

# WEIGHT LOSS: THE 5:2 FASTING DIET

## REVOLUTIONARY APPROACH or DANGEROUS FAD?

Positioned as the weight loss solution for people who love food, the 5:2 diet allows you to eat normally for five days, interspersed with two days of fasting on a restricted calorie intake (500 for women, 600 for men). But is a diet where you can eat what you like – most of the time – too good to be true? Are there hidden risks?

### PROS

You're allowed to eat normally - but healthily - for five days of the week\*

Your cognitive function may be improved, which can help to prevent conditions like Alzheimer's and dementia\*

Fasting for short periods may help to give your digestive system a rest\*

Initial studies suggest it may have the ability to increase lifespan\*

Intermittent fasting is as effective as a continuous calorie restricting diet for weight loss\*\*

It may reduce your risk of developing chronic diseases such as Type 2 diabetes\*

It may improve blood pressure, metabolic rate, cholesterol level and insulin sensitivity\*

Fasting is believed to reduce the levels of IGF-1 in the blood (a growth hormone which seems to lead to accelerated aging and can cause cell divisions like those found in cancer)\*

### CONS

After fasting, you may find yourself overeating\*

Side effects may include difficulty sleeping, bad breath, dehydration and anxiety\*

Restricting food can lead to nutrient deficiencies if your body doesn't get all of the essential vitamins and minerals it needs\*

It may not be a sustainable solution as people are unlikely to include fasting in their diet long term\*

Fasting can leave you with less energy, which can affect your ability to function in daily tasks\*

This diet is not suitable for pregnant women, Type 1 diabetics, children or people recovering from surgery\*

Endurance training during fasting days is not necessarily safe and is not advised\*

There is concern the 5:2 diet can encourage eating disorders amongst vulnerable people\*\*



# Side Effects Of The 5 2 Diet

**Michael Mosley**



## Side Effects Of The 5 2 Diet

The Fast Diet Michael Mosley,2013 Is it possible to eat what you like most of the time and get thinner and healthier as you do it Simple answer yes You just have to restrict your calorie intake for two non consecutive days each week 500 calories for women 600 for men This book brings together the results of recent revolutionary research to create a dietary programme that anyone can incorporate into their normal working life

**The 5:2 Diet** Kate Harrison,2013-09-03 Provides a weight loss diet plan featuring intermittent fasting intended to trigger changes in metabolism

**The Warrior Diet** Ori Hofmekler,2009-03-03 Along with the many benefits of leisure class living comes obesity and its attendant ailments In The Warrior Diet Ori Hofmekler looks not forward but backward for a solution to the primal habits of early cultures such as nomads and hunter gatherers the Greeks and the Romans Based on survival science this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul Drawing on both scientific studies and historical data Hofmekler argues that robust health and a lean strong body can best be achieved by mimicking the classical warrior mode of cycling working and eating sparingly undereating during the day and filling up at night Specific elements from the Warrior Diet Nutritional Program finding ideal fuel foods and food combinations to reduce body fat to the Controlled Fatigue Training Program promoting strength speed and resilience to fatigue through special drills literally reshape body and mind Individual chapters cover warrior meals and recipes sex drive potency and animal magnetism as well as personalizing the diet for women Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr Udo Erasmus The Warrior Diet shows readers weary of fad diets how to attain enduring vigor explosive strength a better appearance and increased vitality and health

The South Beach Diet Cookbook Arthur Agatston,2004-04-13 A companion to The South Beach Diet presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste outlining the diet s basic philosophies and sharing personal success stories

**The Fast 800** Dr Michael Mosley,2019-01-04 Australian and New Zealand edition THE NO 1 BESTSELLER IN AUSTRALIA AND THE UK BASED ON THE LATEST GROUNDBREAKING SCIENCE THE ULTIMATE GUIDE FROM THE CREATOR OF THE 5 2 HOW TO COMBINE RAPID WEIGHT LOSS AND INTERMITTENT FASTING FOR LONG TERM GOOD HEALTH AN EXCITING NEW PROGRAMME BUILT AROUND A MORE MANAGEABLE 800 CALORIE FAST DAY 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 Depending on your goals you can choose how intensively you want to do the programme how many 800 calorie days to include each week and how to adjust these as you progress Along with delicious low carb recipes and menu plans by Dr Clare Bailey The Fast 800 offers a flexible way to help you lose weight improve mood and reduce blood pressure inflammation and blood sugars Take your future health into your own hands I lost 16kg in the first 8 weeks and then another 6kg I ve never been healthier Denise 51

