



5:2 Diet: Healthy & Filling 5:2 Fast Diet Methods to Lose Weight and Enhance your Health (5 2 diet, 5 2 fast diet, 5 2 diet for beginners)

Ronnie Roberson

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The concept of dieting is nothing new. People may choose to go on a diet for a wide range of reasons. For the majority of people, the concept of dieting is a restrictive eating plan designed to get the body to burn excess fat for weight loss. Of those diets, there are probably hundreds of options to choose from; some may prove very effective while others may not. However, weight loss is not the only reason to diet; many choose different diets in order to gain some physiological balance in an effort to improve their health. Perhaps they are diabetic or have an underlying heart condition; others may be at a high risk for cancers or some sort of autoimmune disease. For these people, taking extra care in choosing the right foods to eat can make a huge difference in their quality of life. For some it may even mean saving their lives. If you are someone interested in maintaining and improving your health, then you've probably already met with a nutritionist or have been pouring over books on all types of health diets. Depending on the present state of your health, you've been advised what to eat and what kinds of foods to stay away from. While there are countless diets you can try to better your health, this book focuses on the 5:2 Diet.

Through these pages, you'll learn:

- what the 5:2 Diet consists of
- entire process
- save you from spending valuable time counting calories
- stressing out over what to eat and how to prepare it in order to get that better health you've been working for

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