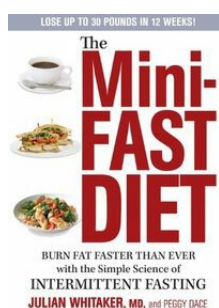


# THE MINI-FAST DIET: BURN FAT FASTER THAN EVER WITH THE SIMPLE SCIENCE OF INTERMITTENT FASTING

In this breakthrough plan by a renowned wellness doctor, one simple lifestyle change can help reverse metabolic syndrome, drop pounds, and lower insulin levels and blood pressure. The magic secret? A clinically proven, research-backed mini-fast that drives the body into an extreme fat-burning state called ketosis. Just skip breakfast, then add a simple exercise program to burn even more fat. After the mini-fast, eat normally for the rest of the day, focusing on proper portions...



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Author	Julian Whitaker
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Filesize	9.38 MB

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## Reader's Opinions

I think every American needs to read this book. More than 1/3 of us are obese, after all. Dr. Whitaker lays out the science of metabolism and longevity and pure, simple...

An alternative to The Fast Diet -- tried it this week but think I will stick with my original two-five day plan. This book specifies giving up breakfast every day and exercising on an empty stomach -- not sure that's good for me. An interesting theory.