your plateau effectively.

FAQ

Q: Why has my weight loss stalled after consistently doing intermittent fasting?

A: A weight loss plateau with intermittent fasting often occurs because your body has adapted to the routine. This can lead to metabolic adaptation, where your body becomes more efficient at burning calories, and you may unconsciously increase your food intake during your eating window. Other factors like inadequate sleep, high stress, or lack of exercise can also contribute.

Q: How can I tell if my intermittent fasting plateau is due to metabolic adaptation?

A: Metabolic adaptation is often characterized by a general slowdown in progress despite consistent adherence to your IF schedule. You might notice decreased energy levels, feeling less hungry than usual, and a lack of visible changes in body composition or weight. If your calorie intake has remained the same but weight loss has stopped for several weeks, metabolic adaptation is a strong possibility.

Q: Should I extend my fasting window to break a plateau?

A: Extending your fasting window is one strategy, but it's not the only one and may not be suitable for everyone. While a longer fast can increase the time your body spends in a fasted state, potentially encouraging more fat burning, it can also lead to overeating when you do break your fast. Consider other adjustments first, or try extending your fast only occasionally.

Q: What is the role of sleep in an intermittent fasting plateau?

A: Sleep is crucial. Poor sleep disrupts hormones like ghrelin and leptin, which regulate appetite, leading to increased hunger and cravings. It also impairs muscle recovery and can slow down your metabolism. Prioritizing 7-9 hours of quality sleep each night is essential for breaking and preventing IF plateaus.

Q: How important is strength training when dealing with an intermittent fasting plateau?

A: Strength training is highly important. It helps build lean muscle mass, which increases your resting metabolic rate. This means your body burns more calories even when you're at rest, helping to overcome metabolic adaptation and create a more significant calorie deficit over time.

Q: Can stress cause an intermittent fasting plateau?

A: Yes, chronic stress can absolutely cause an intermittent fasting plateau. Stress elevates cortisol levels, a hormone that can promote fat storage, especially around the abdomen, and increase cravings for high-calorie foods. Managing stress through techniques like meditation or yoga is vital.

Q: What are some common dietary mistakes people make during their eating window that cause plateaus?

A: Common mistakes include "calorie creep," where portion sizes gradually increase, consuming too many processed foods and sugary drinks, and not consuming enough protein or fiber, which are important for satiety. Essentially, if your calorie intake within the eating window exceeds your daily expenditure, you will likely plateau.

Q: Is it ever beneficial to take a break from intermittent fasting?

A: For some individuals, taking a short break from intermittent fasting can be beneficial. This allows the body to reset, potentially improving insulin sensitivity and reducing stress on the adrenal glands. After a break, returning to IF might yield renewed progress. However, this should be discussed with a healthcare professional.

Intermittent Fasting Plateau

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- Discover what intermittent fasting is and how it can promote weight loss and overall well-being.
- Dive into the science behind intermittent fasting and how it influences your hormones and cells.
- Explore various types of intermittent fasting and find the one that best fits your lifestyle.
- Uncover the numerous health benefits of intermittent fasting, including increased energy, reduced inflammation, and protection against chronic diseases.
- Debunk common myths about intermittent fasting and uncover the truth behind them.
- Receive practical tips to maximize your intermittent fasting journey and avoid common mistakes.
- Learn how to combine intermittent fasting with the ketogenic diet for even better results.
- Benefit from a specially designed 7-day meal plan for intermittent fasting and get a step-by-step guide to success.

But this book is not just about theoretical knowledge. We provide you with actionable steps to implement intermittent fasting successfully, including tips for getting started, avoiding common mistakes, and even combining it with the ketogenic diet for enhanced results. We believe that sustainable weight loss and improved well-being should be accessible to everyone, regardless of their previous dieting experiences or fitness levels. Through our specially designed 7-day meal plan, you'll have a roadmap to follow, ensuring that your intermittent fasting journey is not only effective but also enjoyable. Even if you've tried numerous diets in the past without long-lasting success, intermittent fasting offers a sustainable approach to weight loss. Even if you think you won't be able to resist hunger during fasting, you'll discover effective strategies to manage appetite and achieve lasting results. Don't let past disappointments discourage you. With Intermittent Fasting for Beginners, you have the opportunity to break free from the dieting cycle and discover a sustainable approach to weight loss and improved well-being. Say goodbye to restrictive eating patterns and hello to a lifestyle that promotes lasting results. It's time to take control of your health and transform your body from the inside out. Join the thousands of individuals who have embraced intermittent fasting and experienced remarkable changes in their lives. Click the Buy Now button and embark on your journey towards sustainable weight loss and improved well-being today. Your body and mind will thank you.

