

Intermittent Fasting

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Synopsis

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Intermittent Fasting The Complete Guide to Regaining Your Sexiness by Losing Stubborn Weight, Enhancing Overall Health, Delaying Aging, Boosting Metabolism, and Maintaining Good Brain Health Beckyleon Ehumadu Release the power of a diet that isn't a diet... and watch the weight melt away. The average person will try 126 diets over the course of their lifetime and what that should tell you is that something isn't working. If you've tried diet after diet, only to find yourself back at square one months down the line, then you're probably used to feeling miserable, hungry, tired, and discouraged. You've tried cutting calories! You've tried depriving yourself of all the foods you love! Maybe you've even tried cutting out entire food groups. **These diets don't work.** Sure, you might lose weight in the short term, but as soon as you go back to eating normally, you discover that all that weight loss was temporary and you're certainly no healthier than you were when you started out. It seems like you're doomed to carry those extra few pounds for the rest of your life. You want to feel sexy and vibrant again, but you're beginning to resign yourself to the idea that those days are gone. But there's hope on the horizon. You're getting older, but that doesn't mean you can't **delay** the signs of aging, whip your body back into shape, and bring back the healthy, sexy woman you are. The answer is not in a diet! It's in a lifestyle. And that lifestyle is intermittent fasting. It's not about *what* you eat or how much! It's about *when* you eat! and when you unlock its secrets, **you'll** find all the health and wellness issues you've been battling slip away. In this clear and comprehensive guide to intermittent fasting, you'll discover:

- Exactly what intermittent fasting is! and the science behind why it's so effective
- The**

extensive benefits of intermittent fasting that go far beyond weight loss

- Why timing matters when it comes to food and nutrition (and how to get it right)
- A no-nonsense guide to training your body to handle fasting** – do it right, and you have no need to fear feeling hungry
- The hidden power of fasting to reduce the likelihood of binge eating (no matter how much you’ve struggled with this in the past)
- How to power up your plate to boost the effectiveness of your new lifestyle**
- An approach centered on making YOU feel healthy, sexy, and beautiful – squashing unrealistic and harmful stereotypes in the process
- The lowdown on exercise! and how to choose a workout that actually works
- Your guide to nurturing your self-confidence as you go** – complete with daily affirmations to make you feel like the strong and beautiful woman you are
- The surprising change you can expect to see in your sex life (yes, really!)
- Tried-and-tested recipes to boost your health and make sure you don’t feel hungry during your fasting periods**
- Real-life stories of women just like you, who share their experiences of intermittent fasting

And much more.

Reader's comments

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