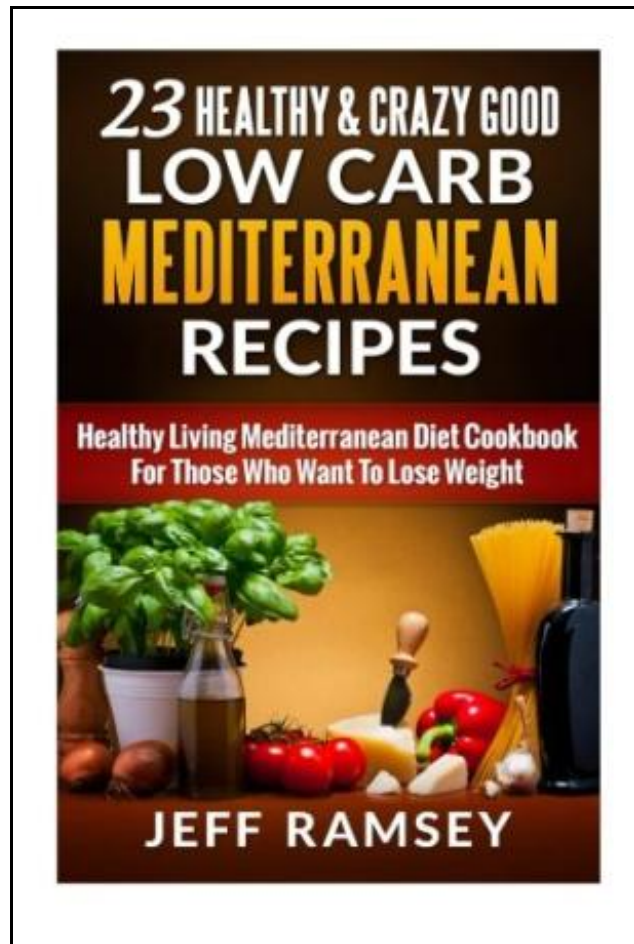


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Let's cut through the fog and get to what matters. You already know that the American-style of eating is a diet heavy in trans fats and processed foods, which is credited with the ridiculous upward swing in obesity and the deadly consequences associated with the foods that dominate its diet. Even though a lot of us are conscious of this kind of fact, we still keep eating the same kinds of food that we know is hurting our health and slowly but surely making us FATTER! What if I told you that there is a diet plan that does not require you to stop eating any particular ingredient but still provides an incredible amount of health benefits? Enter. The Mediterranean Diet. The Mediterranean diet is not a strict diet like your Vegan diets or Paleo diets. You may wonder what a Mediterranean diet is. In the mid of 1900s, medical studies proved that the people living in the Eastern Mediterranean region, especially the Greece and South Italy, had increased longevity and were healthy when compared with the people who lived in the Western countries. This resulted in the discovery of what we know as the Mediterranean diet. The Mediterranean diet isn't a trendy fad. It's really a way of life proven to help people live longer, healthier and more fulfilled lives. It's referred to as a diet, but it is more lifestyle changes with shifts in nutritional choices. In fact, you don't have to convince people to adopt it. Their food choices are so varied they are EXCITED to start eating Mediterranean-style. With this book, eating will feel more like testing your taste...



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