



# INTERMITTENT FASTING FORMULA

DIET PROTOCOL FOR EXTREME  
WEIGHT LOSS



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# Introduction

## **Why is Intermittent Fasting so Popular?**

Obesity is becoming an increasing problem. So, it's no wonder that so many people are looking for a better way to lose weight. Traditional diets that restrict calories often fail to work for many people. It's difficult to follow this type of diet in the long-term. This often leads to yo-yo dieting – an endless cycle of weight loss and gain. Not only does this often result in mental health issues, it can also lead to even more weight gain overall.

It comes as no surprise, then, that many people have been searching for a diet that can be maintained long-term. Intermittent fasting is one such diet. More of a lifestyle change than an eating plan, it is different from regular diets. Many followers of intermittent fasting find it easy to follow for extended periods. Even better, it helps them to lose weight effectively.

# CHAPTER 1

## WHAT IS INTERMITTENT FASTING?



# Chapter 1 – What is Intermittent Fasting?

Intermittent fasting is rapidly becoming a popular choice amongst those trying to lose weight. However, it's also popular with many other people too who want to reap its health and wellness benefits. So, what is intermittent fasting all about?

## **How is Intermittent Fasting Different from Other Diets?**

Essentially, intermittent fasting (or IF for short) is a pattern of eating rather than a regular diet.

Standard diets focus on what you're eating. Dieters are restricted to a certain number of calories or specific types of food. This leads to dieters thinking constantly about what they are and aren't allowed to eat. Fatty and sugary foods are absolutely forbidden. There is a strong focus on vegetables, fruit and low-fat, low-sugar meals. Those following these ways of eating often