



5:2 Diet for Beginners: A Quick Start Guide to Intermittent Fasting, Rapid Weight Loss and a Long Healthy Life

Gina Crawford

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5:2 Diet - Blast fat and live longer with the power of intermittent fasting!

An amazing 5:2 diet guide that will revolutionize the way you think about dieting and weight loss!

The 5:2 diet or fast diet is a unique approach to dieting that allows you to eat the foods you love for 5 days and do a modified fast on 2 non-consecutive days of the week. This book not only teaches you how to drop unwanted pounds while enjoying your favorite foods, it also teaches you how to live longer and stay healthy by applying the power of intermittent fasting to your life today!

Stop making weight loss so painful with grueling diets that restrict you from eating your favorite foods. Choose the 5:2 diet that makes losing weight easier and tastier than ever!

Though the 5:2 diet itself is fairly new, the concept of fasting and the study of the benefits of intermittent fasting on human health are not. Leading scientists have been studying the amazing health benefits of fasting for over 20 years.

Dr. Michael Mosley, founder of the 5:2 fast diet, popularized the fast diet months after he had gone to see his doctor for a routine checkup and was unexpectedly diagnosed with diabetes, high cholesterol and metabolic syndrome.

Refusing to be treated with drugs, Dr. Michael Mosley set out to find a way to heal himself naturally. After not seeing any success with traditional dieting he decided to explore intermittent fasting.

The 5:2 diet and intermittent fasting work!

After only 3 months on the 5:2 diet he lost 20 pounds of fat, normalized his blood glucose and lowered his cholesterol and blood pressure. The fast diet also allowed him to maintain his ideal weight.

Research professor of medicine at Washington University, Dr. Luigi Fontana proved through his studies on various organisms that a 25-30% reduction in calories could increase lifespan by 50% and prevent disease.

With the 5:2 diet you can expect to lose 1 to 2 pounds of fat every week. On fast days, both women and men are encouraged to cut their calorie intake to about one quarter of what it normally is. Women should eat 500 calories on fast days and men should eat 600 calories.

In a step by step way The 5:2 Diet for Beginners - A Quick Start Guide to Intermittent Fasting, Rapid Weight Loss and a Long Healthy Life will teach you everything you need to know about how to successfully apply the 5:2 diet to your life today for fast weight loss and better health.

The 5:2 Diet for Beginners teaches you:

- What is the 5:2 diet?

- Why was the 5:2 diet created?
- Why fasting is so effective for weight loss and longevity
- How the 5:2 diet works
- What to eat on fast days
- Eleven quick tips to help you succeed on the 5:2 diet
- What to expect on the 5:2 diet
- Fast day 30 MINUTE recipes under 500 calories
-and more!

Here's a preview of what you'll learn:

- Why the 5:2 diet works
- The benefits of intermittent fasting
- How to make your fast days easy
- The 5:2 diet and high intensity training
- Exactly how your fast days and feed days will work
- How to maintain your ideal weight
-and much more!

Dieting shouldn't be drudgery! You were meant to enjoy your life at your ideal weight with fabulous health! The 5:2 fast diet will keep you living happy and healthy for a really long time!

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Elizabeth Blake:

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Sidney Robertson:

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Kenneth Matson:

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