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## Mediterranean Diet: Including Mediterranean Diet Recipes and a Review of Mediterranean Food and Healthy Lifestyle

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By Elisabetta Parisi

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Mediterranean diet is a diet for health and happiness, but not for weight loss. If you want to have a healthy heart then you really need to read this book. Doctors have been advising their patients to follow a Mediterranean diet for some years now. This was all because there seemed to be some benefits to eating like the Mediterranean s. It appeared that they had healthy hearts and circulation systems. It was thought to be related to the things that they ate. In this book you can read about the island where people regularly live to a 100 and still manage to have full and active lives, including even a continuing sex life well into old age! This book looks at the reasons why these people manage to live such disease free lives for so long. There is also the latest Spanish study which proves that a Mediterranean diet really can reduce your risk of having a heart attack or a stroke. It also shows that the usual low fat diet you are told to go...



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