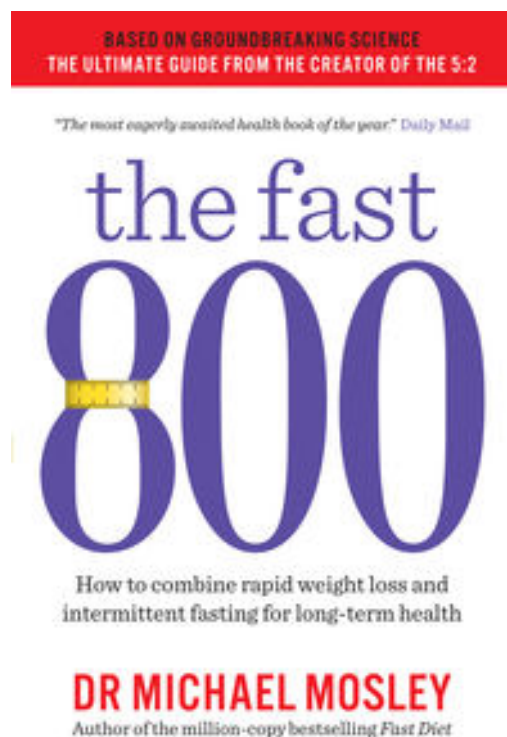


Leggi Ebooks The Fast 800 Michael Mosley PDF, EPUB, Mobi



Leggi ebooks The Fast 800 Michael Mosley PDF, EPUB, mobi, Six years ago, Dr Michael Mosley started a health revolution with the 5:2 *Fast Diet*, telling the world about the incredible power of intermittent fasting. In this book he brings together all the latest science - including a new approach: Time Restricted Eating - to create an easy-to-follow programme.

Recent studies have shown that 800 calories is the magic number when it comes to successful dieting - it's an amount high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes.

The secret of this new programme is that it is highly flexible - depending on your goals, you can choose how intensively you want to do it.

Along with delicious, low-carb, Mediterranean-style recipes and menu plans by Dr Clare Bailey, *The Fast 800* offers an effective way to help you lose weight, improve mood and reduce blood pressure, inflammation and blood sugars. Take your future health into your own hands.

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