intermittent fasting plateau: Intermittent fasting Sylvain Guimond, 2025-01-15 This book is not just a simple biographical account; it is an invitation to reflect, a bridge between the personal story of Jean Johnny Laroche and certain contemporary societal issues, notably the global health crisis of obesity. With rigor and humility, Jean offers an insightful analysis of this pandemic, enriched by his thorough research and lived experience. Johnny's ambition with this publication goes beyond merely sharing his experiences. True to his essence, he aims to provide support and inspiration, revealing himself with courageous vulnerability for the sole purpose of enlightening and assisting others. Throughout the pages of this book, you will embark on a journey into Johnny's life—a man who, despite reaching professional heights and achieving notable milestones in his career, has remained true to his core values. This book unveils his intimate and relentless struggle to maintain a healthy life balance in a hectic daily routine—a fight that resonates with the aspirations and challenges of our generation. Without pretension, but with disarming sincerity, Johnny shares the secrets of his physical transformation by shedding light on the concept of intermittent fasting. This dietary approach, free from rigid constraints, advocates alternating between short fasting periods

and moments of dietary freedom. While its methods may vary, this approach is grounded in scientific and physiological principles aimed at optimizing physical and mental well-being. ABOUT THE AUTHOR Sylvain Guimond has a doctorate in sports psychology, is a physical educator and osteopath. A renowned expert and practitioner in the field of posture and sport for over 20 years, he is also the founding president of Biotonix. This internationally renowned company was a finalist for the Ernst & Young Entrepreneur of the Year Award in 2010. Sylvain is a world-renowned speaker, offering inspirational advice for companies, for sportsmen and for the general public. Author of many best-sellers, he has also contributed to the success of several television programs on RDS, TQS, V, Radio-Canada and TVA. You can read it regularly on his blog at rds.ca.

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intermittent fasting plateau: Intermittent Fasting: The Complete Beginners Guide to Intermittent Fasting to Rapidly Lose Weight, Burn Fat, and Heal Your Body Felicia Renolds, Did you know that your body can become a powerful fat burning machine, even while you are sleeping? Do you think that your age or your genetics are holding you back?? While this could be true, the real truth is that you have MUCH MORE of your potential that you can achieve and realize, than you currently know. Your body is an amazing, powerful machine, that when given the right set of instructions, can change dramatically on a dime. "Intermittent Fasting: The Complete Beginners Guide to Intermittent Fasting to Rapidly Lose Weight, Burn Fat, and Heal Your Body" is a book you should read if you are interested in learning more about how you can improve your health, lose

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and effective diet plans in recent years. And it continues to grow in popularity as people across the country are learning more and more about it. However, there is conflicting research regarding the safety of consuming unlimited amounts of items such as bacon, cheese, fatty cuts of meats, and fried pork rinds. A large percentage of Keto dieters find the 70–80 percent fat intake requirement unsustainable, and even worrisome due to potential health implications. Many people are curious about the Keto lifestyle, given the weight loss results they hear about from others, but will not attempt the diet as the fat intake requirement sounds daunting! The 30-Day Keto Plan provides a detailed system to help readers lose weight and see blood sugar level improvements in just one month. With emphasis on the healthiest fats and cleaner ketogenic foods, readers will benefit from detailed grocery lists, and meal plans, macro-nutrient charts, and categorized fats, carbohydrates, and proteins which are most beneficial for the healthiest keto plan. Nutritionists and authors Aimee and Richard instruct readers on exactly what to eat for four weeks to achieve ketosis, weight loss, and overall health improvements, without requiring exercise. In just thirty days, readers will learn how to achieve freedom from sugar and the processed food lifestyle, and they will kick-start their weight loss goals. It is very common for keto dieters to see dramatic results, only to regress and regain the lost weight once they are no longer following the ketogenic regimen. This book provides a formal and sustainable program for the post-ketosis stage, which will yield positive long-term results and assist in maintaining life-long health and wellness.

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