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Ground Breaking Diet Myth Book by Author Tim Spector

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Fad diets have been with us for generations, but the the truth is that any regime that focuses on excluding whole food groups should be approached with caution, says Tim Spector, Professor of Genetic Epidemiology at King's College London and author of the bestselling books The Diet Myth and Spoon-Fed. For this reason, he says, intermittent fasting (also known as the 5:2 diet) is the only weight-loss diet he'd truly recommend.

Diet Books | Five Books Expert Recommendations

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THE 5:2 DIET BOOK is your comprehensive guide to the wonderful world of intermittent fasting. It includes: All you need to trigger the 'healing' mode that happens when you restrict your diet for as little as one day a week The incredible effects on your brain cells The transformation in the way you view hunger and food The cost savings you can make - saving pounds from your food bill as you lose them from your body!

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