

intermittent fasting books

The Ultimate Guide to Intermittent Fasting Books

Intermittent fasting books have become indispensable resources for individuals seeking to understand and implement this popular dietary approach. From debunking myths to providing practical, actionable advice, these books offer a gateway to a healthier lifestyle for millions. Whether you're a beginner curious about the basics of fasting or an experienced practitioner looking to optimize your results, the right book can transform your journey. This comprehensive guide will delve into the best intermittent fasting books available, exploring their unique strengths, target audiences, and the crucial information they provide. We'll cover everything from the science behind intermittent fasting to delicious recipes and personalized strategies, empowering you to make informed choices and achieve your wellness goals.

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Understanding the Appeal of Intermittent

Fasting Books

The widespread popularity of intermittent fasting (IF) is mirrored by the surge in demand for comprehensive literature on the subject. Intermittent fasting books serve as trusted guides, demystifying a concept that can seem intimidating at first glance. These books offer clarity on the various methods, potential benefits, and crucial safety considerations. They are essential for anyone looking to transition from a general interest in IF to a consistent, effective practice. The accessibility of information, presented in an organized and digestible format, is a primary reason for their enduring appeal.

Furthermore, the narrative often found within these publications extends beyond mere instruction. Many authors share personal journeys and scientific findings that resonate deeply with readers, fostering a sense of connection and motivation. This blend of personal experience and evidence-based knowledge makes intermittent fasting books particularly effective tools for behavioral change. They provide the confidence and knowledge needed to embark on a new dietary pattern, addressing common anxieties and providing practical solutions.

Key Themes Explored in Intermittent Fasting Literature

The landscape of intermittent fasting books covers a diverse range of themes, catering to varied interests and levels of expertise. At its core, most literature on IF delves into the fundamental principles of alternating between periods of voluntary fasting and non-fasting. This includes explaining different popular protocols such as the 16/8 method, the 5:2 diet, Eat Stop Eat, and alternate-day fasting.

Beyond the basic methodologies, a significant portion of these books explore the scientific underpinnings of intermittent fasting. This often includes discussions on metabolic switching, cellular repair processes like autophagy, and the impact of fasting on hormones such as insulin, ghrelin, and growth hormone. The potential health benefits are a central focus, with authors often detailing how IF can contribute to weight management, improved insulin sensitivity, enhanced brain function, and reduced inflammation.

Another crucial theme is the practical application of intermittent fasting in daily life. This encompasses advice on:

- Creating sustainable eating windows.
- Managing hunger and cravings.

- Hydration strategies during fasting periods.
- The importance of nutrient-dense foods during the eating window.
- Navigating social situations and dining out while fasting.
- Adjusting IF for different lifestyles, including shift workers and athletes.

Many books also address common misconceptions and potential side effects, offering strategies for troubleshooting and ensuring safety. The psychological aspects of adopting a new eating pattern, such as mindset shifts and building discipline, are also frequently covered.

Top Intermittent Fasting Books for Beginners

For those new to the concept of intermittent fasting, selecting the right introductory book is paramount. The best beginner books simplify complex information and provide a clear roadmap for getting started. These resources typically focus on the most accessible fasting methods and emphasize a gradual, sustainable approach to adoption.

One of the most frequently recommended types of books for newcomers focuses on the 16/8 method, also known as time-restricted eating. These books explain the science behind why this method is effective and easy to incorporate into daily routines, often suggesting specific times for eating and fasting that align with typical work and sleep schedules. They provide practical tips for overcoming initial hunger and adjusting the body to a new eating rhythm.

Another category of beginner-friendly intermittent fasting books might introduce the 5:2 diet, where individuals eat normally for five days a week and restrict calorie intake significantly on two non-consecutive days. These books often include sample meal plans for the fasting days and guidance on maintaining energy levels and nutritional intake throughout the week. The emphasis is on making the transition manageable and enjoyable, building confidence as the reader progresses.

Key features to look for in a beginner intermittent fasting book include:

- Clear explanations of different IF protocols.
- Simple, actionable steps for implementation.
- Basic information on the health benefits of IF.
- Guidance on what to eat and drink during eating windows.

- Tips for managing common side effects like hunger.
- Emphasis on listening to one's body and individualizing the approach.

These resources are designed to empower novices, providing the foundational knowledge and encouragement needed to successfully begin an intermittent fasting journey.

