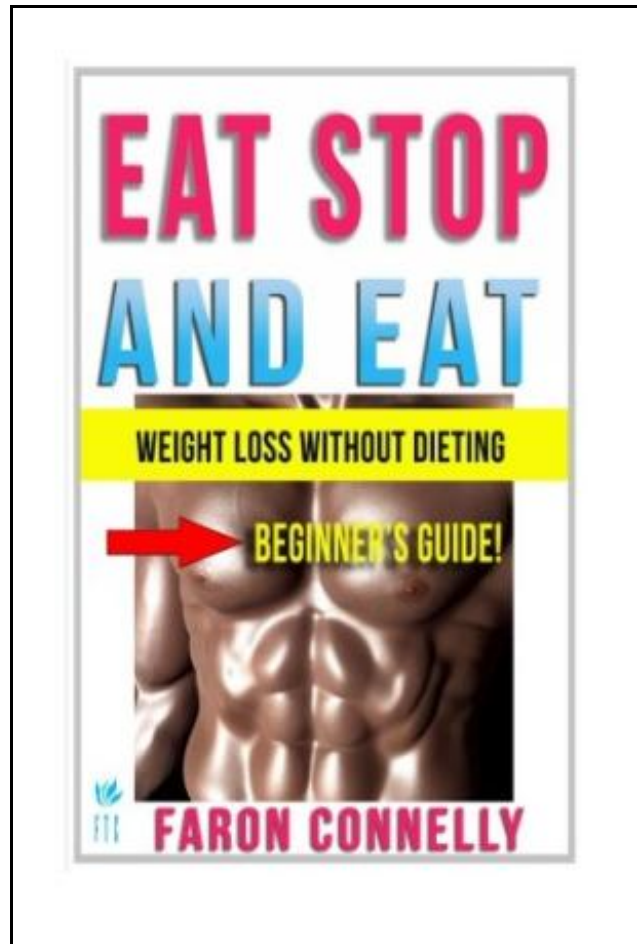


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I have had a problem with weight gain since the age of 15. I had tried all of the fad diets, exercise, and fitness routines that have trended for years. It was not until I was at the age of 40, that I discovered the benefits of eating foods that would help control my weight. Still, my health began to decline, and I was diagnosed with diabetes. Chronic fatigue syndrome had become a nightmare. I began my search on the web for a solution to my problem - when I discovered Brad Pilon's system for intermittent fasting, called Eat Stop Eat. I learned how intermittent fasting could help defend against Chronic Fatigue Syndrome Fibromyalgia. Within several weeks I began to lose weight and feel better. My thinking became clear. I had to change my lifestyle and adopt this way of eating for the rest of my life. I am now 55 years old and in the best physical condition of my life! The system described in this book will help you to shed pounds quickly, control your blood sugar (high triglycerides) and much, much more. I made the decision to spread this knowledge to my family and friends about 10 years ago. I have since seen their lives dramatically changed by eating the right foods, at the right time. Our bodies were not designed to consume the "normal" amounts of food that we have grown up eating. Early man was able to eat, only when he hunted down game, or ate what he had planted! Never "three squares per day" Within these pages, you will discover what scientific evidence supports the intermittent fasting lifestyle. If you follow...



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