



Speed Up Your Metabolism! How I Lost Over 80 Pounds in 6 Months By Following the Intermittent Fasting Diet

Brianne Pentecost

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Judging by my title, I'm sure you guessed it, I used to be fat. Very fat actually, but I decided to do something about!

80 lbs later here I am, a new woman.. and I have tricks I want to share with you. I want you to experience the amazing feeling of looking at yourself in the mirror and feeling proud of yourself.

The secret to losing weight isn't knowing WHAT to eat - it's knowing WHEN to eat! I will show you some little known secrets of how your body works that will allow you to burn fat, and keep it off. The best part of the plan is that there are no rules, no restrictions and no special recipes to follow.

I want to show you how I did it.. are you ready to change your life?

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