Advanced Intermittent Fasting Strategies and Books

Once a solid understanding of the basic principles of intermittent fasting is established, many individuals seek to explore more advanced strategies to further optimize their results. Intermittent fasting books aimed at experienced practitioners delve into nuanced protocols and offer deeper insights into the physiological impacts of fasting.

These advanced texts often explore protocols beyond the standard 16/8 or 5:2. This can include extended fasting periods, such as 24-hour fasts, or more complex variations like Warrior Diet (a 20-hour fast followed by a roughly 4-hour eating window) or ADF (alternate-day fasting) with modified eating days. The books discuss the specific benefits and challenges associated with these more rigorous approaches, including potential impacts on muscle mass, energy expenditure, and hormonal balance.

Furthermore, advanced intermittent fasting books frequently delve into the intersection of IF with specific fitness goals, such as muscle building or endurance training. They may offer strategies for timing nutrient intake around workouts, managing protein synthesis during fasting, and optimizing recovery. The role of specific macronutrients and micronutrients in supporting advanced IF protocols is also often a subject of detailed discussion.

Key areas covered in advanced intermittent fasting books include:

- Extended fasting protocols and their applications.
- Intermittent fasting for specific athletic performance goals.
- Optimizing nutrient timing and composition.
- The impact of IF on gut health and the microbiome.
- Intermittent fasting and its role in longevity research.
- Advanced strategies for dealing with plateaus.

- Integrating IF with other health modalities like exercise and sleep optimization.

These books are designed for those who have mastered the basics and are looking for ways to push their boundaries and unlock the next level of benefits from intermittent fasting.

Specialized Intermittent Fasting Approaches in Books

The versatility of intermittent fasting has led to the development of specialized approaches tailored to specific dietary preferences, health conditions, and lifestyle needs. Intermittent fasting books dedicated to these niche areas provide targeted guidance and support for individuals with unique requirements.

One significant area of specialization is intermittent fasting for women. These books often address the unique hormonal considerations that women may face, such as menstrual cycles and potential impacts on fertility or pregnancy. They offer adjusted fasting schedules and nutritional advice designed to support hormonal balance and overall well-being, often emphasizing the importance of listening to the body and avoiding overly restrictive protocols that could disrupt endocrine function.

Another common specialization is intermittent fasting for athletes or those focused on significant body composition changes, such as muscle gain or substantial fat loss. These texts provide in-depth strategies for nutrient timing, protein intake, and recovery protocols that align with intense training regimens. They often discuss how to strategically incorporate fasting periods to maximize fat oxidation while ensuring sufficient energy for workouts and adequate building blocks for muscle repair and growth.

Books also exist for individuals managing specific health conditions. For example, some intermittent fasting books focus on how IF can be beneficial for individuals with insulin resistance, type 2 diabetes, or metabolic syndrome. These publications often collaborate with medical professionals or dietitians to offer evidence-based advice on managing blood sugar levels, improving insulin sensitivity, and reducing risk factors associated with these conditions, always emphasizing the importance of consulting with a healthcare provider.

Specialized intermittent fasting books may cover:

- Intermittent fasting protocols tailored for women's hormonal health.

- IF strategies for athletes and bodybuilders.
- Intermittent fasting for managing metabolic health conditions like insulin resistance.
- Plant-based intermittent fasting approaches.
- Intermittent fasting for gut health and digestive issues.
- Circadian rhythm fasting and its benefits.

By offering focused advice, these specialized books empower individuals to integrate intermittent fasting effectively into their unique health and lifestyle contexts.

Choosing the Right Intermittent Fasting Book for You

Navigating the vast selection of intermittent fasting books can feel overwhelming. The key to selecting the right resource lies in understanding your personal goals, your current level of knowledge, and your preferred learning style. A book that resonates with your individual needs will be far more effective in guiding your journey than one that simply follows popular trends.

Begin by assessing your familiarity with intermittent fasting. If you are a complete novice, opt for books that offer a clear, foundational understanding. Look for titles that promise to explain the basics in simple terms, detail common fasting methods like 16/8, and provide straightforward advice on getting started. These books should also address common beginner concerns and offer practical tips for overcoming initial challenges.

Consider your specific goals. Are you looking to lose weight, improve energy levels, enhance cognitive function, or manage a specific health condition? Some intermittent fasting books are geared towards general wellness, while others delve into specialized applications. If you have a particular objective, seek out books that directly address that aim, perhaps focusing on IF for athletes, women's health, or metabolic syndrome.

