



Intermittent Fasting For Beginners: Activate Your Body's Primal Hormones Naturally, Wake Up Your Endocrine System, Cleanse Your Body & Shed Weight FASTER Than Any Known Method To Man

Shaun Race

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Increase HGH by 2000 % Naturally? Lost Weight? Massive Health Benefits? Tissue Regeneration? All This...By Eating Less ONLY? YES

We weren't born to eat every 3 hours like the major diet books preach. We were born to eat less and DO more. Simple and we'll learn life changing

Everywhere you go, you see advertisements for food. EVERYWHERE! I'm Shaun Race. You may have picked up some of my books on travel, but it is through those experiences and more I learned a lot about health, diet, exercise, and life. The biggest secret to health is that you DON'T NEED TO EAT more than once a day!

YES! I am serious. Now, hold on, diabetics, and anyone else... stay with me. There is MUCH research and incredible facts behind this. Ideally, you will find the right method of intermittent fasting for you, which may include 1-2 days without food, and only water, OR other variations where you fast for 16 hours every day. Either way, understand this, it will improve your life in ALL areas. You will be amazed at the natural way your own body heals, grows, and revitalizes itself without pharmaceutical drugs and/or anything but YOU!.

Top 5 Reasons to Buy This Book

1. Intermittent Fasting For Beginners is easy to implement for ANYONE
2. Intermittent Fasting For Beginners saves you money and time
3. Intermittent Fasting For Beginners teaches you the different split styles you can follow for the rest of your life, and they're EASY
4. The Dirty Truth About why you're told to eat every few hours

What You'll Learn from "Intermittent Fasting For Beginners">

- **Why this method helps build muscle mass without ANY supplements**
- **Limiting Costs on food by adopting Intermittent Fasting For Beginners**
- **Drop Weight IMMEDIATELY with Intermittent Fasting For Beginners**
- **The body's natural healing process activates with Intermittent Fasting**
- **Intermittent Fasting For Beginners for ultimate weight loss and muscle building**
- **Utilizing Intermittent Fasting For Beginners to make life easier for what you really wish to do and achieve!**

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Jeffrey Peak:

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Donna Hufnagel:

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