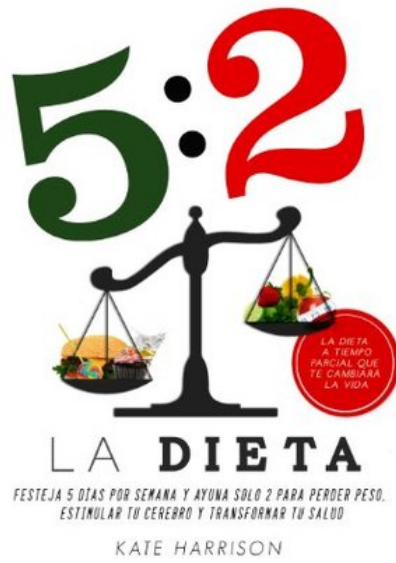


TU GUÍA COMPLETA A LA REVOLUCIÓN DEL AYUNO



La Dieta 5:2 (Spanish Edition)

Kate Harrison

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ÚNETE A LA REVOLUCIÓN 5:2

«Si estás considerando llevar a cabo la 5:2, esta debería ser tu biblia.»

La Dieta 5:2 transformará tu cuerpo, tu mente y tu salud. El ayuno intermitente es la forma más rápida y saludable de perder peso—y de no recuperarlo. Con La Dieta 5:2, puedes comer todos tus alimentos favoritos cinco días por semana, siempre que limites tu ingesta de calorías a 500 los dos días restantes. Para alguien que ha peleado para perder peso, este programa accesible y motivador facilita:

- adelgazar de forma natural
- aumentar la energía
- transformar la forma en la que ves el hambre y la comida
- cuidar tu cuerpo a un nivel celular

La periodista y antigua practicante de dietas yo-yo Kate Harrison por fin le ha ganado la batalla a su peso – y ahora comparte lo secretos que están ayudando a miles de hombres y mujeres a transformar sus cuerpos. Está lleno de testimonios de primera mano de usuarios de la dieta que han tenido éxito, para que puedas encontrar la mejor manera de adaptar la dieta y asegurarte de que te funciona. También recibirás planes de comidas y recetas para garantizar que te mantienes en el buen camino, además de luchar contra los inicios del cáncer, el Alzheimer, la diabetes y las afecciones coronarias.

La Dieta 5:2 es tu guía completa al maravilloso mundo del ayuno intermitente.

La Dieta 5:2 (Spanish Edition) Details

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From Reader Review La Dieta 5:2 (Spanish Edition) for online ebook

Leanne Keenoo says

I enjoyed reading this book.

I first heard of this way of eating on a tv programme last year and this author basically goes over the basics and adds extracts from her own personal journey with this diet.

Not sure that it's for me but it definitely gave me food for thought if you will excuse the pun!

Marina says

3 stars for writing style, but I'd give it more for the concept/theory. I hate to fall prey to "diet fads" and the author kind of makes this sound faddish, I guess. Besides this book I've done more research on Intermittent Fasting (IF) and I'm liking the ideas behind it, and will give it a try. The book gives good tips for fast days, as well as a nice chart with foods/nutrient information, and some recipe ideas for fast days. Helpful for sure.

Exoticbrett says

Can't comment on the diet itself, but having sprained my ankle and unable to walk for a day or two (including to the fridge or cupboard) without terrific pain, I'm testing out my first fast day today (so far, so good). As far as the book goes, it's entertaining enough to keep me interested in reading to the end, though sometimes it feels like I'm getting all the information third-hand. Still, the sources quoted seem respectable enough, particularly given the author's journalistic background (and I mean that with little to no cynicism). Here's hoping I can continue it.

Anne says

I've been on this eating plan for a month. I've lost weight but, more importantly, my relationship to food has dramatically changed for the first time in my adult life (except when I was pregnant.)

The guilt that comes from eating, especially indulging, is gone. Why? Because 2 days a week I 'invest' in eating >500 calories. This allows my body to heal and decrease inflammation while, mentally, I learn not to panic when I feel a hunger pang. Some fast days are easier than others. But even at the toughest moments, I think to myself - "Tomorrow I can enjoy food!"

Kate says

Being a reasonably fit, young female, I was interested in the long- term health benefits of fasting. Book is very informative and very easy to read. Having previously read Dr Mosley's

'The Fast Diet: Lose Weight, Stay Healthy, Live Longer' The most interesting and useful aspect of that book is Mosley's explanation of the science behind the diet which covers the research he did for the Horizon programme in the summer which kicked off the craze. Fasting, he says, is a natural state for humans and restricting your calories regularly can not only help you lose weight but help to prevent diseases such as diabetes, alzheimers and cancer.

Both books I would highly recommend.

Kate writes with humour & motivation.

Zeeple says

This "book" should have been a medium sized Blog post. In fact, the Wikipedia page on the 5:2 diet is only about 200 words long and it is equally informative. It boils down to this: "Don't eat anything for two non-consecutive days of the week. Fasting is hard at first but you'll get over it. Don't be a wuss and you'll be fine."

