

Download Intermittent Fasting You Will Learn To Loose Weight And Burn Real Fat Fast

Everyone from The Rock, Wolverine, and even the lead singer of Coldplay swear that fasting is the silver bullet to fat loss and muscle gains. Others, however, say fasting will destroy your thyroid and make you fat. And many, especially in traditional media, confuse intermittent fasting with starving yourself. Fasting and burning fat. Being active and taking exercise can increase the rate at which the body burns fat while you are fasting. Some people's bodies are able to move into a fat-burning mode more quickly and effectively than others. This is called 'metabolic flexibility'. The good news is that with a few weeks' practice at Intermittent Fasting,...

When examining the rate of weight loss, people lost about 0.55 pounds (0.25 kg) per week with intermittent fasting, but 1.65 pounds (0.75 kg) per week with alternate-day fasting (2). People also lost 4-7% of their waist circumference, indicating that they lost belly fat. The weight loss or should I say, fat loss associated with intermittent fasting is better than you will see with dieting or exercise. So, if you are thinking of weight loss without dieting or weight loss without exercise, intermittent fasting is your best bet.