



Mediterranean Diet: A Medically Recognized Diet for a Healthy Lifestyle. (Paperback)

By Martha Stone

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Mediterranean Diet has been in existence for decades and even centuries plus it has been medically proven to be a healthy way of dieting. It helps prevent and control type 2 diabetes and cardiovascular diseases. If you are looking for new food recipes, then this is the perfect book for you as it has lots of exotic and extraordinary food items yet can easily be recreated in a novice s kitchen! So, have fun creating yummy and healthy meals for yourself or the family.



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