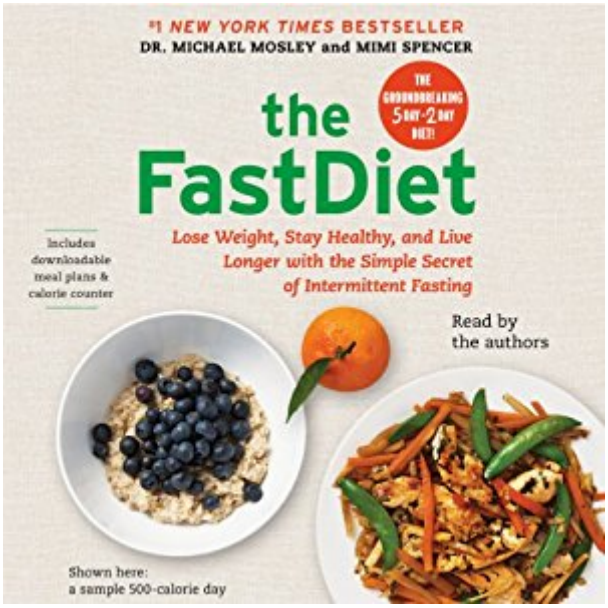
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The FastDiet: Lose Weight, Stay Healthy, And Live Longer With The Simple Secret Of Intermittent Fasting



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Synopsis

The official US edition of the international best seller - containing US measurements and a month’s worth of meals. Is it possible to eat normally, five days a week, and become slimmer and healthier as a result? Simple answer: yes. You just limit your calorie intake for two nonconsecutive days each week - 500 calories for women, 600 for men. You’ll lose weight quickly and effortlessly with the FastDiet. Scientific trials of intermittent fasters have shown that it will not only help the pounds fly off, but also reduce your risk of a range of diseases from diabetes to cardiovascular disease and even cancer. "The scientific evidence is strong that intermittent fasting can improve health," says Dr. Mark Mattson, chief of the Laboratory of Neurosciences, National Institute on Aging, and professor of neuroscience, Johns Hopkins University. This audiobook brings together the results of new, groundbreaking research to create a dietary program that can be incorporated into your busy daily life, featuring: Forty 500- and 600-calorie meals that are quick and easy to make The cutting-edge science behind the program A calorie counter that makes dieting easy And much more Far from being just another fad, the FastDiet is a radical new way of thinking about food, a lifestyle choice that could transform your health. This is your indispensable guide to simple and effective weight loss, without fuss or the need to endlessly deprive yourself.

Book Information

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Customer Reviews

Didn’t purchase the book, but I am currently doing intermediate dieting. I hate to call it a diet because I have been on it for about a year. It’s become a lifestyle for me. I wanted to share my experience in case anyone else wanted to change their life, like I did. I started this after seeing

Jimmy Kimmels weight loss and his interview of this diet. My weight loss journey began a year ago, I was 230lbs. I gained weight after taking anti-depressants 4 years ago. I was so tired of people that I haven't seen for years comment on my weight gain. I didn't feel like going out in public. My pants size went from a 34 to a 38. My shirt from a medium to a Large (sometimes Extra Large). I just felt horrible. And then there was this diet. I was very uncertain about this plan at the beginning. I was STARVING the two days that I fasted. I told myself there was no way I can do this. I saw no progress. I didn't weigh myself throughout this journey, but I didn't see any difference in the mirror. But, I got my first compliment: "what are you doing to lose all this weight," I was asked. So even if I didn't see the difference, other people were. It took a good 3 months for me to stop feeling so hungry. I know some people say a month, but it took much longer for me. I am glad a stuck with it.The results have been remarkable: Because now, I am now a SMALL in a t-shirt and size 30 in my jeans. I haven't been a small in a t-shirt since I was 12. I am still fasting 2 days a week, as I have some small love handles that need to go. I must say, I look amazing. I feel amazing as well. But I am never starving the two days I fast, it has just become a normal part of my week now. At the start of this diet I gorged the days I was not fasting (ice cream, cakes, the works) However, it's impossible for me to stuff myself now, even if I wanted to. Bottom line: I use to say that portion control was key. But always found myself over eating. If you're like this, please give this diet a chance! It works! I hope people reading this sees how this has changed my life. I am not endorsing anything. I just feel amazing. This won't make you lose a crazy amount a weight at first, but after 2 or 3 months. You will be amazed at the results.UPDATE 10/9/2016Like many of you, after I gained weight, I never wanted my picture taken. However, I was browsing a friends facebook page and found a picture of me 2 years ago (wasn't even at my heaviest.) I wanted to show a before and after, maybe it will inspire someone out there.UPDATE 02/01/2017Yes, still going strong, I quit losing weight it seems, but I am still a small and 30 in pants (I AM OK WITH THAT!) I still get compliments from people I haven't seen in a while. What can I say, this diet works! My coworkers in my office are always counting calories or carbs. When I bring up this fast diet, they do not even consider doing it, they rather be miserable counting and watching everything they eat. I can actually say I feel free from food now. Good luck, and I will keep you guys posted!