**The 5:2 Fast Diet Under 325 Calories Recipes Book** Ravi Kishore,2013-10-07 Would You Like To Lose Weight Using The 5 2 Fast Diet Plan But Don t Know The Best Low Calories Recipes For Fasting Days The Weight Loss Is Very Easy Individuals who decide to follow the 5 2 Diet will consume a low calorie diet for only two days out of the week Intermittent Fasting The two days do not need to be consecutive and the other five days can be normal eating Get Top 50 Low Calories Delicious Recipes During Fasting Days Men are allowed to eat 600 calories while women are allowed to consume 500 calories Typical fasting includes breakfast of 300 calories and a lunch or dinner that equals the other 300 calories When it comes to the daily restrictions of 500 to 600 calories you will need to consume smaller portions to help make sure you are staying within the range provided for you The 5 2 Fast Diet Under 325 Calories Recipes Book You Discover Top 50 Low Calories Delicious Recipes Side Effects Associated with the 5 2 Diet Importance of Low Calorie and Healthy Recipes on Fasting Days Foods Allowed on Fasting Days Exploring Sugar and Carbohydrates Understanding Hydration and Beverages The Role of Exercise HIIT on the Intermittent Fasting Diet Combine Fasting and Yoga Together to Help Maximize Your Health Benefits Achieve your Weight Loss Target with top 50 5 2 recipes You deserve it Get your copy today

**The Every-Other-Day Diet** Krista Varady,2013-12-31 The Every Other Day Diet is the perfect diet for me That s the satisfied declaration of a dieter who lost 41 pounds on the Every Other Day Diet And kept it off You too can expect dramatic results with this revolutionary approach to weight loss that is incredibly simple easy and effective Created by Dr Krista Varady an associate professor of nutrition at the University of Illinois the Every Other Day Diet will change the way you think of dieting forever Among its many benefits It s science tested science proven Dr Varady has conducted many scientific studies on the Every Other Day Diet involving hundreds of people with consistently positive results published in top medical journals such as the American Journal of Clinical Nutrition and Obesity Unlike most other diets the Every Other Day Diet is proven to work It s remarkably simple and effective On Diet Day you limit calories On Feast Day you eat anything you want and as much as you want You alternate Diet Day and Feast Day And you lose weight steadily and reliably There s no constant deprivation The Every Other Day Diet doesn t involve day after day of dietary deprivation because you can still indulge every other day It s easy to keep the weight off With other diets you lose weight only to regain it the frustrating fate of most dieters But The Every Other Day Diet includes the Every Other Day Success Plan an approach to weight maintenance proven to work in a study sponsored by the National Institutes of Health This book offers all of the research strategies tips and tools you need to believe in the Every Other Day Diet and easily implement it in your life It also includes more than 80 quick and delicious recipes for Diet Day as well as a list of tasty prepared foods that make meals as easy as 1 2 3 The Every Other Day Diet is perfect for anyone who wants to shed pounds and feel great without hunger and defeat

**The 5:2 Bikini Diet: Over 140 Delicious Recipes That Will Help You Lose Weight, Fast! Includes Weekly Exercise Plan and Calorie Counter** Jacqueline Whitehart,2013-05-14 Lose up to 14 lbs in just 4 weeks By dieting for only two days a week you can have the bikini body you ve always dreamed of fast With over 140 mouth watering and filling recipes all under 500 calories bestselling diet author Jacqueline Whitehart is the answer to your dieting prayers

