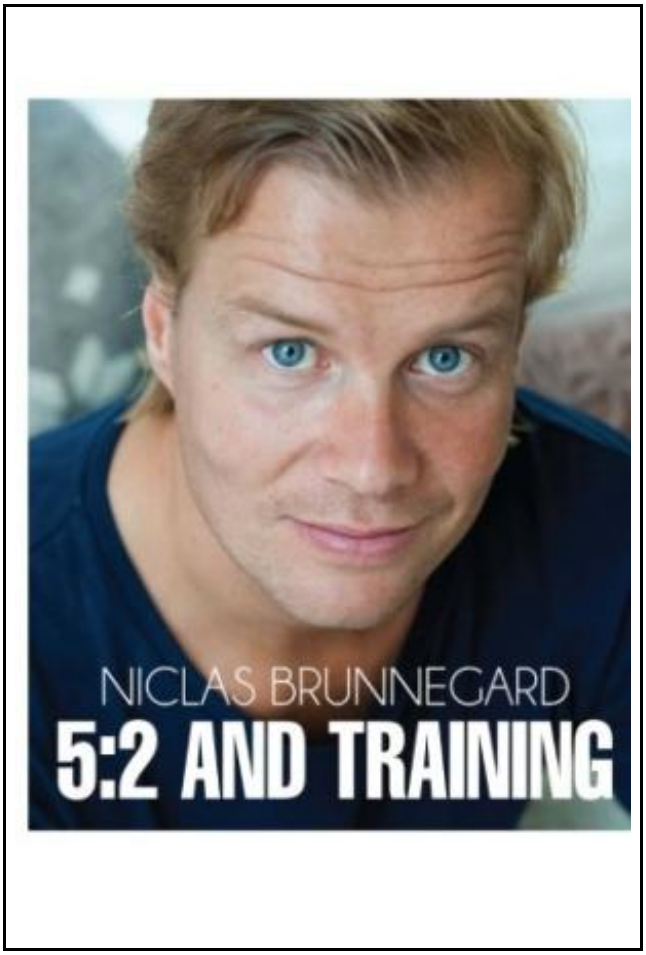
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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.5: 2 And Training Live longer and live healthier! Niclas Brunnegrd will teach to live longer and live healthier! This eBook will teach you the benefits of the 5: 2 Diet along with exercise programs and meal plans to help reach your goals of living healthier and stronger. The meal plans give you the proper distribution of proteins and nutrients for fasting days. The exercise programs show you a Niclas Brunngrd developed 5: 2 workout through high-intensity movements that benefit and compliment the 5: 2 diet with links to video tutorials by his personal trainer, Michael Hansson Sj, and specially designed web apps. Niclas playing football again! After finding himself having gained weight and no longer able to play his favorite sport, Niclas researched a method to lose weight and become healthy without many lifestyle changes. The 5: 2 diet changed his life! This eBook comes from rigorous studies in the science behind Michael Mosleys 5: 2 diet plan. 5: 2 workout Niclas developed a 5: 2 workout to increase the benefits of 5: 2, as well as thoroughly tested and developed meal plans to get you through your 2 calorie-restricted days so you feel great! If youve heard about 5: 2 diet and have wanted to try it or if you havent heard about it and want to learn about the life-altering health benefits like lowering your risk or resistance to: stroke, heart disease, blood sugar, insulin levels, blood fats (lipids) Diabetes Type 2, Parkinsons, cancer formations, Alzheimers, Insulin sensitivity, and kidney disease, then you need to read this book! Links to scientifically researched studies show how these benefits through 5: 2 can happen for you. Are found in this...

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