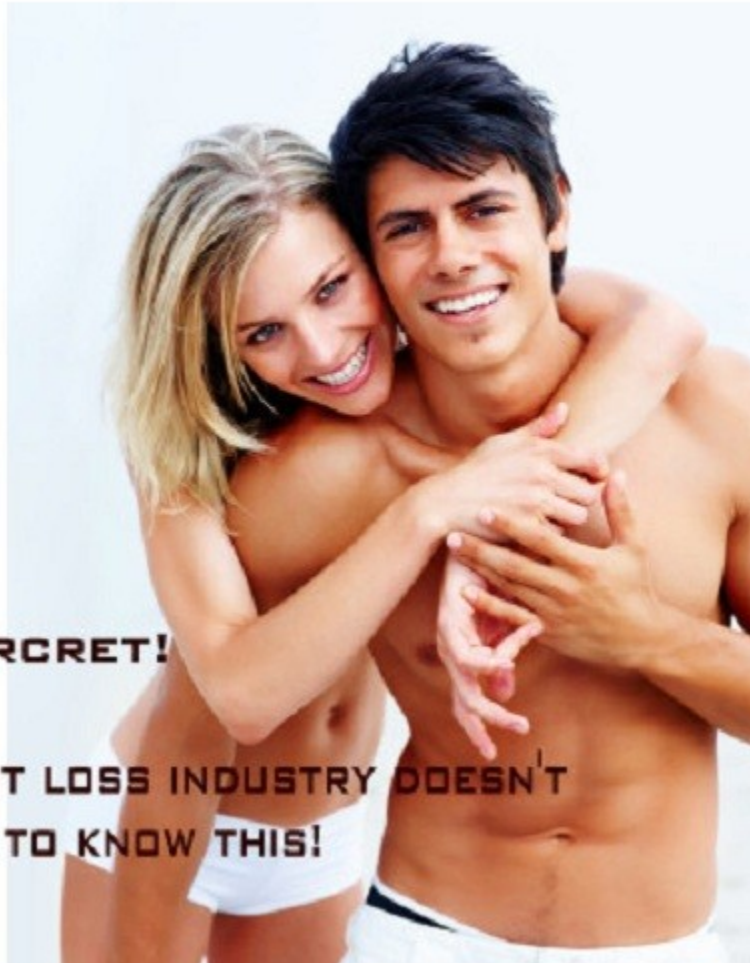


# INTERMITTENT FASTING



**TOP SECRET!**

**THE WEIGHT LOSS INDUSTRY DOESN'T  
WANT YOU TO KNOW THIS!**

By Kelly Ulm

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## Disclaimers And/Or Legal Notices

**The information in this report is for educational purposes only.**

The information in this report is based on my own personal experiences and my own interpretation of available research. It is not medical advice and I am not a medical doctor.

**The information within this book is meant for healthy adult individuals.**

You should consult with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet.

**If you have any health issues or concerns please consult with your physician.**

Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Feel free to pass this along to anyone that you wish. You do not have the right to change this report or put your name on it as your own.

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Hi. My name is Kelly Ulm.



I am the owner of the popular fitness blog, [Fitness Overhaul](#). I wrote this free report so I can shed some light on one of the best and most misunderstood ways to lose fat.

It's called intermittent fasting.

If you do it the correct way, you will lose substantial fat, and use it as a key part of your fitness arsenal. If you do it the wrong way, you will hate it and blow an incredible chance that you have of ending your diet frustrations forever.

I truly want you to fully understand the power of this technique. After reading this small report, please contact me ([kelly@fitnessoverhaul.com](mailto:kelly@fitnessoverhaul.com)), if you have any questions.

The key with fasting is to do it the proper way. The problem is that so many people get this wrong. Even personal trainers and other fitness professionals don't fully understand this and usually just make people more confused!

So many people will hear about it from someone, try and figure it out for themselves, and then mess it up to the point that they never want to try it again.

This is unfortunate because with the proper guidance, I am convinced that you will find it to be the easiest and best solution to permanent fat loss.

I am going to go over some key points about intermittent fasting so you can be in the group that does it correctly.

Sound good?

Ok. Let's get started.

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## What Is Intermittent Fasting?

First off, what is intermittent fasting and why would someone do it?

Intermittent fasting is a type of fasting where you purposely abstain from eating anything for a certain period of time. I usually fast for 24 hours, but you can do it less if you want. I don't recommend that you do it more than 24 hours.

