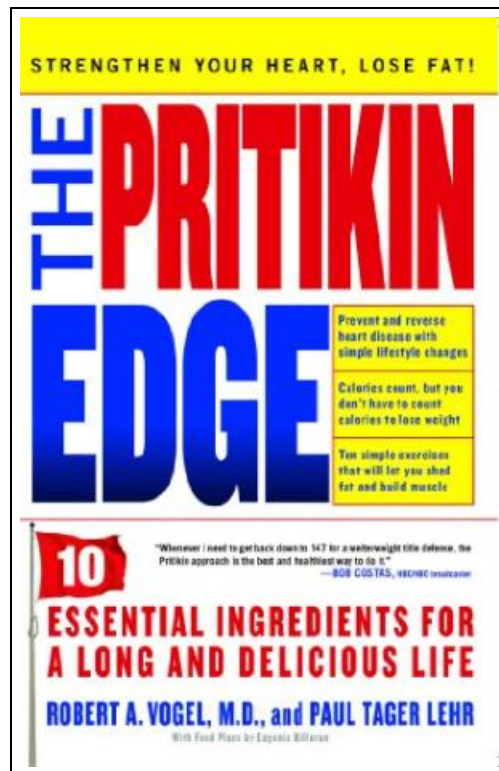


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### **Reviews**

*Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.  
(Prof. Antone Olson II)*

## THE PRITIKIN EDGE: 10 ESSENTIAL INGREDIENTS FOR A LONG AND DELICIOUS LIFE (PAPERBACK)



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SIMON SCHUSTER, United States, 2010. Paperback. Condition: New. Reprint. Language: English . Brand New Book. We Americans may reside in the greatest nation on earth, but our lifestyle is killing us. Onequarter of us still smoke, two-thirds of us are fat, three-quarters of us don t exercise, and stress and depression are ubiquitous. We wolf down oversize portions of fast food in minutes and boast of not having taken a vacation in years. We get misinformation like olive oil is healthy but then get fatter because drizzling three tablespoons of oil on a salad adds as many calories as two scoops of premium ice cream. Despite all our advances in drugs and surgery, obesity and the diseases it causes have shortened life expectancy; this is the first time in history that children can expect to die younger than their parents. The Pritikin Program was the first comprehensive lifestyle program in America, and after fifty years on the cutting edge of lifestyle science, it is still the longest-running, most successful program for reversing many of modern society s diseases, including obesity, heart disease, and diabetes. What sets Pritikin apart from the myriad of other diets is that its program is based on real science. Pritikin doesn t make random claims or base advice on half-truths or fads; Pritikin s effectiveness has been proven and documented in more than 110 scientific studies. You ve picked up this book because you want to change your lifestyle, improve your health, and live longer, and with the program in these pages, you can start reversing the effects of years of unhealthy living today. Here you ll find the ten simple lifestyle ingredients that will change your life. Stick with them and you ll lose weight without feeling hungry, your energy will surge, and you will...



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