

Download Michael Mosley Diet

DIET guru Michael Mosley is on a quest to get Britain fit with a blood sugar diet. But who is the doctor, and what are his most famous meal plans? Dr Michael Mosley, author of the bestselling 5:2 Fast Diet, reveals a game-changing approach to one of the greatest silent epidemics of our time - raised blood sugar levels. The Fast Diet (2013) is an intermittent fast, with 5 days a week of regular eating and 2 non-consecutive days a week of very low calories – also known as a 5:2 or “five-to-two” diet. The Clever Guts Diet: How to Revolutionise Your Body from the Inside Out [Dr Michael Mosley] on Amazon.com. *FREE* shipping on qualifying offers. Your gut is astonishingly clever. It contains millions of neurons - as many as you would find in the brain of a cat - and is home to the microbiome