



Healthy and slim with Intermittent Fasting: How to lose Weight without changing your Diet

By Daniel Roth



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The German Kindle Bestseller now available in English!

Short fasting – long life

This simple formula summarizes concisely the amazing effects of the nutritional concept presented in this book. Given the proven health benefits of intermittent fasting, the resulting permanent weight-loss is almost something of a positive side effect.

Taking the fear out of illnesses caused by modern life

More and more people suffer from illnesses caused by a modern lifestyle. Cancer, heart attacks, high blood pressure and diabetes are just a few examples of these often deadly diseases. The overweight are particularly vulnerable to these illnesses and there can be no doubt that our diet has a decisive influence on their development and progression.

Although almost everybody knows what a healthy diet looks like, only very few people actually manage to stick to such a diet successfully. But does it really matter what we eat, or is it possible that the times when we eat are at least of equal importance?

Quite obviously, yes! Research over a period of almost 80 years has shown that the concept of intermittent fasting presented in this book is – irrespective of what you eat – not only a particularly effective way of losing weight, it is also a veritable panacea in the fight against the most serious illnesses caused by our modern way of life.

Losing weight without dieting

Wouldn't it be fantastic if you could carry on eating anything you wanted and lose weight and improve your health at the same time? This book tells you exactly how to achieve this goal. Alongside informative and entertainingly presented scientific information, the author shares his own experience and offers easy-to-understand guidance and numerous useful tips on how to successfully integrate the various different types of intermittent fasting into your everyday life. For those who want to do even more for their health and figure, the book offers a nuanced introduction into the topic of healthy eating and demonstrates how the concept of intermittent fasting can be combined with exercise for the most effective results. But whether or not you decide to change your diet or take up exercise, this guidebook tells you everything you need to know to stay healthy and slim without gruelling diets.

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Healthy and slim with Intermittent Fasting: How to lose Weight without changing your Diet By Daniel Roth Bibliography

- Sales Rank: #2759145 in eBooks
- Published on: 2013-11-30
- Released on: 2013-11-30
- Format: Kindle eBook

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