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From Dr. Michael Mosley, author of The 8-Week Blood Sugar Diet, and Mimi Spencer comes a revised and updated edition of the #1 New York Times bestseller The FastDiet, complete with new science, recipes, and tips for easy fasting! Is it possible to eat normally--five days a week--and become slimmer and healthier as a result? Simple answer: yes.

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“The Fast Diet certainly changed my life, and we hope it can do the same for you. Explore the resources on our site, join our community and check out the revised and updated edition of The Fast Diet book” Michael Mosley. Fast Diet books. Featured posts. From Michael and Mimi. Fast Exercise.

Welcome to 5:2 intermittent fasting » The Fast Diet

He is the author of The Fast Diet, The 8-Week Blood Sugar Diet, The Clever Guts Diet and The Fast 800. He is married with four children. Dr Michael Mosley trained as a doctor before becoming a journalist and television presenter. He is the author of The Fast Diet, The 8-Week Blood Sugar Diet, The Clever Guts Diet and The Fast 800.

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