**The 5:2 Diet Cookbook** Mendocino Press,2013-12-24 A diet only works if you can stick to it So if you re like most people most diets don t work for you That s why the 5 2 Diet is different You can enjoy your favorite foods most days and only fast two days a week and still lose weight In The 5 2 Diet Cookbook Over 75 Fast Diet Recipes and Meal Plans to Lose Weight with Intermittent Fasting you ll learn to balance your eating and fasting times in a way that will help you live with a diet that doesn t feel like a diet Gone are the endless days of feeling hungry deprived and defeated The 5 2 Diet Cookbook is more like a blueprint for a way of eating that doesn t require you to make drastic changes to your daily routine buy expensive foods or meal replacements or give up many of the foods you love The 5 2 Diet works by balancing five days of eating normally with two days of eating about one quarter of your usual amount of food In The 5 2 Diet Cookbook you ll find everything you need to begin the plan It includes A detailed overview of the 5 2 Diet and how it can help you lose weight and reduce your risk of heart disease diabetes and more More than 75 recipes for satisfying low calorie main courses and snacks for fasting days A month of fasting day meal plans Delicious low calorie recipes include favorites like Blueberry Pancakes Classic Beef Chili with Cheddar Cheese Eggplant and Ricotta Lasagna and Cinnamon Sugar Crisps Ten essential steps for 5 2 Diet success 5 2 Diet food list of foods to enjoy or avoid cooking techniques and tips for making good choices when dining out A manageable and sustainable diet plan The 5 2 Diet Cookbook provides the essential tools to help you lose weight and keep it off

The 5:2 Fast Diet Book for Beginners Ravi Kishore,2013-07-05 The 5 2 Fast Diet Plan The Biggest Diet Revolution Since Atkins for Quick Weight Loss Rather than being a typical fast where nothing is eaten all day the 5 2 plan advises users to limit caloric intake on fasting days The 5 2 plan Intermittent fasting schedule involves reducing your daily counting caloric intake on fasting days while consuming the normal amount of calories on non fasting days When this eating plan is followed users see a reduction in fat mass while maintaining lean muscle mass Who will benefit from the 5 2 fasting plan Those trying to lose weight Anyone wishing to reduce their risk of cancer diabetes and dementia Those looking to improve their insulin sensitivity a marker used to determine diabetes risk Those looking to increase their spirituality Chronic sinusitis Seasonal allergies Cardiac arrhythmias Rheumatoid arthritis The 5 2 fast diet book for Beginneres helps you to discover the best intermittent fasting foods and recipes for quick body detox and weight loss feel younger and some best results The Revolutionary Intermittent 5 2 Fasting Diet The Many Health Benefits of This Eating Plan How the 5 2 Diet Works and the Science behind It Frequently Asked Questions Who will benefit from the 5 2 fasting plan Who should not make use of the 5 2 fasting plan Is it appropriate to fast if you are at a normal weight How long is a fast day Should you avoid exercising on fasting days Will calories need to be counted on fasting days Will metabolism slow down as a result of intermittent fasting Is it difficult to make intermittent fasting a lifestyle change Your Body s Reaction to Fasting 11 The Side Effects and Risk Factors of the 5 2 Diet and How to Counteract Them Lose Weight to Get Fit and Healthy The 5 2 Lifestyle Allows You to Do This How to Start Your 5 2 Fasting Plan Foods to Eat and Avoid When Following the 5 2 Diet Recommended top 50 Foods Under 50 Calories Foods to Avoid when Fasting on the 5 2 Diet Transitioning to the 5 2 Diet How to Prepare Yourself The Six Week Success Plan Seven Day Menu Plan Recipes Designed to Help you Lose Weight Quickly 5 2 Fasting Recipes below 400 Counted Calories Apple Dessert Creamy Custard Dessert Fruit Dessert Yogurt Dessert Low Calorie Pistachio Dessert 5 2 Breakfast Recipes Protein Fluff Creamy Garlic Mushrooms on Toast Cheese and Tomato Breakfast Omelet Breakfast Smoothie Healthy Egg Breakfast 5 2 Lunch Recipes Smoked Salmon Pita Pizza Tuna Accompanied by a Ginger and Carrot Salad Minute Spicy Garlic Shrimp Baked Basa Fillet with Sweet Root Mash and Spicy Sauteed Greens Fridge Salad Quick and Easy Lunch What the Name of Recipes Beef and Broccoli Stir Fry 5 2 Dinner Recipes Chicken with Pesto Tomatoes King Prawns and Pak Choi Broth Turkey Green Bean Broccoli and Baby Corn Stir Fry Luxury Steak Burger with Artichokes Ginger and Honey Chicken with Noodles Tiger Prawn Curry with Basmati Rice Scallops with Pancetta and Leeks 5 2 Snacks and Soups Hearty Vegetable Soup Recipe Cabbage Soup Roast Tomato and Garlic Soup Minestrone Soup

