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By David Ortner

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The 5:2 Diet for Beginners: Using Intermittent Fasting to Lose Weight and Feel Great Without Really Trying Author David Ortner, a devotee of the 5:2 diet,

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What is the 5: 2 Diet? - The 5: 2 Fasting Diet -

The 5:2 diet (also known as the 5/2 diet) is a fasting diet plan that limits the calorie intake for 2 days, then eating normal for 5 days.

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