



Lose Weight With Ease: How To Lose Over 5 Pounds In A Week With Intermittent Fasting

Katie Ingram, Jadie Joan

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I have always believed that you are what you eat; 80% of the weight loss routine is based on your diet and the remaining 20% is based on other factors; meaning that if you can control your diet, you have won the fight for fitness to a large extent. What is this book all about you may ask? This book is a short eBook that goes straight to the point to discuss how you can lose those excess fats without subjecting yourself to a vigorous Workout routine or Crash Diet. This book is focused on Intermittent Fasting and how you can incorporate it as an everyday lifestyle to help you get to your desired weight and keep the weight off for good.

Which Group Of People Is This EBook Meant For:


This eBook is meant for the following categories of people:

- Anybody that wants to lose weight without undergoing tough exercise routines and crash diets
- Anybody that wants to maintain his or her present weight for a long period of time
- Anybody that is in the process of building muscles
- Anybody that wants to maintain a high level of fitness

Some of The aspects that are discussed in this book include;

- An Introduction to Intermittent Fasting
- Benefits of engaging in Intermittent Fasting
- How to incorporate Intermittent Fasting as a daily lifestyle
- How To Make Your Intermittent Fasting routine more effective to burn more fats and many other aspects of Intermittent Fasting

One thing you should know is that, Intermittent Fasting is not a new idea or process, it has been for years, and when applied well you will start losing weight almost immediately. I personally lost over 3 pounds the first week I started this Fasting routine.

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Bradley Simpson:

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Katie Cardiel:

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Marge Lee:

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