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Download PDF Online Book Ayuno Intermitente: la última guía para perder peso y mantenerse saludable Michael Hiddleston Free eBook PDF/ePub/Mobi, Recetas increíbles para el ayuno intermitente

Obtenga el cuerpo que desea sin los requisitos exigentes de una dieta con el ayuno intermitente

Una guía práctica de introducción al ayuno intermitente

El ayuno intermitente es una práctica que la humanidad ha utilizado por miles de años como un medio para alcanzar una conciencia más elevada o comunicarse con un poder superior. Sin embargo, recientemente ha estado ganando nuevos conversos, gracias a su habilidad para ayudar a las personas a perder peso mientras que también les permite absorber una mayor cantidad de nutrientes de los alimentos que consumen y que no sería posible de otra manera. Los promotores de esta nueva forma de ayuno intermitente específico lo disfrutan, ya que no requiere de mantenerse apegado a un plan alimenticio limitado ni contar calorías para ver resultados importantes.

Contenido:

- Capítulo 1 - Breve introducción al ayuno intermitente
- Capítulo 2 - ¿Cómo funciona el ayuno intermitente?
- Capítulo 3 - Algunos beneficios importantes del ayuno intermitente
- Capítulo 4 - Tipos de ayuno intermitente
- Capítulo 5 - Ayuno intermitente versus restricción de calorías
- Capítulo 6 - Algunos mitos sobre el ayuno
- Capítulo 7 - 50 Recetas de cocina

Si planifica su menú de forma adecuada y lo cumple fielmente, nunca pasará hambre. Este libro le ayudará a equilibrar su metabolismo y alcanzar un estilo de vida más sano y feliz. ¿No desea esto?

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