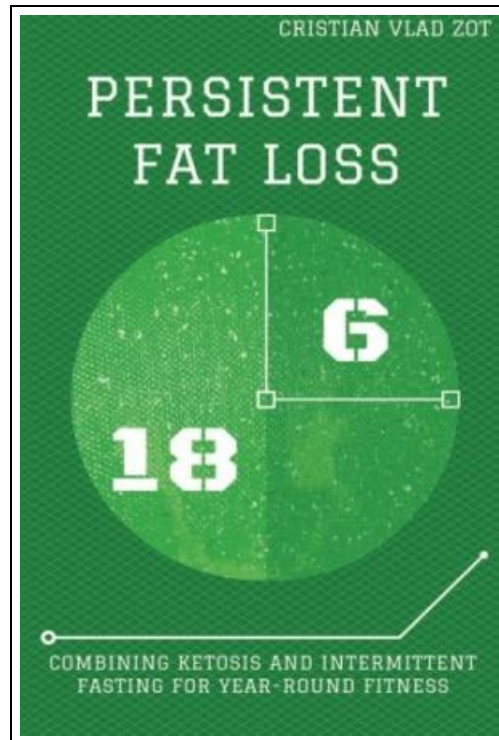


Persistent Fat Loss: Combining Ketosis and Intermittent Fasting for Year-Round Fitness (Paperback)



Filesize: 3.23 MB

Reviews

This book is very gripping and fascinating. Yes, it is play, nonetheless an interesting and amazing literature. I found out this ebook from my dad and i recommended this pdf to discover.
(Lavada Nikolaus)

PERSISTENT FAT LOSS: COMBINING KETOSIS AND INTERMITTENT FASTING FOR YEAR-ROUND FITNESS (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Nutritional ketosis is the metabolic state where your body's primary source of fuel is derived from fat. Intermittent fasting is a meal timing strategy in which you restrict your food intake to a certain timeframe everyday. If implemented appropriately, the efficiency of these two combined is unimaginable. Cristi has been using ketosis since September 2013. In 2 months, he reached his maintenance weight. In January 2014 he started practicing intermittent fasting everyday along with his long-term approach of ketosis. He's been in maintenance ever since. Two of his former books are dedicated to these subjects, Ketone Power and Periodic Fasting. But these books are written in a more scientific language, as they reference more than 400 research studies and experiments. Conversely, this book serves as a guide because it is written in non-technical language and it is action oriented. More importantly, Cristi shares his own experiences and suggestions as you progress through the book. In this guide, you will: 1. Be introduced to ketosis and ketogenic diets 2. Learn how to adopt/adapt to a long-term ketogenic diet 3. Learn about intermittent fasting and its different variations 4. Learn how to combine ketosis and intermittent fasting 5. Learn how to design meals in support of these two protocols 6. Learn how to exercise with weights and your own bodyweight 7. Learn to use food tracking software to speed up your fat loss process 8. Receive additional resources to continuously optimize your lifestyle. Please do not read this book if you do not want to use ketosis, ketogenic diets, and intermittent fasting in your fat loss approach.



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