

5:2 kuren



forfatter : Michael Mosley & Mimi Spencer

Download bøger 5:2 kuren (PDF - ePub - Mobi) Ved Michael Mosley & Mimi Spencer

Fast i to dage, hvor du kun får 500-600 g kalorier om dagen. Spis som du plejer resten af ugen. Denne moderate måde at faste på er en ny, videnskabeligt baseret, meget enkel spisetrend, som med dokumenteret effekt giver vægttab og et sundere helbred, og som i tilgift har en livsforlængende effekt, hvis man integrerer den i sit liv og ikke bare bruger den som en hurtig kur.

Forfattere til bogen, der har stor international succes og bl.a. ligger nr. 1 på Amazons bestsellerliste, er Michael Mosley, britisk læge og videnskabsjournalist, samt den engelske diætist Mimi Spencer. Det var en oprindeligt BBC-dokumentar om emnet, hvor Michael Mosley brugte sig selv som prøveklud, der satte han på sporet af 5:2 princippet, hvor man ikke bare kan faste sig fra symptomer som diabetes 2 og for højt kolesterol, men også taber i vægt og skærper hjernen.

I denne bog fortæller Mosley og Spencer, hvorfor det kun er nødvendigt at faste to dage om ugen for at opnå den ønskede effekt. Hvad videnskaben siger om, hvorfor det ikke er farligt at faste på denne måde. Hvordan man let passer faste ind i et travlt liv. Hvordan man håndterer sulten. Og hvor meget mad man faktisk får for 500 kalorier, hvis man tænker sig om.

Bogen indeholder praktiske tip til at komme i gang, andre folks beretninger om, hvordan de har oplevet at gå over til denne måde at spise på samt et helt konkret forslag til fastemåltider til en hel måned.

Om forfatterne:

Dr. Michael Mosley, 55 år, har været fast tilknyttet BBC i mange år som videnskabsjournalist. Flere gange prisbelønnet for sit arbejde. Mimi Spencer, diætist og ekspert på mad, som kvinde i 40'erne er der ikke den kur, hun ikke selv har prøvet. Har ligesom Mosley selv oplevet de gode erfaringer med 5:2 kuren på egen krop og står bag bogens konkrete anvisninger på, hvordan man på en lempelig og sikker måde tager faste-livsstilen til sig. Har skrevet om mode, mad og sundhed i over 20 år i Vogue, The Observer, London Evening Standard mv....

Titel	: 5:2 kuren
forfatter	: Michael Mosley & Mimi Spencer
Category	: Diet & Nutrition
Published	: 09 August 2013
Publisher	: JP/Politikens Forlag
Print Length	: 224 Pages
Language	: Danish
File Size	: 22.25MB

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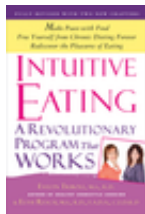
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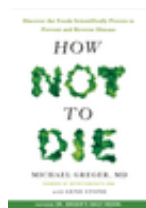
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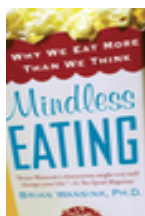
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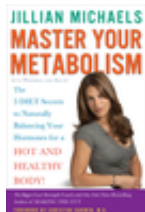
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Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After...

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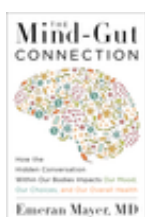
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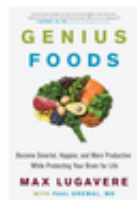
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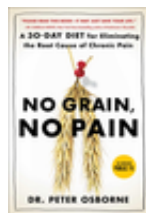
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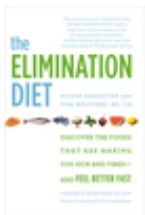
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