Your learning style is also a crucial factor. Do you prefer books with detailed scientific explanations, or do you learn best from practical, step-by-step guides and recipes? Many intermittent fasting books offer a blend of both, but some lean more heavily towards one approach. Some readers benefit greatly from books that include extensive meal plans, recipes, and visual aids, while others prefer a more theoretical exploration of the science.

When evaluating potential intermittent fasting books, consider the following:

- The author's credentials and expertise.
- The clarity and organization of the content.
- The availability of practical advice and actionable strategies.
- Reviews from other readers regarding effectiveness and ease of understanding.
- Whether the book aligns with your dietary preferences (e.g., vegetarian, vegan).
- The book's focus – general IF, specific protocols, or special populations.

By thoughtfully considering these elements, you can identify an intermittent fasting book that will serve as an invaluable companion on your path to improved health and well-being.

The Role of Science and Research in Intermittent Fasting Books

A significant strength of reputable intermittent fasting books lies in their foundation of scientific research. The effectiveness and safety of intermittent fasting are increasingly supported by a growing body of studies, and the best authors meticulously integrate this evidence into their teachings. These books act as valuable bridges, translating complex scientific findings into accessible information for the general public.

Many intermittent fasting books dedicate substantial sections to explaining the physiological mechanisms behind fasting. This often involves detailing how the body shifts from using glucose as its primary energy source to burning stored fat during fasting periods, a process known as metabolic switching. Concepts like ketosis, autophagy (the cellular "clean-up" process), and the modulation of hormones like insulin, ghrelin, and leptin are frequently explored. Understanding these underlying processes can significantly enhance a reader's adherence and confidence in the practice.

Furthermore, the reported health benefits of intermittent fasting, such as improved insulin sensitivity, reduced inflammation, enhanced brain health, and potential longevity benefits, are typically backed by references to scientific studies. Authors often cite peer-reviewed research to substantiate their claims, allowing readers to critically evaluate the information presented. This commitment to evidence-based content distinguishes credible

intermittent fasting books from those that rely on anecdotal evidence or unsubstantiated claims.

Key scientific concepts often explored include:

- Metabolic switching and the utilization of fat for energy.
- Autophagy and its role in cellular repair and rejuvenation.
- The impact of fasting on insulin sensitivity and blood sugar regulation.
- Hormonal changes during fasting (e.g., insulin, ghrelin, growth hormone).
- Intermittent fasting's effects on inflammation markers.
- Neuroprotective benefits and cognitive enhancement.
- Potential implications for longevity and disease prevention.

By grounding their advice in scientific principles, these intermittent fasting books provide readers with a reliable and trustworthy resource for understanding and implementing this powerful dietary strategy.

Recipes and Meal Planning Through Intermittent Fasting Books

Beyond the theoretical underpinnings and practical guidelines, many intermittent fasting books offer invaluable resources for recipes and meal planning. These culinary sections are crucial for ensuring that individuals can sustain their fasting protocols without compromising on nutrition or enjoyment.

A well-curated intermittent fasting book will provide guidance on what to eat during the designated eating windows. This often includes practical advice on macronutrient balance – ensuring adequate protein, healthy fats, and complex carbohydrates to promote satiety and support bodily functions. The emphasis is typically on nutrient-dense, whole foods that provide sustained energy and essential vitamins and minerals.

The recipe collections within these books can vary widely, from simple, quick meal ideas to more elaborate dishes. They are often designed to be easily prepared within the limited eating windows, making them practical for busy individuals. Many books categorize recipes based on the time of day (breakfast, lunch, dinner) or specific dietary needs (e.g., gluten-free, vegetarian). The goal is to make adhering to an intermittent fasting schedule

both feasible and delicious.

Meal planning is another critical component addressed. Intermittent fasting books often include sample meal plans for different fasting protocols, helping readers visualize how to structure their meals and snacks. These plans can be adapted to individual preferences and calorie needs, serving as a template for creating personal eating schedules. This proactive approach to planning helps to prevent impulsive, unhealthy food choices and ensures that fasting periods are met with adequate, nourishing meals.

When exploring recipes and meal planning in intermittent fasting books, look for:

- Recipes that are easy to prepare and require common ingredients.
- Nutritionally balanced meal suggestions that promote satiety.
- Sample meal plans for various IF protocols.
- Tips for batch cooking and meal prepping.
- Guidance on hydration and beverage choices during eating windows.
- Emphasis on whole, unprocessed foods.

These culinary resources transform the often-daunting task of meal preparation into an accessible and enjoyable part of the intermittent fasting lifestyle.

