



Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle)

James Sinclair

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- How this process works wonders for your body
- The Top 4 Intermittent Fasting Protocols
- 5 Top Tips for Starting Your First Fast
- What you can and can't consume on your fasts

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- Drop Pounds and Belly Fat

- Reduce Your Insulin Resistance and Type-2 Diabetes Risk
- Decrease Inflammation and Oxidative Stress
- Improve Your Heart Health
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- *and even* Strengthen Your brain and Fight Alzheimer's Disease!

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