



# **Intermittent Fasting for Women: A Simple Beginner's 101 for Weight Loss, Good Health and to Burn Fat**

*Julia Laurie*

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## **Intermittent Fasting for Women: A Simple Beginner's 101 for Weight Loss, Good Health and to Burn Fat** Julia Laurie

This is a tested, effective guide for Intermittent Fasting (IF) backed up by scientific studies. Written by a woman who's 'been there done that'.

Learn how to make dramatic improvements to your health in ALL areas – in a simple, easy to understand manner.

Here Is A Preview Of What You'll Learn...

- How IF is good for weight loss and makes you burn fat
- How IF makes you live longer and look younger
- How IF makes you smarter
- How to fight hunger and tiredness when you begin
- How IF reduces risk of mental AND physical diseases
- How to implement 4 free or low cost IF approaches
- Whether or not to change your diet

Tags: detox, results, health, diet, female, build muscle, shortcut, lose fat, burn fat

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