



# INTERMITTENT FASTING TIPS & TRICKS



## 1. Exercise

Just 30 mins a day most days of the week is enough to boost your metabolism and melt fat fast.



## 2. Drink water

Staying hydrated is the best way to curb hunger pangs and keep cravings at bay.



## 3. Track your progress

Tracking your start & stop times is sure to keep you on target.

# Intermittent Fasting Tips

**SA Adler**



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web my darling husband caught me in this happy pose just before i left for a bit of retail therapy in downtown saginaw he said he wanted me to look for a sexy mini dress and get some lingerie as well to go with it

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web they would often sit on top of they re desks crossing and uncrossing their nylon encased legs and i would rub myself under my desk until i had pre cum wetness on my own pantyhose by the end of class the next morning i went to my mom s bedroom as she was getting dressed and sat on her bed

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web nov 29 2022 my mum helped me get my first outfit i think my mother had enough of me using her clothes and shoes so this one day after i had come home from school she called me in to the living

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web oct 17 2015 by confusedthrowayadad came home son is dressed in sisters clothes when i came in i saw what i thought was my 15 yr old daughter on the couch watching tv but was shocked or more if that s possible when she stood up and i immediately recognized that it was my 17 yr old son he was wearing his sisters dress and a stuffed

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web apr 2 2023 at first william kept his crossdressing a secret sneaking into his mother s closet and trying on her dresses when no one was home but as he got older he became more confident he started wearing his mother s clothes out in public

feeling a sense of excitement and empowerment every time he did

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web jun 9 2022 1 yr ago senior sea9574 how i got caught by my neighbor hello i feel so humiliated i m 20 and live at my mom s it s 11am on a thursday i decide to go in the staircase with a nice vinyl skirt tight body high heels and pantyhose felt pretty and just wanted to go a little bit in public

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web posted april 3 2010 my goodness my mom cried when i got caught that was enough worse than any lecture i went deeeeeep underground after that i have read about mother s that go beyond supporting crossdressing by actually encouraging it this is the first post i can remember on that subject but i have been here less than a year and a half

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she decided to teach me lesson and make sure i had plenty of opportunity to

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web caught in the act 1 by samantha p oh no there i was looking at the mirror and who should be there my sister dawn looking back at me with the classic goldfish look first let me explain my name is nicolas and i have been dressing in my moms and sisters clothes for the last seven years

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