



## Amazing Health Benefits of Intermittent Fasting - Health Learning Series (Paperback)

By M Usman, John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Amazing Health Benefits of Intermittent Fasting Table of Contents: Preface. Section # 1- Intermittent fasting: An introduction. Chapter # 1: How it works? Chapter # 2: Real or another way to rob you of your money? Section # 2: Intermittent fasting Specifics! Chapter # 1: Pros of Intermittent Fasting Chapter # 2: Cons of Intermittent Fasting Chapter # 3: Employ it in your daily life. How Chapter # 4: How to maximize its benefits? Section # 3: A boon for health! Chapter # 1: Loose some extra pounds! Chapter # 2: Maximize your brain potential. Chapter # 3: Cure brain ailments. Chapter # 4: A cure for type II diabetes. Chapter # 5: Strengthen your heart. Chapter # 6: Minimize oxidative stress. Section # 4: Conclusion Intermittent Fasting - More Than A Diet Plan There are different dieting plans present in the world today which can be obtained through different resources. Each of these dieting plans claims to be better than the other one. But the plan mentioned in this book makes no such claims. It is about a popular...

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