Michelle says

I sped-read this book, but got a few more tidbits than the PBS show that talked about the science behind why this "diet" works. We are seriously considering trying this because of the health benefits of reducing cancer risk, lowering blood pressure, and lowering cholesterol! I'll blog about it if we do, so watch that space! :)

Fabulous Book Fiend says

Review: This is an unusual review for me as I've never read a 'diet book' before but I'm committed to supporting the authors that I enjoy reading, and having heard Kate Harrison talk about this book late last year, I thought I'd give it a go. I haven't enough of the diet to review that as yet but I will post an update on the blog when I can give that a proper review soon. It's a bit scary admitting that you're on a diet but in the interest of reviewing the book, it had to be done.

First of all, I found this book incredibly easy reading. I really enjoyed the structure. There is a mix of Kate's personal experiences in the form of hints and tips from her as well as her own diary entries from her journey on this eating plan. There are also personal experiences from others who have tried this system and I found this really useful because there was a decent mix of ages and genders included. There are obviously facts and figures on how and why the diet works but these are laid out really clearly so that, even if you are new to dieting, they are easy to follow. The final section of the book has some ideas on what to eat on 'fast days' and lays out some recipes, some calorie lists and some ideas for structuring your day. (As I write this I'm actually on a fast day so I may be referring back to those in a moment or two).

I really like Kate Harrison as a writer and so obviously the bit I enjoyed the most was the personal experiences from here, the diaries and her little hints and tips! I also like the fact that the book is laid out so clearly, it makes it easy to flip to the section you want to look at, I've already found myself jumping back to a couple of bits for a spot of re-reading. Kate has also written a 5:2 recipe book and I'm definitely considering getting this but I want to establish how the eating plan works first. Like I say this was a quick read and so even if you're considering changing the way you eat and not sure if this is the plan for you, I'd recommend

giving this a read!

Susan Earle says

I was interested in this diet and after reading Harrison's book, I am more interested in adopting some of her ideas and strategies. I found her writing to be honest and encouraging. I liked her approach. It would be great if more people adopted a mindful approach to their diets. I plan to check out her website (www.the5-2dietbook.com).

Lisa says

This is the diet that makes the most sense to me. I did something like this at one point, having one very low calorie day and one "all out" day and then the rest of the days pretty reasonable in order to maintain weight. I'm a binger at heart, so a restrictive diet for months on end will NEVER work for me. Having a couple of fast days a week is so flexible, because you can work around social events and well, just life. I'm glad there is science to back it up, but I'd do it anyway.

Mitzi says

Convinced me to give it a go. I liked that she intersperses the informational bits with her personal journey. I just did my first fast day and I am hungry but it is manageable. My mental clarity is already better after one day. Hope that continues. Definitely looking forward to tomorrow's feast.

Anne says

OK but not as good as the book by Dr Moseley and Mimi Spencer - The Fast Diet. I thought that it was purely for a UK audience who know how big a bag of salad is. Where I live we have different sizes of bags of salads. This applies to many other products she mentions.

Gemma says

I got this book to find out more about intermittent fasting. I've read a lot online about how it works. The book covered the basics and gave more of an idea about one person's journey. I believed that this diet worked well for the author and others quoted. This book made me realise that this is not for me at this time in my life though. I think that is a mark of a balanced book. She is clearly passionate about the subject but can present the negatives. This may be something I revisit and this book will be useful again.

Shawn Powell says

Quick, easy read that provides a good overview of this diet (lifestyle, really). A good introduction, but I found it also very helpful to watch the "Eat, Fast and Live Longer" documentary. This book also connected me to the Facebook group of the same name (set up by the author) which has been hugely supportive and helpful as I begin this way of eating.

Alison says

Bought this on a whim because it sounded intriguing, and read it in one sitting. I haven't seen the Horizon programme that prompted Kate Harrison to write this book, but she's done a good job of selling this "diet" to me, so much so that I'm going to try it for a month and see how it goes!

I've spent most of my adult life dieting, and normally lose half a stone and gain ten pounds. This time I have managed to lose 16lbs so far (it was 18 but I gained a bit over Xmas) but I feel like I'm a bit stuck now, so I'm hoping the feast and famine idea behind the 5:2 diet will kick start the weight loss again.

I'm especially intrigued by the added health benefits of this way of eating. There is a history of Alzheimer's in my family so if I can do anything to avoid that, that's got to be good - plus eating to reduce the risk of cancer, heart disease and diabetes has got to be a good thing too.

It appeals to me because it's not actually a famine diet - you eat around 500 cals twice a week and then eat what you want the rest of the time. Currently I've been eating 1400 five days a week and 1700 twice a week (Wednesday pub night and Saturday) and that feels quite comfortable for me - and while I'm often under the limit, I do end up beating myself up when I go over. So I'm going to have Tues and Thurs as my fast days and then just be sensible - but not restrictive - the rest of the week - and we'll see!

This book isn't the best written book I've ever read - spotted a fair few typos, grrrr! - but it has the right balance of scientific evidence and humour to make it easy to read, and enough user testimonials and experiences to make it sound convincing.

UPDATE: Well I tried the 5:2 diet for two weeks and while I found it a really easy way to eat - the fast days were not a problem and I don't think I completely overdid it on the feasts - after a fortnight I had actually put on four pounds! At that stage I panicked and gave up I might try it again and try to stick at it for a month, but I'm not so sure about it all now!
