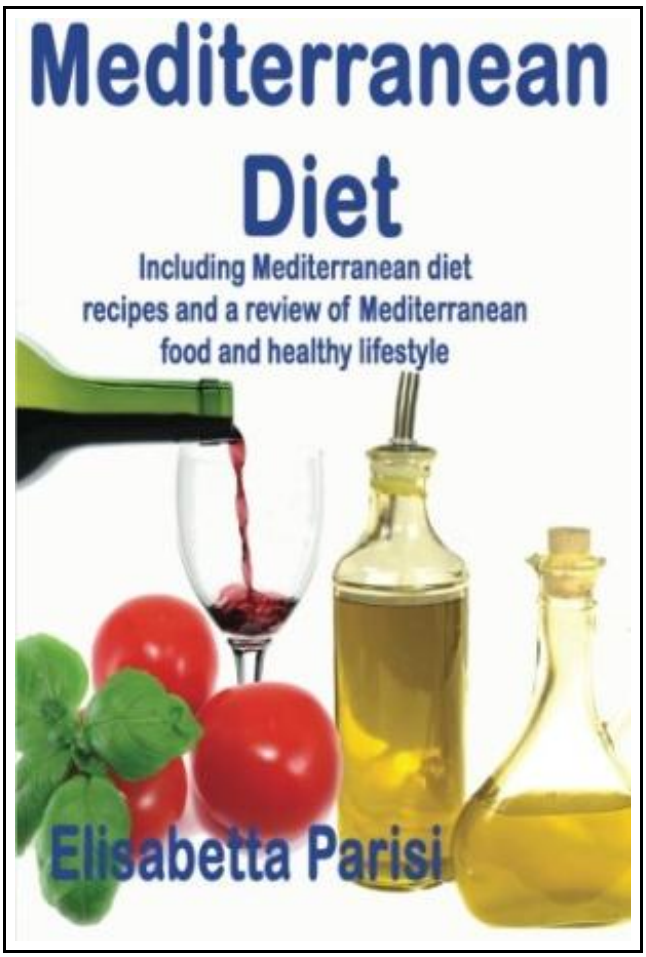
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Reviews

Comprehensive information! Its this sort of very good read through. This is certainly for all those who statte that there was not a worthy of studying. Your daily life period will likely be convert as soon as you total reading this publication.

(Candace Kling)

MEDITERRANEAN DIET: INCLUDING MEDITERRANEAN DIET RECIPES AND A REVIEW OF MEDITERRANEAN FOOD AND HEALTHY LIFESTYLE (PAPERBACK)

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Mediterranean diet is a diet for health and happiness, but not for weight loss. If you want to have a healthy heart then you really need to read this book. Doctors have been advising their patients to follow a Mediterranean diet for some years now. This was all because there seemed to be some benefits to eating like the Mediterranean s. It appeared that they had healthy hearts and circulation systems. It was thought to be related to the things that they ate. In this book you can read about the island where people regularly live to a 100 and still manage to have full and active lives, including even a continuing sex life well into old age! This book looks at the reasons why these people manage to live such disease free lives for so long. There is also the latest Spanish study which proves that a Mediterranean diet really can reduce your risk of having a heart attack or a stroke. It also shows that the usual low fat diet you are told to go on does absolutely nothing to help your heart. It is not a matter of cutting out fats: it is a case of what you substitute them with. All is explained using evidence from the Spanish study and the Greek islanders as well. In the book there are examples of Mediterranean diet recipes that you can cook for yourself. A lot of these recipes have fully illustrated instructions and are based on the things that Greeks, Spanish and the rest of the people from the Mediterranean regions actually eat. There are too many Mediterranean recipes out there that have been so...

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