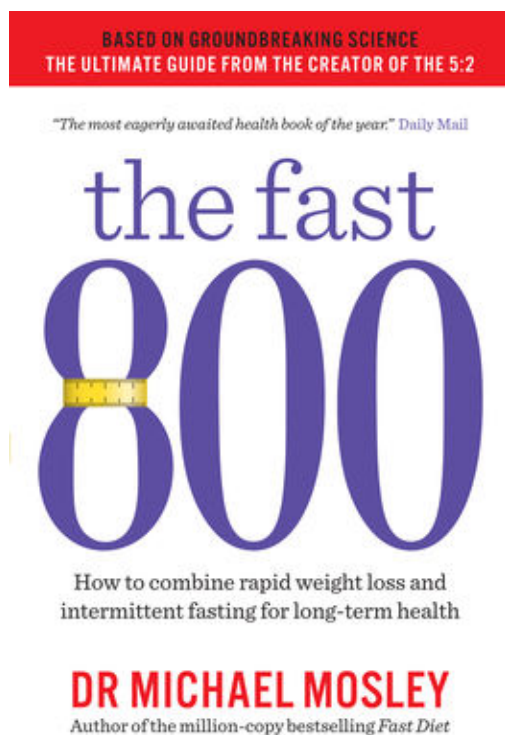


Descargar libros The Fast 800 gratis (PDF | ePub | Mobi) Michael Mosley DG Media



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.

Title	:	The Fast 800
Author	:	Michael Mosley
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File Size	:	3.01MB

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