



The Fastdiet -- Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting (Chinese Edition)

Michael Mosley, Mimi Spencer

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Fasting is a healthy weight-loss secret. Has been widely circulated in secret Buddhist monks. among yogi. These people build lean. transcendent spiritual power. live very long life. 2500. the secret of fasting has been neglected. Until 2012. a weight-loss study doctor Michael Mosley. fresh off his lead in seeking answers. He visited the forefront of scientists. fresh off headlong into ancient religions and daring to experiment with their own. fresh off the conservative combination of experience and contemporary science for thousands of years. and finally invented a new way to lose weight for the modern man: Light fasting. Fresh off the light just want you to return to the state of the most natural diet: a normal diet five days a week. just two days a little control. will b...

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