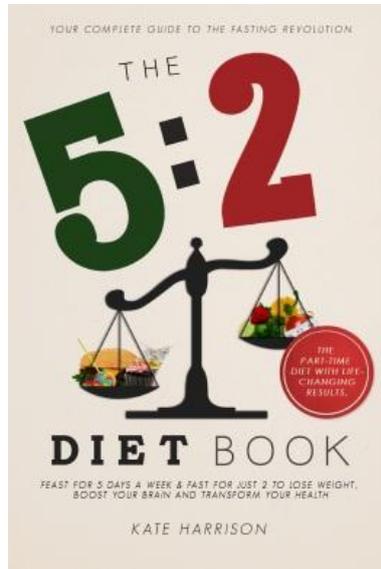


The 5:2 Diet Book Clickable Links and Resources



This free downloadable list of all the links from the book makes it much easier to follow up internet resources directly from your computer. On some computers, you can click to them directly, while on others, you need to hold the Control button at the same time. Either way, it will save you a lot of typing!

The links are organised around the same sections as the book itself, with the additional resources page at the back with more general links that you'll find useful. Please do bear in mind that although I've checked through these links, I can't be responsible for any outside content.

PART ONE: THE 5:2 REVOLUTION

Chapter Two: The maths of weight loss – and why Fasting adds up

[Dr John Briffa's blog](#) on why BMI is not necessarily the best predictor of future health.

[Link to abstract of study on intermittent calorie restriction](#) by Krista Varady.

[Overview of Fasting and Weight Loss](#) from author Mark Sisson

Chapter Three: The Fasting Recharge

Simple description of [apoptosis](#) process and how it works alongside [autophagy](#).

[Summary of various studies focusing on fighting ageing in mice](#)

News article on experiment on [mice genetically engineered to produce more FGF21](#)

Plastic surgeon, James Johnson, writes about the [UpDayDownDay Diet](#), Dr Johnson carried out research on people with asthma undertaking his version of the diet, and found that 19 out of 20 people who followed it [saw improvements in their symptoms](#) and in a further [range of medical conditions](#).

[Overview of fasting research by Krista Varady and Marc Hellerstein](#). Their review of studies was published in 2007 so is a little out of date, but contains a great summary of the diverse research. There are interviews with Krista [here](#) and [here](#).

A [more recent review](#) examines more studies and explores the health benefits – and disadvantages – of the kinds of fasts advocated for religious reasons.

The [Genesis Breast Cancer Prevention Centre](#) in Manchester has been measuring the effects of an intermittent calorie restriction diet, similar to the **5:2** diet, in women with a high risk of developing the disease. Their first study was encouraging and highlighted that the intermittent restriction appeared to be at least as effective as [continuous \(everyday\) dieting in weight loss terms](#). You can download a summary of the work being done by Genesis [here](#).

The Genesis Research also suggests women who followed an intermittent calorie restriction regime showed bigger improvements in their insulin sensitivity than those who followed [a traditional calorie-controlled diet](#).

[These two blog](#) articles explore whether women's physiological responses to fasting are different to men's.

Chapter Four: The Hunger Game - Fasting is Good for the Brain

Link about [BDNF](#), a protein that helps to protect existing neurons (brain cells) and encourage the growth of new ones (seen in higher levels in mice on intermittent fasting regimes who also took longer to develop Alzheimer's Disease).

Interesting pieces on the research into [not only for Alzheimer's](#) and other forms of [dementia, but also strokes](#)). [This link](#) from fasting advocate Mark Sisson examines some of the evidence for improvements in brain function.

PART TWO: 5:2 YOUR WAY

Step One: How much do you want to lose, and how much can you afford to eat?

[MyFitnessPal calculators](#)

[The difference between 'calories' and kilocalories.](#)

[Dr Mosley talking about his two-meal per day fasting regime and the results.](#)

Step Two: Your First Fast

Article on [one recent survey about secretive male dieters.](#)

Info on using [potassium, magnesium or calcium supplements](#) to reduce cramps.

