

## [FAST DIET HOW DOES IT WORK](#)



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What is the right diet for you? Michael looks at the Horizon special, "What's the Right Diet for You" and tells us which diet they say is best for him. The Fast Diet Tracker some great results! Results from our tracker show that the average weight lost over the first three months on The Fast Diet is 5-6 kgs (11 to 13 lbs).

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### **News analysis Does the 5 2 fast diet work NHS**

The 5:2 diet is an increasingly popular diet plan with a flurry of newspaper articles and books being published on it in the run up to Christmas 2012 and in January 2013. The diet first reached the mainstream via a BBC Horizon documentary called Eat, Fast and Live Longer, broadcast in August 2012.

<http://ebookslibrary.club/News-analysis--Does-the-5-2-fast-diet-work--NHS.pdf>

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