Overcoming Challenges with Intermittent Fasting Books

Embarking on an intermittent fasting journey, while beneficial, can present its own set of challenges. Fortunately, many intermittent fasting books are written with these potential hurdles in mind, offering practical solutions and strategies to help readers navigate them successfully. These resources serve as invaluable companions, providing support and encouragement when challenges arise.

One of the most common challenges faced by beginners is managing hunger and cravings. Intermittent fasting books often provide detailed advice on how to combat these feelings. This can include strategies such as staying well-hydrated, consuming specific types of beverages (like black coffee or herbal tea) that can help suppress appetite, and focusing on nutrient-dense foods that promote satiety during eating windows. Authors may also discuss the psychological aspect of cravings and offer mindset shifts to help individuals

reframe their relationship with food.

Another obstacle can be social situations and dining out. Intermittent fasting books offer practical tips for navigating these scenarios without derailing progress. This might involve planning meals around social events, communicating dietary choices to friends and family, or choosing restaurants with suitable options. The aim is to integrate intermittent fasting into one's social life rather than letting it become a source of isolation or stress.

Fatigue, headaches, and mood swings are also common initial side effects as the body adjusts to fasting. Reputable intermittent fasting books acknowledge these potential issues and provide guidance on how to mitigate them. This often involves ensuring adequate electrolyte intake, adjusting the fasting schedule gradually, and ensuring sufficient sleep. The emphasis is on patience and allowing the body time to adapt, rather than giving up prematurely.

Intermittent fasting books offer solutions for a range of challenges, including:

- Managing hunger and food cravings effectively.
- Navigating social events and dining out while fasting.
- Dealing with initial side effects like headaches and fatigue.
- Overcoming plateaus in weight loss or other health markers.
- Adjusting IF protocols for specific lifestyle changes (e.g., travel, stress).
- Maintaining motivation and consistency over the long term.
- Troubleshooting when results are not as expected.

By addressing these common difficulties head-on, intermittent fasting books empower readers with the knowledge and strategies needed to overcome obstacles and achieve sustainable success with their fasting regimen.

Q: What are the most popular intermittent fasting methods covered in books?

A: The most frequently discussed methods in intermittent fasting books include the 16/8 method (also known as time-restricted eating), the 5:2 diet, Eat Stop Eat (24-hour fasts), and alternate-day fasting. Beginner books often focus on the 16/8 method due to its relative ease of implementation.

Q: Are intermittent fasting books suitable for people with pre-existing health conditions?

A: While many intermittent fasting books discuss potential benefits for conditions like insulin resistance, it is crucial to note that these books are not a substitute for professional medical advice. Readers with pre-existing health conditions should always consult with their doctor or a registered dietitian before starting any intermittent fasting regimen. Some specialized books do offer guidance for specific conditions, but medical consultation remains paramount.

Q: Do intermittent fasting books provide recipes?

A: Yes, many intermittent fasting books include recipes and meal planning suggestions. These are designed to help readers create nutritious and satisfying meals within their eating windows, making the fasting lifestyle more sustainable and enjoyable. The recipes often focus on whole, unprocessed foods.

Q: How do intermittent fasting books help with managing hunger?

A: Intermittent fasting books offer various strategies for managing hunger and cravings. These often include advice on staying hydrated, consuming specific low-calorie beverages like black coffee or herbal tea, focusing on satiating foods during eating periods, and employing mindfulness techniques to reframe hunger cues.

Q: What is the scientific basis discussed in intermittent fasting books?

A: Reputable intermittent fasting books delve into the science behind fasting, explaining concepts such as metabolic switching, ketosis, autophagy (cellular repair), and the impact of fasting on hormones like insulin and ghrelin. They often cite peer-reviewed research to support the discussed benefits and mechanisms.

Q: Are there specific intermittent fasting books recommended for women?

A: Yes, there are intermittent fasting books that address the unique hormonal considerations for women. These books often provide tailored advice on fasting schedules and nutritional strategies to support hormonal balance and overall well-being throughout different life stages.

Q: What should I look for in an intermittent fasting book if I'm a complete beginner?

A: For beginners, it's advisable to choose intermittent fasting books that clearly explain the basic protocols, offer step-by-step guidance, demystify the science in simple terms, and provide practical tips for overcoming common challenges like initial hunger. A focus on sustainable and gradual implementation is also beneficial.

Q: Do intermittent fasting books offer guidance on exercise?

A: Some intermittent fasting books discuss the integration of exercise with fasting, particularly for athletes or those aiming for specific fitness goals. They may offer advice on optimal timing for workouts relative to fasting and eating periods and on nutritional support for recovery.

