

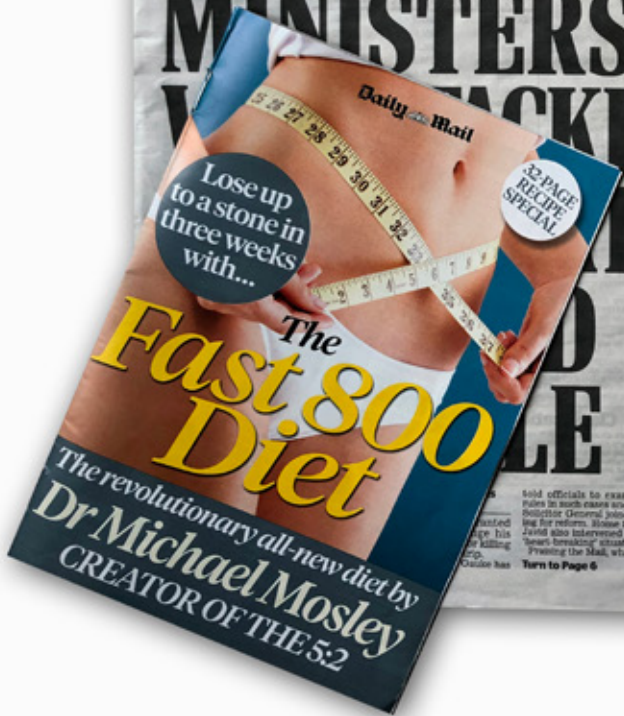


From the creator of the 5:2...  
**FREE INSIDE**

**Dr Michael Mosley's**  
**NEW FAST 800 DIET**  
**32-PAGE MAGAZINE**



**MINISTERS:**  
**WACKLE**



**LOSE UP TO A STONE IN THREE WEEKS**



**FIND YOURS IN WEEKEND MAGAZINE**

## THE FAST 800

**W**HEN I wrote The 5:2 Fast Diet in 2012, with journalist Mimi Spencer, the book stormed to the top of the UK charts. The novel approach of the 5:2, dieting for just two days a week, clearly appealed as it was embraced by millions of people around the world.

It remains one of the simplest and most flexible ways to lose weight, but in many ways it was only the beginning. Over the past six years I've been collecting feedback from scientists and the general public, working to make a plan which is even easier to stick to and even more effective for your health and your waistline.

My new book, The Fast 800, is the result and I am unveiling it for the first time here. It isn't just a safe and speedy way to lose unwanted pounds, it could also be your route to living to a healthy old age. New research suggests if you are overweight, then losing fat around the gut is one of the best ways to beat premature ageing, heart disease, cancer, diabetes and dementia.

Today, and all next week in the Daily Mail, I will be unveiling my new Fast 800 diet plan and reveal recipes — many created exclusively for the paper — that make sticking to it easy.

### SO WHAT'S NEW?

The key to the success of 5:2 has always been its flexibility and intermittent fasting, significantly cutting your calories two days a week.

A lot of people like the 5:2 because they find it easier to 'fast' for two days a week

and eat healthily the rest of the time than to be on a continuous diet. But some have found a 500-calorie limit for women and 600 calories for men quite demanding. So they ended up eating more like 600-calories a day on their fast days.

At the same time I became aware of lots of new science-based, weight-loss studies which were established on 800 calories a day.

In 2014, I came across research by Professor Roy Taylor, a diabetes specialist at Newcastle University. He

had shown that people with type 2 diabetes could come off all medication and lose up to 14kg in just eight weeks, by sticking to an 800-calorie-a-day diet.

With Professor Taylor's support I wrote The 5 Week Blood Sugar Diet, which has transformed the lives of thousands of people. Since then, Professor Taylor along with Professor Mike Lean of Glasgow University, have published the results of a study which shows that on an 800-calorie diet nearly half of all type 2 diabetes can

The easy way to lose up to a **STONE** ... in just **THREE WEEKS**

by Dr Michael Mosley



Fresh approach: Michael Mosley

### THE DIET AT A GLANCE

THIS magazine is packed with enticing recipes, many created by my wife, Dr Claire Bailey. Just cherry-pick from the meal options in the following pages and in our special pullouts every day next week, keeping an eye on your calorie intake on fasting days. You can choose whether to follow the Fast 800 plan or ease in on the New 5:2. All calorie counts for the recipes in this magazine and in our special pullouts are per portion.

**FAST TRACK:** Stick to 800 calories per day and eat within a 12-hour



come off medication. This led the NHS to announce more than 3,000 patients would soon try this approach.

Professor Valter Longo, director of the University of Southern California's Longevity Institute, has shown that five consecutive days on 800 calories is enough to trigger changes which can reduce the risk of cancer.

Similarly, Dr Hatcher Panda, a professor at the Salk Institute in San Diego, has pioneered what he calls time-restricted eating (or TRE). This involves extending your overnight fast, going without food for 13 to 14 hours, and trying to eat and drink all your calories

within a ten to 12-hour window. I've used this science to formulate my diet. To make the plan even healthier, I'm encouraging a low-carb Mediterranean diet.

■ **The Fast 800** by Michael Mosley is published by Short Books at £5.99. To buy a copy for £5.74 (25pc discount), go to [mailshop.co.uk/books](http://mailshop.co.uk/books) or call 0844 571 0640.

Offer valid until January 19, 2015. P&P free on orders over £15. Spend £30 and get FREE premium delivery. Find support at [thefast800.com](http://thefast800.com)

window (say 8am to 8pm) to lose up to 6kg (or a stone) in three weeks.

**NEW 5:2:** Stick to 600 calories on two days per week eating within a ten-hour window (say either 8am to 6pm or 11am to 9pm — or just skip breakfast and enjoy two meals rather than three). Then eat freely from the recipe selection for the remaining five days without counting calories to lose 1-2kg a week.