



Periodic Fasting: Lose Weight, Feel Great, Live Longer

Annchen Weidemann, Annaret Brand

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Studies have shown that eating significantly less for limited periods of time produces better results than sustained dieting, and that reducing calorie intake is beneficial for chronic conditions such as diabetes, hypertension and high cholesterol. Periodic Fasting introduces the concept of eating normally for five days, followed by two days of restricted eating (also known as the 5:2 diet). During fasting, the body uses its inherent healing capacity to restore our health and wellbeing. Unlike many popular diets, periodic (intermittent) fasting puts you in control of what you eat. It's as simple as eating normal, healthy meals on non-fasting days and making sensible choices on fasting days. It requires no special diet foods or supplements, so everyone in the family can eat the same meals, making this an ideal weight-loss programme for families with differing nutritional needs. Includes guidelines and menu plans for fasting and non-fasting days, examples of meals and snacks that make up the 600 calorie limit on fasting days, and sixty tasty and nutritious recipes for breakfasts, lunches and dinners with variations on how to adapt the dishes for fasting days.

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