Intermittent Fasting Books

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how the wisest teachers in the world have used it. People like Pythagoras and Leonardo da Vinci. The overwhelming benefits of fasting, including autophagy and stem cell regeneration. How to get a better body, even while not losing weight. How rejuvenate your body by eating and how to prevent diseases. Intermittent fasting isn't just a weight loss tool. It is a way of life. However, any time a person starts this practice, you can just tell. They're happier, lighter, and more alive. It's no reason the God of Thunder uses this fast, and it's no surprise that you can make use of it just as easily. So, go ahead, skip your next meal and get one step closer to your goal. Scroll to the top of the page and select the buy now button!

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intermittent fasting books: *Intermittent Fasting for Women* Olivia White, 2018-03-23 The progress of the modern world does not cure water, the newest researchers of mankind find all possible ways of postponing, improving the state of human health, preserving the beauty of women and losing weight as quickly as possible. The next book will be an excellent discovery for those who are interested in intermittent fasting, fast, but healthy weight loss and keeping the body in good healthy condition. How do you know a healthy mind in a healthy body! It seems to me that every woman tried to fast in her life. Following different goals through fasting, people, especially women, rummage through thousands of articles, scientific works, meanings and experiences of different scientists, magazines, books, etc. This book is highly recommended if you are a beginner and want to get acquainted with general information and do right choice. You will learn the following topics: Chapter One: The History of Fasting Chapter Two: Science Behind a Broken Post Chapter Three: Advantages of intermittent fasting Chapter Four: The Three Main Types of Intermittent Fasting Chapter Five: A Broken Post for Weight Loss Chapter Six: Twenty questions about intermittent

fasting Common problems with hunger and how to avoid them Choice of intermittent starvation khaki Establishing new and healthy eating habits How many times do you open the refrigerator at home and think about whether there is a quick snack or is there? How much time will you spend on this? Some of the methods that we have chosen for you can save you time during the week: you can plan meals on weekends, do preliminary portions and freeze them. Be sure that, following our recommendations, you will be able to achieve the best results!

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intermittent fasting books: *Keto & Intermittent Fasting* Kierra Lewis, 2020-02-08 By the time you finish reading this book, you will be well on the way to ketosis and accomplishing the goals you have set for your health and weight loss. Intermittent fasting is a new lifestyle designed to ensure that you get the most out of every meal you eat. The idea is that you don't need to change what you are eating.

intermittent fasting books: Intermittent Fasting Diet: The Intermittent Fasting Cookbook - Delicious Recipes for the Intermittent Diet Lindsay Parsons, 2017-05-15 Intermittent Fasting Diet The Intermittent Fasting Cookbook - Delicious Recipes for the Intermittent Diet This Intermittent Fasting Diet book is all about the fasting diet and giving suggestions for recipes as the Intermittent Fasting Cookbook. This is also known as the lose weight fast diet, with fast meaning going without

food, not the time frame. Intermittent fasting diets have helped people to lose weight successfully for years. It is a fat loss diet, which uses the methods of fasting as a diet. This is an effective diet that is fairly easy to follow. Of course, the true success depends upon how you choose to eat during your eating times and what you do in addition to the diet. This diet works by dieting during certain hours and fasting the rest of the time. The less you can eat and the more you can fast, the faster you may lose the weight. But you have to practice caution, because if you fast too much the body can go into starvation mode and no thing is lost. The body, in this mode, hangs on to fat for fear of not eating again for a while. You can avoid this by eating the right kinds of food. Certain foods will sustain the body longer, and coupling dieting with exercise, you have greater success with the weight loss. This cookbook suggests going with the intermittent dieting where you eat during a set time each day, then fasting the rest of the time. This method works well, because the body is less likely to go into starvation mode if it has food each day. The official diet plan does not specify any certain foods, however common sense tells you in order to lose the weight and body fat effectively you must eat sensible foods. This means staying away from junk foods and focusing on nutrition by eating foods high in nutrients. There are three categories in the book with an introduction and a sample 5 day meal plan. The three main recipe categories cover breakfast, a main meal, and a light meal or snack.

