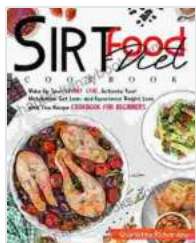


Wake Up Your Skinny Gene

Activate Your Metabolism Get Lean And Experience Lasting Weight Loss

By Dr. Jason Fung



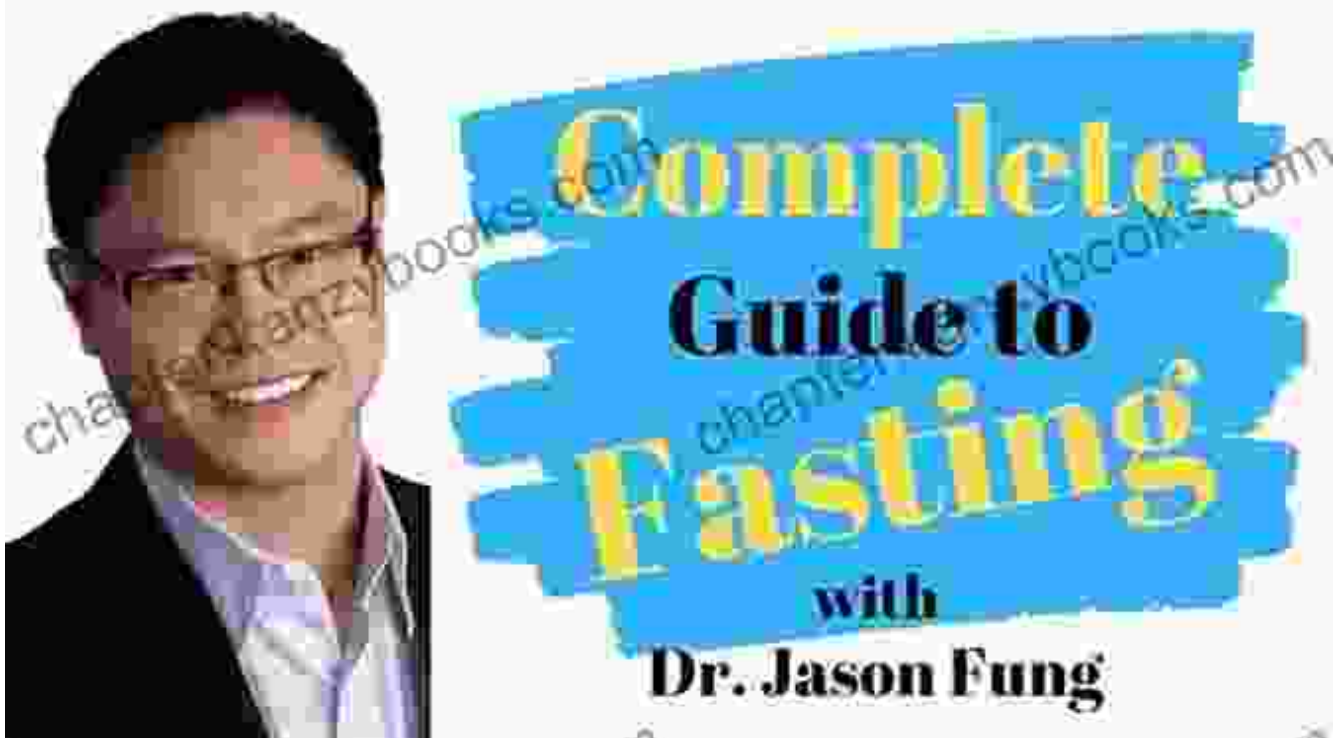
Sirtfood Diet Cookbook: Wake Up Your Skinny Gene, Activate Your Metabolism, Get Lean, and Experience Weight Loss with This Recipe Cookbook for Beginners

by Stephanie Sharp

★★★★★ 5 out of 5

Language : English
File size : 19505 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 197 pages





In his groundbreaking book, *Wake Up Your Skinny Gene*, Dr. Jason Fung reveals the revolutionary new science of intermittent fasting and how it can help you lose weight and keep it off for good.

Dr. Fung has spent over 20 years studying the science of fasting and has helped thousands of people lose weight and improve their health. In *Wake Up Your Skinny Gene*, he shares his cutting-edge research and provides a step-by-step plan to help you lose weight and achieve your health goals.

What is intermittent fasting?

Intermittent fasting is a pattern of eating that involves alternating periods of fasting and eating. There are many different ways to do intermittent fasting, but the most common method is to fast for 16 hours each day and eat within an 8-hour window.

When you fast, your body goes into a state of ketosis. This is a metabolic state in which your body burns fat for fuel instead of glucose. Ketosis is a very efficient way to burn fat and can help you lose weight quickly.

How does intermittent fasting help you lose weight?

Intermittent fasting helps you lose weight in several ways:

- **It reduces your calorie intake.** When you fast, you eat less calories overall. This can help you create a calorie deficit, which is necessary for weight loss.
- **It boosts your metabolism.** Fasting can help you boost your metabolism, which means you burn more calories even when you're not exercising.
- **It reduces inflammation.** Inflammation is a major cause of weight gain. Fasting can help reduce inflammation and improve your overall health.
- **It improves insulin sensitivity.** Insulin is a hormone that helps regulate blood sugar levels. When you're insulin resistant, your body doesn't respond to insulin properly and this can lead to weight gain. Fasting can help improve insulin sensitivity and make it easier to lose weight.

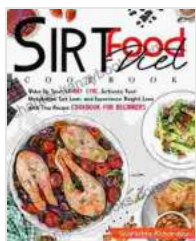
Is intermittent fasting right for you?

Intermittent fasting is a safe and effective way to lose weight and improve your health. However, it's important to talk to your doctor before starting an intermittent fasting plan, especially if you have any health conditions.

If you're ready to lose weight and improve your health, then Wake Up Your Skinny Gene is the book for you. Dr. Fung's revolutionary new science of intermittent fasting can help you achieve your weight loss goals and live a healthier life.

Free Download your copy of Wake Up Your Skinny Gene today!

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