



Intermittent Fasting: BOX SET 3 IN 1 The Complete Extensive Guide On Intermittent Fasting + Paleo + Smoothies #31 (Clean Eating, Intermittent Fasting, Smoothies, Superfoods, Spice Mixes, Paleo)

M. Clarkshire

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BOOK #1 PREVIEW

Intermittent fasting is actually quite incredible, and can improve the quality of your life exponentially. This book is going to outline the different types and techniques of intermittent fasting so that you can utilize it in your own life to the maximum benefit possible.

BOOK #2 PREVIEW

Super foods are on the tip of everybody's tongue. You can't go five minutes on the internet without hearing about somebody and their past experience with wonderful super food.

BOOK #3 PREVIEW

Book that aims to improve your meal and health quality, included within its pages are amazing spice combinations that will take your breath away and leave you hungry for more. You'll be amazed how great these can taste together and what they will do for your health.

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