



# **The Handbook of Intermittent Fasting - Effective Solutions for Weight Loss & Muscle Definition (Paperback) - Common**

*By (author) Idai Makaya*

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## **The Handbook of Intermittent Fasting - Effective Solutions for Weight Loss & Muscle Definition (Paperback) - Common** By (author) 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 old and new...



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