I read this book very carefully, since I was VERY skeptical. I had been adhering to the "Eat 5 or 6 small meals" hype so that I could keep my metabolism in fat burning mode. I see now that that's as big a crock as the whole low fat diet scam of the 90s where I ate disgusting Snackwells cookies and other low fat/high sugar processed junk thinking I was doing myself a favor.But this book completely

convinced me that your body doesn't go into the dreaded starvation mode until you have fasted for days or maybe even weeks. Certainly not after one day of low calorie eating. It's just the opposite. A little hunger puts you into fat-burning mode. And I can tell it's working. I've lost 7 of my EXTREMELY stubborn 15 pounds that I've been trying to lose, in just 3 weeks, and it's not just water weight. My measurements are smaller and people are asking me what my secret is! I have more energy on both fast and feast days, and my stamina us up. My exercise instructor said she was amazed at how much stronger I seem lately.Because of my new understanding of how hunger affects the body, on my feast days I don't feel like I have to rush to eat right when I'm hungry. I actually like to wait until I have a nice big appetite. The food tastes better, and since I'm only eating 3 times a day I can really enjoy that bigger meal. It fulfills me much more than those diet-y little meals I was eating before. I think that's why I always used to fall off the healthy wagon. I was never really satisfied. Also, I don't stuff my face the way I would before if I got too hungry. Before if I happened to get really hungry, I'd pig out, thinking that I deserved to really go crazy since I hadn't eaten all day. Now I just see getting good and hungry as natural, and then I eat a reasonable amount.And all the little tips in the book really helped me figure out how to make the fasting days fly by. The way I do it is that I drink coffee (with a little unsweetened almond milk and Splenda), Good Earth Tea (iced), lemon water, fizzy water and maybe chicken broth through out my busiest mornings. Then I have scrambled eggs with cheese at 1:00. A sweet potato with Greek yogurt and salsa at 4. Then I go to bed early. The tip I like best is just reminding myself I can have whatever I want tomorrow. Sounds trite, but it works like a charm. I always think I'm going to have a burrito or a huge take-out spaghetti and meatballs, but when the next day comes, my appetite is so small I don't feel like eating it. I also feel so light and healthy that it doesn't even sound appealing. Last week I did have a big old Panda Express lunch and this week I had the spaghetti, but when I stepped on the scale the next morning I was lighter than ever!But for me, the best part is that I'm not on this awful diet roller-coaster. I used to be "good" for about 2 or 3 days and then I'd be "bad" and ruin it. Then I'd feel guilty so I'd eat more to make myself feel better, then I'd be good again, only to ruin it... This is no way to live! My feelings of self-worth should not be dependent upon what I eat! This new approach isn't about being good or bad. It's just eating or not eating. It's easy for me to not eat when I only have to do it for one day. I don't feel like I'm being "good." I just feel like I'm doing something good for my body. And the next day when I indulge- if I even do, I feel like it's all part of my healthy plan. I just know that this is something I can do forever. I actually look forward to the fasting days as a chance to re-boot. I also like to use the hunger pains to remind me to be live a life of compassion for myself and for others. But that's another story...

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