The 2-Day Diet Dr. Michelle Harvie, Professor Tony Howell, 2013-06-18 Lose weight fast with the international diet sensation Diet two days a week Eat a Mediterranean diet for five The 2 Day Diet is easy to follow easy to stick to and clinically tested Simply eat a low carb high protein diet two days a week and follow the classic Mediterranean Diet now recognized as the gold standard in warding off heart disease for the other five The 2 Day Diet is designed to maximize weight loss minimize muscle loss and keep you feeling full It can have dramatic anti aging and anti cancer benefits With this diet you can finally be slim fit and healthy With meal plans and 100 delicious and filling recipes A far more effective way to lose weight Daily Mail Put an end to 24 7 calorie counting The Sun Revolutionary and clinically proven Good Housekeeping

**Integrative Medicine** David Rakel, 2007-01-01 Drawing on solid scientific evidence as well as extensive first hand experience this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments presents integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer explores how to advise patients on health maintenance and wellness and offers advice on topics such as meditation diet and exercises for back pain 24 new chapters a new organization make this landmark reference more useful than ever Provides dosages and precautions to help you avoid potential complications Delivers therapy based pearls to enhance your patient care Facilitates patient education with helpful handouts Offers helpful icons that highlight the level and quality of evidence for each specific modality Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device Presents a new organization with numerous section headings and subheadings for greater ease of reference Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice

**Intermittent Fasting For Dummies** Janet Bond Brill, 2020-12-03 Lose weight and belly fat prevent disease boost metabolism and live longer So you want to begin an intermittent fasting plan and embark on a leaner healthier and longer life You probably have already heard about this wildly popular health and fitness diet plan Intermittent fasting continues to be one of the top Google trending diet searches of the year The truth is that intermittent fasting programs are popular because they are much easier to maintain than traditional highly restrictive calorie controlled diets Scientific studies show that intermittent fasting can have extraordinary health benefits such as Promoting weight and body fat loss especially stubborn belly fat Stabilizing blood sugar levels reducing insulin resistance and managing diabetes Increasing resistance to stress and suppressing inflammation Improving cardiovascular health including lowering resting heart rate blood pressure and bad cholesterol levels Supporting brain health and improving memory Fighting premature aging Fostering a healthier gut Boosting psychological well being If you are ready to get on the intermittent fasting bandwagon then here is the perfect step by step guide to following an intermittent fasting plan of your choice Whether it s the 16 8 method the Warrior intermittent fasting plan the Alternate Day intermittent fasting plan the 5 2 method or the Eat Stop Eat intermittent fasting plan Too good to be true No but the trick as with everything is doing it in a safe and effective way and Intermittent Fasting For Dummies makes that easy providing tried and true evidence based advice and information about the five most popular methods and 40 recipes that will suit any lifestyle or diet Nutrition and fitness expert and internationally recognized specialist in disease prevention Janet Bond Brill shows you how to choose the method that suits you best as well as guiding you through the science behind intermittent fasting including how it ignites your fat burning potential promotes cellular repair increases the production of growth hormone and reduces insulin and blood sugar levels Choose the right plan and stick to it Make more than 40 healthy and delicious nutritionist approved meals Lose weight and body fat and keep it off Improve overall health and prevent disease Wherever you are in your health journey seeking weight loss getting fitter living a disease prevention lifestyle or building muscle Intermittent Fasting For Dummies shows you how to make the science of too good to be true into a truly effective part of your regular healthy routine

