

The What When Wine Diet: Paleo and Intermittent Fasting for Health and Weight Loss



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Reviews

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(Norma Dooley)

THE WHAT WHEN WINE DIET: PALEO AND INTERMITTENT FASTING FOR HEALTH AND WEIGHT LOSS



Incandescent Expressions, United States, 2014. Paperback. Book Condition: New. Carmen Emmi (illustrator). 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.After unending fad diets and calorie counting to lose weight, Melanie Avalon stumbled upon a dietary protocol which changed her life forever. Realizing there was a science to weight loss, the actress spent years researching the mechanics of body fat regulation. But what started as weight loss techniques ultimately became lifestyle changes for health and happiness! The What When Wine Diet explores the science of how what you eat (Paleo) and when you eat (Intermittent Fasting) can hormonally establish the body as a fat burning machine, rendering weight loss effortless! These conscious food choices free you from calorie restriction and cravings, while discouraging the ailments and degenerative diseases stemming from today's standard, toxic diet. Say goodbye to headaches, blood sugar swings, and constant hunger, and hello to health, vitality, and a thin, toned physique! Plus, drink some wine along the way to boot! Jam packed with scientific studies yet written in an accessible manner, here is just some of what you'll learn in The What When Wine Diet: WHAT? The science of low carb and Paleo diets. How to do Paleo. Sugar and grains effects on the body. All about the gluten-free craze. Why junk food is so addicting. How to transition to Paleo. How to eat at restaurants and shop for groceries, Paleo-style. WHEN? How eating in time windows can maximize fat burning, energy levels, and productivity. What your metabolism actually is. How to eat all you want, while losing weight! How to eradicate hunger between meals. How to never count calories again! Plus, learn the secret to exercise without exercising, and the many health benefits of wine! The What When...



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