intermittent fasting books: Intermittent Fasting Charlie Mason, 2020-11-21 If you need to lose weight, look great, reduce inflammation, boost your immunity, or a myriad of other benefits, then you should consider one of the various intermittent fasting methods. There are different forms of intermittent fasting so if you want to fast responsibly, then you should find the type of fasting that suits you best. For instance, there is the 16-8 fasting where you fast for 16 hours and then eat your meals within the remaining 8 hours. Then there is the alternate day fast where you fast on one day and eat normally the next. You may also choose the extended fast where you fast for a longer period of time such as 8 days or more. Traditional fasting has proven to be ineffective with many people unable to cope with the tough requirements. Ordinarily, people would fast from dawn to dusk for probably an entire month, having to endure days on end without proper meals. Then once the benefits of fasting are achieved, they would resume normal life only for the problems to creep back again. This can be very frustrating. Fortunately, intermittent fasting solves this challenge. Rather than go through lengthy periods of fasting, all you need to do is identify the most suitable intermittent type of fasting. For instance, you may choose the 16-8 format where you go for 16 hours without eating anything and only eat within an 8-hour window in any given day. Fortunately, the 16 hours of fasting include your sleeping time so you will be asleep for about half of that time. Intermittent fasting has gained popularity because it offers choice, is easy to handle and has a lot of benefits but without the rigors and disadvantages of traditional ways of fasting. If you need to lose weight, look great, reduce inflammation, boost your immunity, or a myriad of other benefits, then you should consider one of the various intermittent fasting methods. ----- Tags: Fasting Intermittent Weight Loss Guide Your Muscle Diet Burn Lose Build Healthy intermittent fasting intermittent fasting books intermittent fasting for women intermittent fasting diet intermittent fasting and ketogenic diet intermittent fasting 101 intermittent fasting free kindle books intermittent fasting for men intermittent fasting and keto diet intermittent fasting and keto intermittent fasting and cancer intermittent fasting and carb cycling intermittent fasting and diabetes intermittent fasting and feasting intermittent fasting and paleo intermittent fasting books for men how to lose weight fast 5 2 diet weight loss diet diet plan for weight loss 16 8 diet what is intermittent fasting fasting for weight loss diet plan to lose weight fast fat loss diet benefits of fasting ways to lose weight intermittent fasting benefits intermittent fasting results best diet to lose weight diets to lose weight fast intermittent fasting weight loss alternate day fasting five two diet 5 and 2 diet does intermittent fasting work best diet plan to lose weight fast how to do intermittent fasting diet meal plan to lose weight 5 2 diet plan health benefits of intermittent fasting what to eat when intermittent fasting lose fat fast fasting and weight loss healthy dinner for weight loss intermittent fasting studies how to do fasting nutrition plan for weight loss 24 hour fast fasting for a week fasting every other

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intermittent fasting books: 16/8 Intermittent Fasting Books Amy Fung, 2019-07-16 There are strategies that have been proven effective for long-term weight loss. When you follow a well-planned strategy, you will be able to lose weight safely (losing weight too quickly is harmful) - and you will be able to keep that weight off for the years to come, as long as you make sure you implement the appropriate healthy lifestyle habits and continue to follow them Read on your PC, Mac, smart phone, tablet or Kindle device One particular strategy that has become popular among people who are trying to live a healthier life and lose weight at the same time is intermittent fasting. Even though scientific studies have yielded evidence that has proven intermittent fasting to be an effective weight loss tool, it should also be noted that not planning an appropriate strategy and implementing a meal plan that focuses on weight loss will not yield the results that you might be aiming for. The reason you have picked up this book is probably because you have tried multiple diets and found that the success rate is often not something to be desired. It's true - most of the diets out there fail. Many of these diets do not only fail but cause complications once the individual stops following the program. For many people, extra weight gain is a very unpleasant complication that they suffer after they have undergone a diet program. Intermittent fasting consists of a dieter cycling between periods when they are allowed to eat and periods where they are supposed to fast. This type of diet doesn't necessarily say which foods you can eat but specifies when you should eat. Of course, if you want to lose weight or have better health, it is better to eat foods that are nutritious and good for you. However, with intermittent fasting, it's not going to specifically list out which foods you can and cannot have. The main thing to remember is that when you are in the fasting period, you are not allowed to eat. You can still drink beverages to keep you hydrated. Some of the options include tea, coffee, water, and other non-caloric beverages. Some forms of this fast will allow for a bit of food during the fasting periods, but most don't. And if you like, it is usually fine to take a supplement while you are on this fast, as long as it doesn't contain calories. Here is a preview of what you will learn... A Quick Overview of the 16:8 Intermittent Fasting Method Why it is important to maintain a healthy weight Infectious emotion and why our modern diet is wrong s Benefits of 16:8

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