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The 5:2 Plan: An Intermittent Fasting Approach to Easy Weight Loss and Healthy Life (Rapid Weight Loss Guide)

Wendy Cole

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Do you need to lose some weight or improve some of your health markers? The 5:2 Plan might just be for you. Calorie counting is not that hard: it just takes a bit of planning ahead. Losing weight is not a big deal: all you need to understand is how you got overweight in the first place and turn that upside down with a scientific approach that helps you shed some weight. Food heals us and makes us sick: the 5:2 Plan straightens out some harmful habits, as you return your body to health. The 5:2 Intermittent Fasting approach to eating for health may be just what you need to get back to Eating to Live instead of Living to Eat.

In this book, we'll:

• See that calories are the body's fuel, and how your tank may be overflowing
• Make calorie-counting easy and intuitive
• Reveal a new way to cut calories and comfortably lose weight
• Describe a way to improve all your health markers

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