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Home - The P:E Diet
The Diet Myth. THE DIET MYTH is a ground-breaking book by Tim Spector, Professor of Genetic Epidemiology at King\u00b0s College, London, drawing on his pioneering research into microbes, genetics and diet. At a time when an increasing proportion of the world\u00b0s population is suffering from obesity and its related health issues, Tim Spector offers an important and fascinating perspective on this global epidemic.

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Fad diets have been with us for generations, but the the truth is that any regime that focuses on excluding whole food groups should be approached with caution, says Tim Spector, Professor of Genetic Epidemiology at King\u00b0s College London and author of the bestselling books The Diet Myth and Spoon-Fed. For this reason, he says, intermittent fasting (also known as the 5:2 diet) is the only weight-loss diet he'd truly recommend.

Diet Books | Five Books Expert Recommendations
There is an official Sirtfood diet book available, written by the diet\u00b0s founders Aidan Goggins and Glen Matten. Sorry, this video isn\u00b0t available any more. Both pioneers of the \u00a0modern day...

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