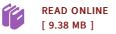




The 2-Day Diet: the Quick & Easy Edition: The Original, Bestselling 5:2 Diet

By Michelle Harvie, Tony Howell

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The 2-Day Diet: the Quick & Easy Edition: The Original, Bestselling 5:2 Diet, Michelle Harvie, Tony Howell, The 2-Day Diet is the original, clinically proven intermittent diet to get you slim and healthy. Unlike other 5:2 diets, there's no calorie counting, fasting or skipping meals. To reach your perfect weight simply follow the low carb, low sugar plan for two days a week, then for the rest of the week eat normally but sensibly with the help of the healthy eating guidelines. The 2-Day Diet is easy to fit around the tastes and appetites of any non-dieters in your life, such as friends and family, and all author proceeds go to Genesis Breast Cancer Prevention. In this new simplified edition acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention have made it really easy to succeed on The 2-Day Diet. Expect to lose weight, twice as much fat and more centimetres around your waist than you would on a standard calorie-controlled diet. You can also benefit from the numerous other health benefits associated with this diet, including: reduced cancer risks; lowered high blood pressure; anti-ageing effects; and...



Reviews

A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.

-- Prof. Llewellyn Thiel

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

-- Dr. Sarai Fisher DDS