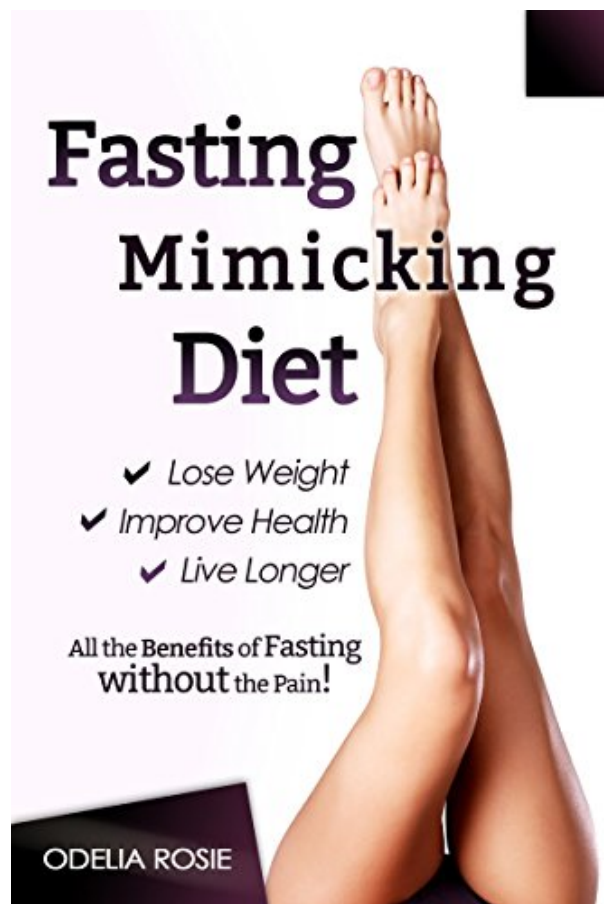


FASTING MIMICKING DIET (FMD): ALL THE BENEFITS OF FASTING WITHOUT THE PAIN! BY ODELIA ROSIE



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Fasting brings great health benefits, and it can help your waist-line too!
However, if you have tried fasting than you also probably feel the same way I do...

Fasting is a pain in the butt!
I've always been wondering if it has to be such a pain. It does make sense, if you think about it. A healthy and beautiful body demands sacrifices.

But like most things, there is usually a smarter way to go about it.

Welcome to the Fasting Mimicking Diet or FMD, a new periodical diet that was the result of Dr. Valter Longo's research (University of California, National Institute of Aging).

After reading the research paper, I thought there had to be a simpler way to explain this.

FMD is essentially an advanced fasting method that delivers the same benefits, with far less sacrifices. FMD helps you to:

Lose weight while sacrificing less — Typical fasting diets require you to lower your calorie intake every other day. With FMD you can follow your normal diet and go into "fasting" mode only five days per month. That means you can enjoy your regular diet twenty-five days every month!

Improve your health with less pain — Traditional fasting can cause headaches and trouble sleeping because the body is deprived of some essential nutrients. FMD keeps providing the body these essential nutrients even while fasting. This means no more painful side-effects.

In my case, deciding to educate myself about fasting took way longer than it should. Do not make the same mistake and put it off for yet another tomorrow. Take action now, and take care of yourself!

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- Format: Kindle eBook

Most helpful customer reviews

1 of 1 people found the following review helpful.

Book or pamphlet...you be the judge

By J. H. Singer

Although covering the basics of the Fast Mimicking Diet (FMD), this book is horribly short on useful information (and horribly short period...took me less than 30 minutes to read the whole book), nor does it

provide prospective adherents with useful information on implementing the diet. The suggested menus provide no details (e.g. no recipes). I gave it two stars because it wasn't totally useless.

0 of 0 people found the following review helpful.

Of Mice and Men

By Denniger Bolton

Here is a book with an overview of the various fasts that a person can go on and it's not just not eating for a day or a week as in a religious fast. Some popular fasts explained within are the 5:2 Diet, meaning you stick to your normal diet for 5 days and then restrict your diet to 25% of your normal calorie intake for 2 days over a 7 day period. There is the Alternate-Day Fast where you fast every other day, but the book introduces the Fast Mimicking Diet or FMD just introduced in 2015. One thing I liked about this book is how it actually showed the research conducted and the results that were run on mice and humans.

There is a strict diet plan that is outlined in the book for a 7 day period. It seems to work really well as speeding up metabolism, lowering cancer risk, lowering blood sugar and reducing fat, among other benefits.

0 of 0 people found the following review helpful.

Fasting new age style!

By Juan deCampos

I have never heard of FMD until I read this book. It is quite an interesting diet, one that I think millions of persons should be on because the vast majority of them are unhealthy and needs to change their diets to live a healthier lifestyle. The book simply shows the benefits of FMD and what you should expect from such a diet. It also shows you the right way to do FMD. I appreciate the information very much as it can also be used by ordinary people who are not struggling with weight issues but really and truly want to live healthier.

Odelia did a good job researching FMD. Read it and see whether or not FMD is right for you. I am definitely going to try a few things from the book myself.

See all 12 customer reviews...

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