

# Philip Larsen Of Dengodekur Announces The Release Of A New Video About The 5 2 Kuren Diet

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There have been many fad diets in the past but Philip Larsen of Dengodekur has announced that his new video about the 5:2 diet will reveal the secret to weight loss that many dieters have been missing.

The 5:2 diet is not so much about what you eat as it is about when you eat it. According to the 5:2 Kuren diet plan, dieters are free to eat whatever they choose for five days a week and then send their body directly into a starvation mode for the next two. During the starvation or fasting phase of the diet, dieters will restrict their eating to 500 calories a day for women and 600 calories a day for men.

While the program may sound simple, as No-Kate di Prima, an accredited dietician points out, most people don't realize how little 500 calories a day can be. She explains that it amounts to two eggs and a few mushrooms for breakfast, 60 grams of poached chicken for lunch, a small salad and a little white fish for dinner.

As some dieting experts explain, this sends the body into a fasting phase that can trigger a much faster weight loss. Larsen claims that there are several benefits to this type of diet plan.

Nutritional therapist Kerry Torrens weighed in on the topic with this statement,

"All the headlines for the 5:2 diet, and similar intermittent-fasting regimes, claim that calorie restriction may be linked with: living longer, reducing the risk of heart disease, stroke and cancer, and improving cholesterol levels and blood-sugar control."

As the diet is becoming more and more popular, more experts are weighing in on the benefits. Associate Professor and neuroscientist Amanda Salis completed a number of studies on the effects of this type of fasting and found additional psychological benefits of 5 2 kuren - en kur der dur. These include learning other ways of coping with problems without reaching for comfort foods, breaking snack habits, and even learning how to appreciate your regular meals when you have them.

The new dengodekur video is now accessible through YouTube and is free for anyone who wants to learn more about this type of dieting plan. While the 5:2 fasting method is not the only way to try intermittent fasting, as nutritionists and dieting experts call it, it has gained in popularity in countries like the UK.

As reported on the BBC program 'Eat Fast and Live Longer,' doctor and journalist, Michael Mosley presented his book on the new diet and described it as "genuinely revolutionary." Since the release of his book, numerous books have been released on the topic by a number of experts in the fields of nutrition, health, and science. Mr. Larsen's video about the 5 2 diet is the latest release to show the benefits of this new method of losing weight.

If you'd like more information on the new 5:2 diet, use the information below to contact them directly.

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