



# **Intermittent Fasting: (Just One Day Per Week) - How I Went From Short and Fat To Short and Sexy!**

*Jennifer Beaumont*

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How has intermittent fasting (just one day per week) helped me go from 150 lbs down to 120 lbs, and maintain it for over two years? (I'm 5'1", so let me tell you, 150 lbs isn't a good look on me!!)

Well, when people think of losing weight, they almost invariably turn to traditional dieting. We think it is simple mathematics (reduce calories = lower weight).

Yet the problem remains. We may lose weight, but we always gain it back. In fact studies have shown that most people who lose weight through calorie restriction gain it back within a year.

So does that mean that there isn't an option? Do all of us have to be dietitians (which I am not!) in order to be able to lose weight?

No. And that's what this book is about. In this book I tell you how I managed to lose 30+ lbs of excess weight in large part by following a procedure called intermittent fasting, and I only did it one day per week, with very little eating restrictions during the other 6 days (and I'll tell you what those few restrictions were – Hint: it wasn't calorie counting! – I continued to eat my normal amount of food (not binge) on my six non-fasting days, so I was never hungry on those days!).

Now of course, those fasting days can be tough, but speaking for myself, it's sooo much easier than traditional dieting (it's one day per week vs seven!), and it's helped keep me trim for the past 2 years - I still use it today for weight maintenance.

I'll give you my tips and tricks that help with things like:

- getting through the fasting days
- maintaining my weight
- how to keep from binge eating when the fasting day is over
- how to get optimum benefit out of the fasting days
- how I learned to just be healthier, in general

So come, and let me tell you why my weight loss journey was a much better option - for me - and possibly for you, too!

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