



The Asian Diet: Simple Secrets for Eating Right, Losing Weight, and Being Well (Paperback)

By Jason Bussell

Kaminn Media Ltd, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. In this era of fad diets, detox programs, and superfoods, this examination of the relationship between diet and lifestyle looks to the Far East to claim that the simple principles to live by are balance and moderation. By rebuilding the connections between what is put into the body and how it functions, the diet outlined in this book teaches the daily effects that particular food choices will have--on bodyweight, energy, mood, and the quality and duration of life--and that ultimately all foods are good in the right proportion. All major food groups are covered, with additional sections on dietary supplements, lifestyle, and attitude, plus a handful of recipes to demonstrate the principles of the diet.

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