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normally--five days a week--and become  
slimmer and healthier as a result?  
Simple answer: yes.

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The diet, created by dr michael mosley,  
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He is the author of The Fast Diet, The 8-Week Blood Sugar Diet, The Clever Guts Diet and The Fast 800. He is married with four children. Dr Michael Mosley trained as a doctor before becoming a journalist and television

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become slimmer and healthier as a  
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