



## Fasting Mimicking Diet (FMD): All the Benefits of Fasting Without the Pain!

By Odelia Rosie

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### Fasting Mimicking Diet (FMD): All the Benefits of Fasting Without the Pain! By Odelia Rosie

**Fasting brings great health benefits, and it can help your waist-line too!**

However, if you have tried fasting then you also probably feel the same way I do...

#### **Fasting is a pain in the butt!**

I've always been wondering if it has to be such a pain. It does make sense, if you think about it. A healthy and beautiful body demands sacrifices.

But like most things, there is usually a smarter way to go about it.

Welcome to the **Fasting Mimicking Diet** or **FMD**, a new periodical diet that was the result of *Dr. Valter Longo's* research (*University of California, National Institute of Aging*).

After reading the research paper, I thought there had to be a simpler way to explain this.

FMD is essentially an advanced fasting method that delivers the same benefits, with far less sacrifices. FMD helps you to:

**Lose weight while sacrificing less** — Typical fasting diets require you to lower your calorie intake every other day. With FMD you can follow your normal diet and go into “fasting” mode only five days per month. That means you can enjoy your regular diet twenty-five days every month!

**Improve your health with less pain** — Traditional fasting can cause headaches and trouble sleeping because the body is deprived of some essential nutrients. FMD keeps providing the body these essential nutrients even while fasting. This

means no more painful side-effects.

In my case, deciding to educate myself about fasting took way longer than it should. Do not make the same mistake and put it off for yet another tomorrow. Take action now, and take care of yourself!

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**Bibliography**

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