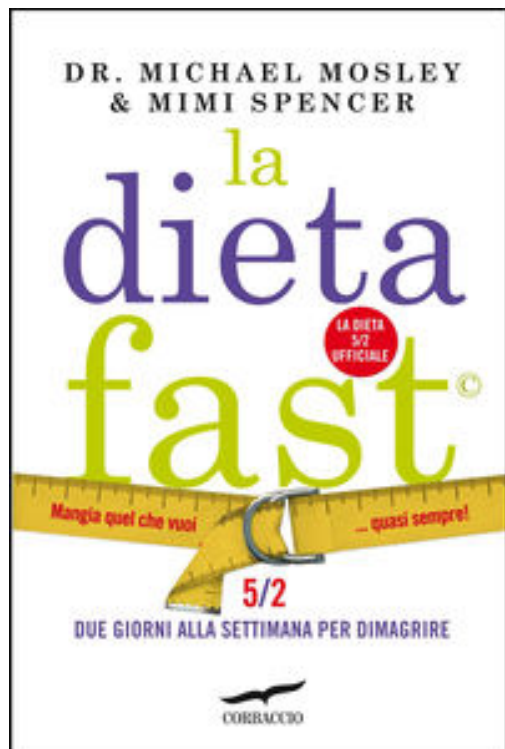


Leggere La Dieta Fast EBook Gratuito PDF/EPUB/mobi - Michael Mosley & Mimi Spencer



leggere La Dieta Fast EBook gratuito PDF/EPUB/mobi Michael Mosley & Mimi Spencer , Finalmente è arrivata anche in Italia la Dieta Fast, che ha conquistato le classifiche inglesi e americane e ha convinto milioni di persone in tutto il mondo. Perché si basa su un principio semplice, efficace e salutare: basta ridurre le calorie per 2 soli giorni alla settimana, continuando a mangiare come al solito negli altri 5. È il principio del «**digiuno intermittente**» o della «**restrizione calorica**». Come dimostrano le più recenti ricerche cliniche, la Dieta Fast non solo fa perdere i chili di troppo, ma è benefica per la salute poiché riduce i rischi di gravi patologie come diabete, disturbi cardiovascolari e forme tumorali. Inoltre la Dieta Fast non fa perdere massa muscolare, non deprime l'umore, tiene sotto controllo colesterolo e glicemia, e migliora le abitudini alimentari: dopo poche settimane non solo avrai perso i chili di troppo, ma ti sentirai sazio più rapidamente e non ti capiterà più di provare i morsi della fame. Potrai creare un tuo programma personalizzato che si inserisce perfettamente nella tua vita e,

grazie alle ricette e alla tabella del contenuto calorico degli alimenti, saprai sempre come, quando e quanto mangiare, senza trascurare i tuoi gusti personali e la tua vita sociale. Cosa si può desiderare di più da una dieta?

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