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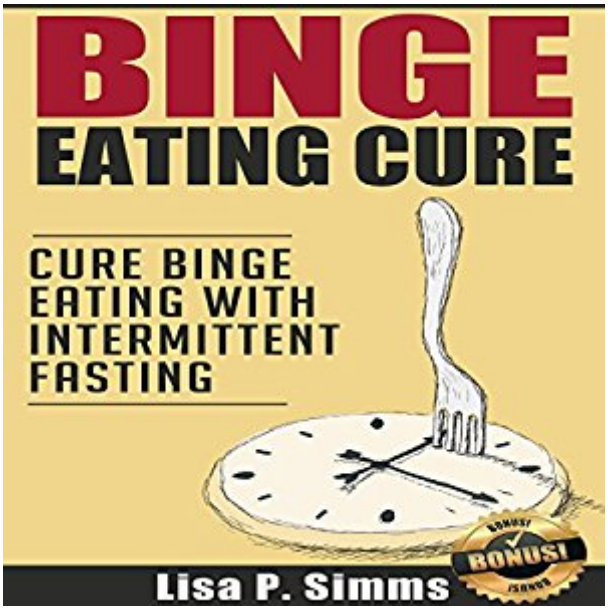
Binge Eating Cure: Cure Binge Eating With Intermittent Fasting



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Synopsis

Have you finally grown tired of the feeling that you would be happier in life if you could just control your eating habits? Do you ever wonder if there is any other way to come closer to your health and fitness goals? Have you been dreaming of becoming the type of person who has total control over food, rather than food having total control over you? If you answered "yes" to at least one of the above questions, then this book is just what you need to get informed, grow confident, and take the steps necessary to get exactly what you want out of your diet regimen! Binge Eating Cure was written with individuals like you in mind - individuals who are ready to take massive action to achieve massive results! So what are you waiting for? Take action, not now, but right now, and download your copy, today!

Book Information

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Customer Reviews

I never thought of curing binge eating with intermittent fasting but it seems to make sense. I like how this book lays everything out that I need to know about intermittent fasting like the do’s and dont’s list, precautions, some recipes, and helpful tips. I didn’t realize that the human growth hormone is more active when fasting so that’s kind of good to know to speed up metabolism. I feel much better when I fast for at least 14 hours, like I’ll stop eating around 6:00pm at night and then don’t have breakfast until after 8:00am. I feel lighter waking up and my exercise is easier.

Binge eating is not new to everyone most especially nowadays that people are notaware of their eating habits. This type of eating can be detrimental to ones health since they would be at risk to obesity, heart and lung problems or a probable diabetes. With this book, one may be able to control

ones craving and hunger and through intermittent fasting but still enjoying food for a scheduled time. It is really an ideal guide since it trains a person to become responsible and slowly withdraw from excessive food intake just like how one starts to halt smoking habits.

Binge eating is really hard to cure. I mean how can you cure doing something that involves tasting food right? However, it is very real and it is an affliction that a lot of people is suffering from. This book has proven and effective tips on how to cure binge eating. Intermittent fasting is an effective process in curing binge eating and this book can really help people who are suffering from this. Get this book and know the proper ways in which we can cure binge eating at home.

The book i needed!! I have been interested in intermittent fasting for a while did some research but never could find some concrete information i stumbled upon this book and its exactly what i needed. this book details exactly what intermittent fast is and go over the different types. The author does great job on keeping me engaged on the topic most diet books have alot of fluff but this is straight to the point. I highly recommend.

This book is very straightforward and objective. It included dos and don't and the benefit of intermittent fasting. Very informative and this book provided the info i need to know to start. Five stars

This book focuses a great deal on intermittent fasting. The key learning after reading this book is in the moderation and routine of your eating habits. This book gives you that; pack with information and guides you in using intermittent fasting to overcome binge eating.

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