

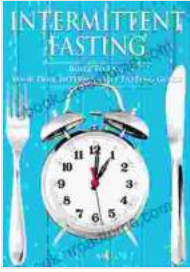
Built to Fast: Your True Intermittent Fasting Guide



Intermittent Fasting: Built To Fast. Your True Intermittent Fasting Guide

★★★★★ 4.3 out of 5

Language : English



File size	: 6952 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 115 pages
Lending	: Enabled



The Ultimate Guide to Intermittent Fasting

Intermittent fasting is a powerful eating pattern that has been shown to provide numerous health benefits, including weight loss, improved blood sugar control, reduced inflammation, and increased longevity.

But getting started with intermittent fasting can be confusing and overwhelming. That's where Built to Fast comes in.

Built to Fast is the ultimate guide to intermittent fasting. It provides everything you need to know to get started and succeed with this powerful eating pattern.

In Built to Fast, you'll learn:

- The different types of intermittent fasting
- How to choose the right fasting plan for you
- How to fast safely and effectively
- The many benefits of intermittent fasting
- How to overcome common challenges

Built to Fast is written by Dr. Jason Fung, a world-renowned expert on fasting. Dr. Fung has helped thousands of people lose weight and improve their health with intermittent fasting.

If you're ready to take control of your health and lose weight, Built to Fast is the book you need.

Benefits of Intermittent Fasting

Intermittent fasting has been shown to provide numerous health benefits, including:

- Weight loss
- Improved blood sugar control
- Reduced inflammation
- Increased longevity
- Improved heart health
- Reduced risk of cancer

Intermittent fasting is a safe and effective way to improve your health and lose weight.

How to Get Started with Intermittent Fasting

Getting started with intermittent fasting is simple. There are many different types of intermittent fasting, so you can choose the one that best fits your lifestyle.

Some of the most popular types of intermittent fasting include:

- The 16/8 method: This involves fasting for 16 hours each day and eating within an 8-hour window.
- The 5:2 method: This involves eating normally for 5 days of the week and restricting your calories to 500-600 calories on the other 2 days.
- Alternate-day fasting: This involves fasting every other day.

Once you've chosen a fasting plan, you can start fasting right away. Just be sure to listen to your body and stop fasting if you experience any negative side effects.

Overcoming Common Challenges

There are some common challenges that you may experience when you start intermittent fasting. These challenges include:

- Hunger
- Fatigue
- Headaches
- Mood swings

These challenges are usually temporary and will go away once your body adjusts to fasting. However, there are some things you can do to minimize these challenges, such as:

- Drink plenty of water
- Eat healthy fats
- Get enough sleep

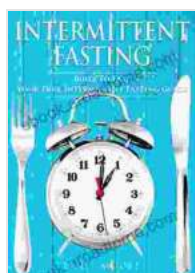
- Exercise regularly

If you experience any serious side effects from fasting, be sure to see your doctor.

Built to Fast is the Ultimate Guide to Intermittent Fasting

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