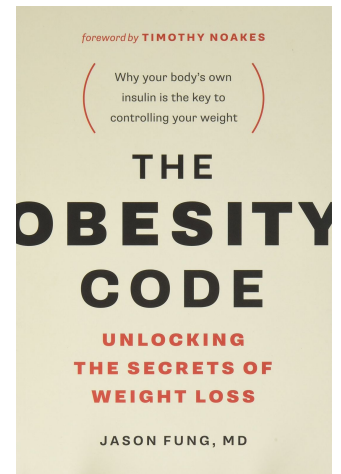
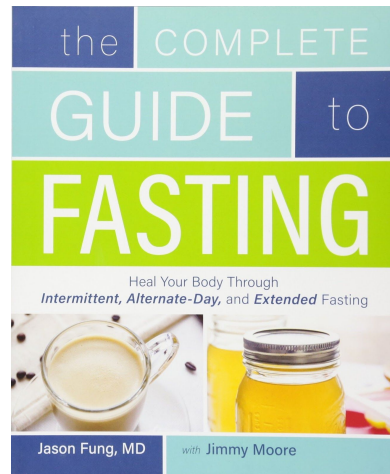
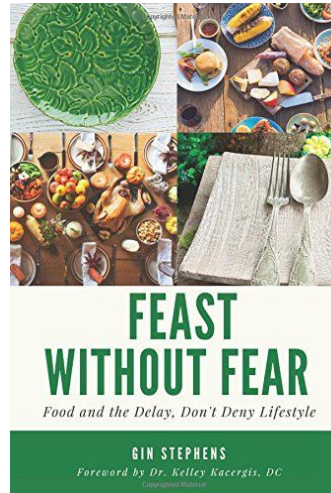
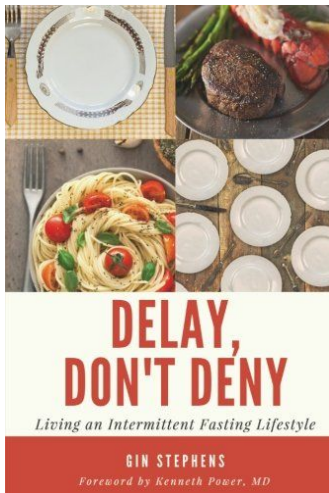


Intermittent Fasting

“Fasting isn’t about starving yourself. As more and more people are discovering it’s a way to lose weight and lower blood sugar naturally, without medications.”

- The Complete Guide to Fasting

Recommended Books:



Reference Videos:

- <https://youtu.be/-mKvLQxaTvo> - The Biggest Benefit of IF is not weightloss, its Autophagy
- <https://youtu.be/lwCRjwDs1Ek> - How to do Intermittent Fasting for Serious Weight Loss
- <https://youtu.be/li9aTbsZ9io> - The Perfect Intermittent Fasting ratio for the most weight loss (Fat Burning)
- <https://youtu.be/ovESvZSue6o> - Does Intermittent Fasting cause Muscle Loss

Podcasts:

- <http://ifpodcast.com> - The Intermittent Fasting Podcast with Gin Stephens and Melanie Avalon
- <http://www.passivebody.com/podcast-2/> - Passive Fat Loss Podcast Hosted by Maarten Schrader
- <https://player.fm/series/the-atp-projects-podcast/intermittent-fasting> - The ATP Project's Podcast

“When done right, fasting is an incredibly effective tool for weight loss and type 2 diabetes, and it can even help slow aging, prevent cancer, and improve heart health.”

- The Complete Guide to Fasting