



# The Handbook of Intermittent Fasting - Effective Solutions for Weight Loss & Muscle Definition

*Idai Makaya*

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## **The Handbook of Intermittent Fasting - Effective Solutions for Weight Loss & Muscle Definition** Idai Makaya

Idai Makaya, a British Martial Arts Conditioning Expert and Magazine Columnist, presents his take on Intermittent Fasting regimes for weight loss, improved health and muscle definition. Intermittent fasting involves short, planned spells of calorie restriction to train the body to burn fat and preserve muscle tissue. The concept is not new, but it's not well known either. Makaya covers all the possible methods of Intermittent Fasting to enable you to find a protocol suited to helping you attain your ideal body shape and body weight. This handbook explains why Intermittent Fasting works so well and details the numerous scientifically proven benefits this practice has on health, fitness and longevity. Also addressed are the topics of combining intermittent fasting and bodybuilding, combining intermittent fasting and exercise in general - and using water fasting and fruit or juice fasting.

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