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# The What When Wine Diet: Paleo And Intermittent Fasting For Health And Weight Loss



## Synopsis

After unending fad diets and calorie counting to lose weight, Melanie Avalon stumbled upon a dietary protocol which changed her life forever. Realizing there was a science to weight loss, the actress spent years researching the mechanics of body fat regulation. But what started as weight loss techniques ultimately became lifestyle changes for health and happiness! The What When Wine Diet explores the science of how what you eat (Paleo) and when you eat (Intermittent Fasting) can hormonally establish the body as a fat burning machine, rendering weight loss effortless! These conscious food choices free you from calorie restriction and cravings, while discouraging the ailments and degenerative diseases stemming from today's standard, toxic diet. Say goodbye to headaches, blood sugar swings, and constant hunger, and hello to health, vitality, and a thin, toned physique! Plus, drink some wine along the way to boot! Jam packed with scientific studies yet written in an accessible manner, here is just some of what you'll learn in The What When Wine Diet: What? The science of low carb and Paleo diets. How to "do" Paleo. Sugar and grains' effects on the body. All about the gluten-free "craze." Why junk food is so addicting. How to transition to Paleo. How to eat at restaurants and shop for groceries, Paleo-style. When? How eating in time windows can maximize fat burning, energy levels, and productivity. What your "metabolism" actually is. How to eat all you want, while losing weight! How to eradicate hunger between meals. How to never count calories again!

## Book Information

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## Customer Reviews

Update: 7/31/2015 I have been intermittent fasting for a month now. My goal was to stop eating at

9pm and start at 6pm the next day. I usually make it between 12 and 16 hours but sometimes get to the full 6pm mark. I have re-listened to the book a few times now and it keeps me motivated. What I learned after 30 days: I used to feel completely helpless to food. I would wake up hungry, grab gas station food with a soda, snack on chips until lunch, get fast food, more soda, fast food for dinner, chips and snacks until bed, more soda and then have snacks by my bed in case I woke up hungry. I would feel a panic if I was running late in the morning because I knew I might not be able to eat until lunch time. I would fear getting sick and feeling absolutely miserable. I tried limiting or stopping soda intake dozens of times only to crash and drink a whole 6-pack. I would try to limit carbs, grains, bread and so on and end up crashing and eating a whole pizza. The first week was hard and I obsessed thinking about food. I wanted soda badly. About 3 days in however I experienced the magical thing all IFers swear happens where you suddenly realize you are not dying a few hours later. I became optimistic and it motivated me a lot. It does happen! I tried straight water fasting previously and always caved by the evening of the 2nd day. As the days passed it just started feeling natural. I would drink some coffee or tea as I felt hungry and I'd say in the 2nd week I experienced the total loss of hunger (fat adaptation I understand) for most of the day. I now know I can go to 6pm without dying, fainting, feeling sick, passing out from blood sugar crashes, headaches or anything else negative.

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