Before you run off and just quit eating for a day, please take the time to learn more about it. I am serious when I say that if you get this right, you will use it for life and never worry about your diet or how to lose fat ever again.

It is just that effective. Depending on how you do it though, it can be the best thing that you ever learned about weight loss or it can be the worst 24 hours of your life. . . If you even make it that long!

As you can see I am really passionate about intermittent fasting and I would hate for you to mess this up on the first try and be turned off of it for life. As simple as it sounds to just not eat for a certain amount of time, there is much more to it.

Read on and I will hopefully help you to understand it a little better.

## Intermittent Fasting Gets Results!

The reason that I am so happy with fasting is because of the fat loss results that it gives me.

Period.

I have no other reasons.

It has nothing to do with my religion or trying to detox my body. It strictly has to do with the way it has simplified my life and easily removed one of my biggest issues, fat loss.

If you have ever struggled to lose fat, whether it is a large amount or just that last five pounds, you need to learn more about this.

In a nutshell, you will simply lose weight quicker and easier than you ever have.

Click [here](#) to learn more about this fat loss secret weapon!

## Biggest Intermittent Fasting Myth

Ok. Time to crush the biggest myth out there about intermittent fasting.

If you have tried many different diets or fat loss plans before, then I am sure you heard of the starvation mode. In fact there is a popular weight loss plan that bases its whole approach on the starvation mode.

The basis of this is that if we don't feed our bodies every few hours that our metabolism will slow down and our bodies ability to lose weight will come to a screeching halt.

I am not disputing that the starvation mode exists. I just don't believe that it happens as fast as some claim that it does.

The starvation mode is misunderstood and overused as a way for other marketers to scare people in to buying their programs and products. If you are scared and confused, you are easier to manipulate in to buying their stuff.

The truth is intermittent fasting is scientifically proven to never hurt your metabolism and never put you into starvation mode. I always try things out for myself before I form an opinion on them.

I have been fasting for over an entire year and never had any issues with my metabolism slowing down or the starvation mode, even while training hard and fasting twice a week. So please lets just put this one to bed, okay?



[Doing some resistance training while fasting will help ensure that you maintain muscle and that your metabolism doesn't slow down. It is also the best way to lose fat in my opinion, even better than cardio!]

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# Intermittent Fasting Benefits

Without making this report too long, I just want to briefly touch on some of the key benefits to intermittent fasting.

- You never have to worry about dieting again.
- You can enjoy yourself more while on vacations or when out to dinner with friends. Fasting will fix any "damage" that you do by overeating or having a few drinks.
- You will actually save money that you would be spending on food.
- You can adjust how much you lose and what your body looks like by regulating how often and for how long you fast.
- There is no prepackaged food to buy, meetings to go to, or rigid diets to stick to. No food is off limits anymore. No more avoiding all carbs or fats.
- Done properly, you won't lose any of your hard earned muscle.

## Conclusion

As you can see, intermittent fasting can be a great way to lose fat and simplify your life.

I have been fasting for over a year. **I went from 201 lbs. down to my current weight of 166 lbs.** I am 42 years old and am leaner and look more muscular than I have since I was in my twenties. I only fast every so often now because I really don't have any more fat that I want to lose.

I know that if I ever find myself needing to lose weight, all I have to do is use intermittent fasting and it will get me right where I want to be.

I have so much more that I would love to teach you about intermittent fasting.

You will see first hand **how intermittent fasting has helped me, an ordinary, average 42 year old guy, go from overweight and frustrated to ripped and muscular.**

Click [here](#) to learn more about this fat loss secret weapon!

In the beginning, I felt like I discovered an amazing secret or that I was dreaming and it wasn't real!

I can't wait for you to feel the same way soon.

If it can help transform my body so dramatically, I know that it will definitely transform yours too. **As long as you do this the right way.**

Please don't mess this up by trying to do it without all of the knowledge that is needed to do it correctly.



Click [here](#) to get access to my story and learn the right way to use intermittent fasting!

Oh. I almost forgot. I am also going to show you why I never worry anymore about overeating during the holidays, on vacations, or even when out to dinner with friends.

It's a non-issue when you understand what I am going to show you next!

Check it out now!

[Intermittent Fasting](#)

Click [here](#) to learn more about this fat loss secret weapon!