

[GET] The Pioppi Diet: A 21-Day Lifestyle Plan As heard on The Jeremy Vine Show, BBC Radio 2

Dr Aseem Malhotra & Donal O'Neill

The Pioppi Diet

A 21-Day Lifestyle Plan



Lose weight, feel great and
drastically reduce your risk of Type-2
diabetes and heart disease



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As heard on The Jeremy Vine Show on BBC Radio 2As well as ITV's Save Money: Good Health, Sky News, BBC World News, BBC Asian Network, London Live News and as seen in The Telegraph . . . 'Brilliant' Jeremy Vine, BBC Radio 2'A healthy sustainable diet. There's nothing faddy in there' Save Money: Good Health, ITV***The easy 21-day plan for a happier, healthier and longer lifeWe are not being given the truth about our health . . .We're told to avoid saturated fats, we're marketed health food that is laden with sugar and we're encouraged to pound out miles at the gym. However, our chances of getting obese are increasing - raising our risk of Type-2 diabetes, cancer, dementia and heart disease.Yet in the tiny Italian village of Pioppi, life is as simple as it is long and healthy. There is no gym, no supermarket, the food is delicious and they enjoy a glass of wine every evening.Now cardiologist Dr Aseem Malhotra - a world-leading obesity expert and Britain's number one anti-sugar campaigner - and acclaimed filmmaker Donal O'Neill combine the wisdom of this remarkably long lived population with decades of nutrition and medical research to cut through long-standing dietary myths and create this easy-to-follow lifestyle plan.This isn't a diet or lifestyle which requires saying 'no' to the things you love, or exercising for hours upon end. In just three weeks, The Pioppi Diet will

help you make simple, achievable and long-lasting changes to how you eat, sleep and move - changes that all of us, no matter how busy we are, can make.'A must have for every household and a must read for every medical student and doctor' Professor Dame Sue Bailey, the Chair of the Academy of Medical Royal Colleges'Revolutionary' Richard Thompson, former physician to HRH Queen Elizabeth'This book has the power to make millions of people healthier and happier.' Andy Burnham, former Secretary of State for Health

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