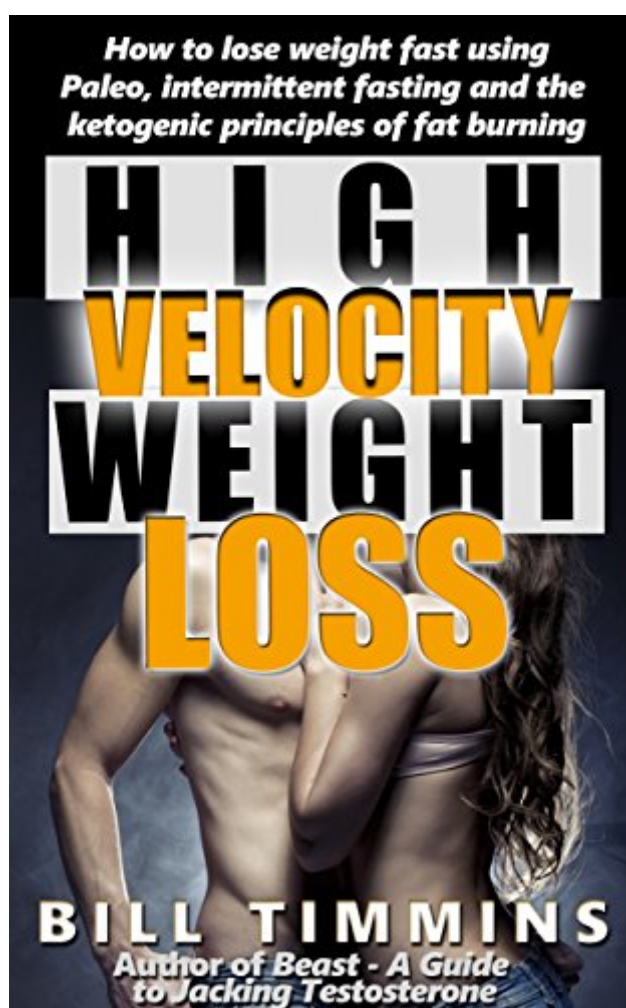


The book was found

High-Velocity Weight Loss - How To Lose Weight Fast Using Paleo, Intermittent Fasting And The Ketogenic Principles Of Fat Burning



Synopsis

Do you need to lose a LOT of weight and QUICKLY? Take advantage of the latest science in FAST weight loss used by MMA Fighters and Boxers For long term healthy weight loss, Billy Timmins is not a fan of dramatic and fast weight loss as most people eventually put the weight right back on when they stop "dieting". Despite this, there are occasions where rapid and dramatic weight loss is required, with long term effectiveness being largely irrelevant.. Are you -- A model or entertainer who needs to strip weight for an upcoming job or event? - Someone who needs to look as good as possible for a member of the opposite sex for whatever reason? (Then you can dazzle them with your personality!) - Someone who has an important event coming up like a class reunion or a wedding where you need to be able to fit into a specific outfit or look your best? - A sportsperson such as a boxer, weightlifter or wrestler who needs to quickly get down to a specific target weight for a competition or the start of a new season If you need to lose a lot of weight, and fast, this guide is for you, with Timmins detailing the secrets of cutting edge weight loss for when Emergency Weight Loss is required! Billy draws on his diverse background to bring you the secret techniques used by fighters who need to drop serious weight, in seriously quick time for weigh-ins. Take advantage of the latest advances in our understanding of weight loss, using principles from Paleo, Ketogenic Diets, Intermittent Fasting (IF) and High Intensity Interval Training (HIIT). Sometimes, you just need to get weight off as quickly as possible, by whatever means! Scroll up and grab a copy today.

Book Information

File Size: 1392 KB

Print Length: 26 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 13, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00CNAFW8K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #418,562 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #107

inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #237 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #245 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Ketogenic

Customer Reviews

The author assumes you already know something about the topic and refers you to more scientific texts if you don't. A good technique. I like that the author specifies that this is only for four weeks and that some things that are suggested are only for 24-48 hours. There are better ways to lose weight, but sometimes you have to do it very quickly, even if you know it won't last. That's what this book is for.

The book covered simple guidelines. Gave a good overall comparison of fasting vs paleo vs ketone nix. And clearly defined the difference between a high intensity jump start and long term sustainable behavior. Great start point for anyone.

Very informative. But don't agree about excluding beans. Beans are very healthy and can be consumed in small amounts and still lose weight quickly.

Not only is this a great guide but I also learned so much about why the methods suggested work so well.

Where is the actual plan? Not much here and I feel cheated because this is so flimsy and inadequate as a diet book.

Really good book

Good book!

Had new information I have not seen before. IT IS ALSO SOMETHING that I can do on my own without dues or fees. Thanks Billy!

[Download to continue reading...](#)

Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners) High-Velocity Weight Loss - How to lose weight fast using Paleo, intermittent fasting and the ketogenic principles of fat burning Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men) Intermittent Fasting: 7 Beginner - Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss (paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Intermittent Fasting: Build Muscle, Burn Fat, and Lose Weight Fast with Intermittent Fasting PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ...

fasting for weight loss, lean body.) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)