



Fitness with Fasting - A Spiritual way towards Weight Loss and Physical Fitness

Ekta Singhal

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Are you tired of weight loss plans and products that just don't work?!!

Here is a best way for loosing your weight and living a healthy life.

Fitness with Fasting

Why Fasting good for you?

- * Our lives are hurried, painful, stressful, anxious and unhappy.
- * Diets are not working for you for getting healthy and fit body
- * Obesity related problems are increasing

How can you get fitness with fasting ?

- * Consider lifestyle of the Mediterranean nations that eat a diet rich in fruits, vegetables and nuts, and gluten free.
- * Practice mindful meditation, combined with fasting as a form of detoxifying and meditation
- * Provides the body a chance to rest, burns calories
- * It detoxifies the body; and it helps clear the mind
- * And many more benefits which you can read in this book


Recipes contains in this book are healthy and tasty.

These are home made, free from preservatives, low fat, low carb and gluten free, we can include in our daily diet.

Exercise, by contrast, has been shown in countless studies to be extremely beneficial to the body. Let's look at a few of its benefits:

- * It stokes the metabolism to continue to burn calories throughout the day and regulate sugar
- * It produces endorphins, improves mood and decreases depression, improves concentration.
- * It improves sleep and concentration
- * It improves sexuality and elimination
- * It keeps the joints, ligaments and muscles supple and strong. Improves lung capacity

So don't wait to include Fasting as a part of your life and get its magical benefits

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