Step Three: Review, Revise, Revitalise

Mindfulness – a form of meditation – can be a very useful tool in both controlling appetite. The [getsomeheadspace.com](#) site offers a free introductory trial of meditations, as well as some really useful downloads, [including one on mindful eating](#). Read more about mindfulness & food in [The Independent](#) and [The New York Times](#)

One study suggests exercising on Fast Days, or on an empty stomach before breakfast, [might have benefits](#) though [analysis](#) on the NHS website suggests that this particular study was far too small-scale.

PART THREE: EATING THE 5:2 WAY

Overview

The [Recipe section of MyFitnessPal](#) calculates the calories in your own recipes.

[Conversion chart for metric measurements to imperial](#)

[Conversions from grams to US Cups](#)

Food and Fasting Tips

Study on how chillis [might help with fat-burning and increasing the metabolism](#)

[Guide to how a food's Glycaemic Index](#) the rate at which sugar is released to the blood - can affect cravings and hunger pangs.

Breakfasts

Guide to analysing GI and other health aspects of your daily [cereal here](#).

A study on the potential [drawbacks of cereal bars](#).

Read about [the nutritional values of different types of yogurt](#)

Cool Lunches and Hot Dinners

These companies all make ready-made meals that have proved useful to 5:2 dieters:

[Innocent Veg Pots](#) (UK)

[Healthy Choice](#) (US)

[Kirsty's ready meals](#) (UK)

[Kashi Frozen meals](#) (US)

[Lean Cuisine](#) (US)

[Amy's Kitchen](#) (UK and US)

[Smart Ones, Weight Watchers](#) (US)

And here are some soup brands that get the thumbs up!

[Yorkshire Provender Company](#) (UK)

[Wal-Mart Marketside](#) (US)

[Glorious Skinny](#) (UK)

[Campbell's](#) (US)

[Interesting science](#) about the satiating effect of soup.

There's lots of Information about [shirataki noodles here](#).

Read more about the [medicinal benefits of vinegar, including positive effects on blood pressure, cholesterol and diabetes/insulin sensitivity](#)

Treats, Snacks and Eating Out

[Graze.com](#) offers snacks sent through the post in the UK.

General Fasting and Healthy Eating Links:

[The 'Horizon' Eat, Fast, Live Longer programme which inspired so many has its own page](#): it no longer shows the entire programme, but there are some clips.

There's also an [article by presenter Dr Mosley](#) about his experiences on the BBC site as well [as a similar one in the Daily Telegraph](#). [His own book about the diet is now available](#).

Recipes

The *Daily Telegraph* feature mentioned above also had some [tasty recipe suggestions](#).

The excellent [BBC Good Food recipes site](#) allows you to specify courses, ingredients, preparation time and calorie counts – the user ratings are incredibly useful for tips and suggestions for improving the recipes too.

Some brilliant bloggers are now posting images of their own recipes for 5:2 days: be [inspired by lovely pictures and ideas](#).

Forums:

[Our 5:2 Diet Group on Facebook](#) is very friendly, and anyone can see the entries, but to post, you'll have to ask to join.

The [Mumsnet forum on 5:2](#) has become a treasure trove of brilliant advice and experiences – you definitely don't have to be a Mum to call on all that wisdom. Plus the [Money Saving Expert Forum](#) is less active but still useful.

Health and Science:

[The Diabetes UK site](#) has very clear information about GI values and diets as well as lots about the disease itself.

The [Mark's Daily Apple website](#) has a focus on 'primal living' but there's a terrific amount of information on fasting, including summaries on the science (bit.ly/Uui9DP).

Science Daily has lots of interesting articles, written in fairly jargon-free language: start [with this one](#) and then follow the links to other pieces that reflect your own interests!

Important:

As with The 5:2 Diet Book itself, this free download is not intended as medical advice, or as a substitute for medical advice, diagnosis or treatment.

Always consult a doctor before making dietary changes, particularly if you have any pre-existing conditions. Never disregard professional medical advice or delay medical treatment because of something you have read in this book.

And finally... good night and good luck!

I will be updating the links on a regular basis, so do come back to check you've got the latest version: this one is for January 2013. I'll post [on the Facebook group](#) and on [Twitter](#) when the new version is available to download [on my website](#).

Happy Feasting and Fasting,

Kate x