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The Hibernation Diet

Mike McInnes, Stuart McInnes, Maggie Stanfield

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While working with athletes, Mike McInnes discovered that eating fructose-rich foods such as honey helped to burn fat and increase stamina. He also found that the best time to burn fat is while sleeping. Eating honey before bed activates the body's natural recovery biology, which is fuelled by burning fat. These effects can be maximized by the accompanying 15 minute exercise program that is effective with only three sessions per week. Tested by professional athletes, this dream diet aims at creating a healthier lifestyle and increasing athletic ability rather than just losing weight.

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