



## The Mount Athos Diet: The Mediterranean Plan to Lose Weight, Feel Younger and Live Longer

By Richard Storey, Sue Todd, Lottie Storey

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Mount Athos Diet: The Mediterranean Plan to Lose Weight, Feel Younger and Live Longer, Richard Storey, Sue Todd, Lottie Storey, For centuries, the monks of Mount Athos have enjoyed long lives, healthy bodies and calm minds thanks to their unique diet and lifestyle. Now you too can discover the secrets of good nutrition from this ancient community in a remarkable new diet book. In The Mount Athos Diet, you'll follow the intermittent diet that keeps the monks slim, youthful and largely free from disease. The diet is made up of three easy-to-follow patterns throughout the week: three fasting days full of delicious fruits and vegetables from nature's larder; three moderation days to enjoy the best of the Mediterranean, including olive oil, fish and even red wine; and one feast day to completely indulge in whichever foods you like. With a simple diet plan, recipes, menu planners and tips on how to adapt the diet, plus guidance on exercise, meditation and emotional wellbeing, The Mount Athos Diet promises to transform your body and mind to help you lose weight, feel fitter and live longer.



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