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FAST YOUR WAY TO WELLNESS: SUPERCHARGED FOOD



Murdoch Books, 2017. Soft cover. Condition: New. Lee Holmes presents a simple, supportive and sustainable approach to intermittent fasting (IF), featuring balanced meals that use nutritious unrefined wholefoods to boost energy. The IF diet is based on a 500 calorie (2092 kilojoule) restriction for women and a 600 calorie (2510 kilojoule) restriction for men. Among its many benefits, intermittent fasting helps the body shift from a sugar-burning machine into a fat-burning machine. Lee demonstrates that fasting can be even healthier...

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- Authored by Lee Holmes
- Released at 2017



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