**The 5:2 Diet Book** Kate Harrison, 2014-02-14 The 5 2 Diet will transform your body your mind and your health It s the revolutionary part time weight loss diet with lifelong health and anti ageing results This is the simplest most flexible and most health enhancing weight loss programme you ll ever follow and with this book to guide you you can start today You ll still get to eat all the foods you love but enjoy incredible health benefits with positive effects on cancer heart disease Alzheimer s and more Intermittent fasting is revolutionising the weight loss world Simply by eating significantly less for one or two days a week you can trigger incredible physical and mental changes that protect your body and brain from damage and help it repair itself And THE 5 2 DIET BOOK packed with tips science recipes inspiration and case studies from over thirty dieters will help you join the revolution to lose weight boost your brain and transform your body And it ll even save you money with no specialist diet foods or supplements required No wonder it s as popular with men as it is with women and with first time dieters as with weight loss veterans Journalist and former yo yo dieter Kate Harrison has finally won the battle with her weight now she shares the secrets that are helping thousands of men and women transform their bodies 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 5 2 your way how to personalise the diet to your exact requirements and preferences Detailed meal plans and simple but healthy recipes Or ready made suggestions for when you don t feel like cooking Hundreds of real life tips and success stories from men and women like you This is more than another diet craze it s anything but crazy and it s a lifestyle you ll want to adopt for the rest of your life

**Fast. Feast. Repeat.** Gin Stephens, 2020-06-16 The instant New York Times and USA Today bestseller Change when you eat and change your body your health and your life Diets don't work You know you know that and yet you continue to try them because what else can you do You can Fast Feast Repeat After losing over eighty pounds and keeping every one of them off Gin Stephens started a vibrant successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay Don't Deny intermittent fasting lifestyle Fast Feast Repeat has it all You'll learn how to work a variety of intermittent fasting approaches into your life no matter what your circumstances or schedule Once you've ignited your fat burning superpower you'll get rid of diet brain forever tweak your protocol until it's second nature and learn why IF is a lifestyle not a diet Fast Feast Repeat is for everyone Beginners will utilize the 28 Day FAST Start Experienced intermittent fasters will strengthen their intermittent fasting practice work on their mindset and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side effect of weight loss Still have questions Gin has you covered All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section

**5: 2 Diet for PCOS** Emma Howells, PCOS fed up of struggling to lose weight Until recently diet was not thought of as an important adjunct in treatment of PCOS However since the fairly recent discovery regarding the role insulin resistance plays in PCOS many experts now believe that diet and weight management should be a part of the treatment plan In the 5 2 fasting diet you eat normally for five days a week women consume 2 000 calories and men 2 500 a day and then restrict your calorie intake for the other two days 500 calories a day for women and 600 for men And the concept is taking the world by storm You can adopt 5 2 approaches to lose weight and help you fight PCOS Either have 2 meals daily out of 5 from this book or you can select any 2 days in a week to eat recipes from this book Overall it is the quality of the calorie that counts rather than the calorie itself when it comes to fighting off disease and maintaining health And it could help you drop a few pounds too While it hasn't been studied the theory is that if your body doesn't get the nutrients it needs it holds onto to whatever it gets making it harder to lose weight Every recipe includes detailed information about calories fat saturated fat cholesterol carbs total sugar dietary fiber and protein These recipes will help you in your daily intake of protein high fiber and healthy fat at the same time restrict your calories carbs and saturated fat Additionally you also have information about how much % of Calories from Protein % of Calories from Carb and % of Calories from Fat

**The 2 Meal Day** Max Lowery, 2019-03-11 I love the 2 Meal Day I feel healthy happy and full of energy Suki Waterhouse Welcome to intermittent fasting eat just two meals a day either breakfast and lunch or lunch and dinner to burn fat and get fit fast Rather than grazing on food all day or having to do complicated calorie calculations for the 5 2 diet simply eat two meals to lose weight reduce hunger and feel more energised Choose your two meals from Max's delicious nutritious and easy to prepare recipes start the day with Salmon Mini Frittatas or a Breakfast Burrito Lunch on Thai Green Chicken Curry or Tuna Casserole or enjoy Creamy Mushroom and Parmesan Risotto or Sea Bass Sauce Vierge for Dinner There are even healthier desserts to satisfy your sweet tooth without over indulging choose from Two Ingredient Chocolate Mousse or Banana Pancakes Max shows how to combine your 2 meal day with High Intensity Interval Training HIIT short duration and maximum effort exercises and resistance workouts to help you drop fat and get fit quickly So ditch the calorie counting and the sugar highs and lows and enjoy two meals a day alongside Max's workouts for a leaner fitter healthier body



