

## The Mediterranean Diet: A Healthy Diet for a Healthier Life (Mediterranean Recipes, Mediterranean Diet)



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## THE MEDITERRANEAN DIET: A HEALTHY DIET FOR A HEALTHIER LIFE (IMEDITERRANEAN RECIPES, MEDITERRANEAN DIET)

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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Mediterranean Diet: A Healthy Diet For A Healthier Life looks at the facts about this popular diet, including its history, the diet s basics, the science behind it, how to follow it, and why it is so popular lately. Last year was a big one for the Mediterranean diet, as research proved that this way of eating can help ward off stroke, heart attacks, premature death, and more, and middle age is not too late to start. A report in the Annals of Internal Medicine detailed a study performed with 10,000 women from 50 to 69. Those with a healthy diet fared much better, reaching the age of 70 with less occurrences of mental and physical illness, even being 40 percent more likely to make it to 70 than those with diets not quite as healthy. Those that were the healthiest ate large quantities of plant foods, fish, and whole grains, while limiting the intake of alcohol and processed red meats. All those factors comprise exactly what the Mediterranean diet is all about. Readers of The Mediterranean Diet: A Healthy Diet For A Healthier Life will learn about numerous studies that proponents claim prove its health benefits, and discover what foods they can eat if they choose to eat the Mediterranean way. Readers will also learn about the lifestyle changes inherent to the Mediterranean Diet. The Mediterranean Diet: A Healthy Diet For A Healthier Life offers readers a balanced approach to losing weight and improving overall health, by sharing the lifestyle changes employed by America s rarest individual: the successful dieter. What does this lucky 10 percent do that 90 percent of dieters do not? Turns...



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