**The Longevity Diet** Valter Longo, 2018-02-08 Live healthier for longer with the international bestselling guide that will change your life The diet that holds the key to staying young Dr Valter Longo is now considered one of the most influential voices in the fasting movement The Times Dr Valter Longo is one of the real scientific pioneers when it comes to researching the impact of food on health Dr Michael Mosley bestselling author of The Fast Diet and The Clever Guts Diet \_\_\_\_\_ This is the clinically tested revolutionary and straightforward diet to help you slow down ageing fight disease and lose weight Following 30 years of research Professor Valter Longo a biochemist and one of the world's leading researchers into ageing discovered that the secret of longevity lies in cellular regeneration triggered by a special diet And that by adhering to his fasting mimicking diet we can heal ourselves through food The Longevity Diet will guide you through the process with An easy to adopt lifetime plan Fasting mimicking diet 3 4 times a year just 5 days at a time 30 easy and delicious recipes based on Longo's Five Pillars of Longevity In this lifelong health boosting plan you will feel the benefits of fasting without the hunger and live a longer healthier and more fulfilled life And you'll get to try easy plant and fish based recipes Great for the heart and rich in antioxidants black rice with courgette and shrimp For a good source of iron snack on dark chocolate and yoghurt For dessert try tangy dried cranberries and walnuts \_\_\_\_\_ Make simple changes that can extend your healthy lifespan Prevent age related muscle and bone loss Build your resistance to diabetes cardiovascular disease Alzheimer's and cancer Maintain your ideal weight and reduce abdominal fat

**The 8-Hour Diet** David Zinczenko, 2013-12-03 In The 8 Hour Diet a New York Times bestseller in hardcover authors David Zinczenko and Peter Moore present a paradigm shifting plan that allows readers to eat anything they want as much as they want and still strip away 20 40 60 pounds or more Stunning new research shows readers can lose remarkable amounts of weight eating as much as they want of any food they want as long as they eat within a set 8 hour time period Zinczenko and Moore demonstrate how simply observing this timed eating strategy just 3 days a week will reset a dieter's metabolism so that he or she can enter fat burning mode first thing in the morning and stay there all day long And by focusing on 8 critical nutrient rich Powerfoods readers will not only lose weight but also protect themselves from Alzheimer's heart disease even the common cold In the book readers will find motivating strategies delicious recipes and an 8 minute workout routine to maximize calorie burn The 8 Hour Diet promises to strip away unwanted pounds and give readers the focus and willpower they need to reach all of their goals for weight loss and life

**The Overnight Diet** Caroline Apovian, 2013-04-09 The Overnight Diet is the world's first medically proven diet to produce instant lasting results You will lose up to 2 pounds the first night 9 pounds the first week and continue your weight loss Now Caroline Apovian MD leading expert and authority on nutrition and weight management brings you the diet that has helped thousands of her patients lose weight and keep it off Dr Apovian's specially formulated 1 Day Power Up jump starts your fat burning and weight loss overnight then the 6 Day Fuel Up keeps your body in fat burning mode while offering you a bounty of tasty food options including hamburgers peanut butter even chocolate No food is off limits Plus all you can eat fruits and vegetables The Overnight Diet achieves lightning fast weight loss burns fat not muscle reduces water retention and bloating staves off hunger pangs and prevents plateaus This is the ultimate blueprint to slim down and lose the weight you want whether it's 5 pounds or 50 pounds The Overnight Diet developed by a renowned medical doctor has been proven safe and effective It is the only weight loss program that is formulated for rapid weight loss that you'll keep off once and for all Revs up your metabolism to burn more fat faster Let's you eat your favorite foods and still lose pounds and inches Turns off the genes that caused your weight gain Lets you exercise less while burning more fat Boosts your levels of HGH the body's natural flab fighter Reduces your risk of diseases like heart disease type 2 diabetes and cancer

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### Side Effects Of The 5 2 Diet Introduction

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