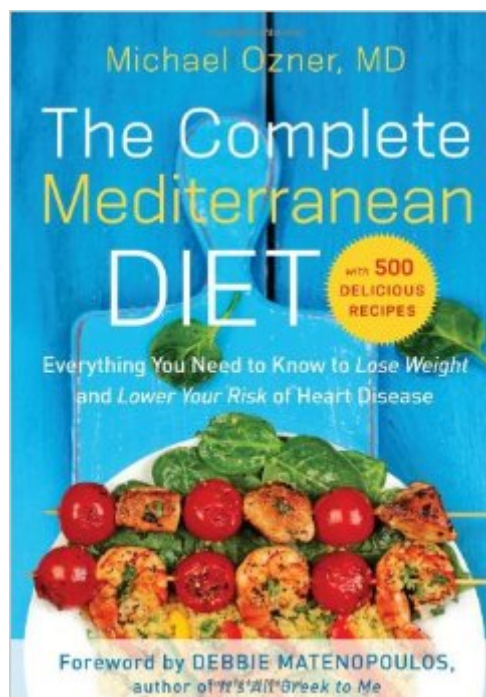


The book was found

The Complete Mediterranean Diet: Everything You Need To Know To Lose Weight And Lower Your Risk Of Heart Disease... With 500 Delicious Recipes



Synopsis

Obesity, diabetes, heart disease and cancer—all diseases that have been scientifically linked to diet—are at an all-time high. But there's a way that's been successful for millions of people for thousands of years: the Mediterranean diet. In *The Complete Mediterranean Diet*, top cardiologist Michael Ozner offers the traditional Mediterranean diet—clinically proven to reduce your risk of heart disease, cancer and numerous other diseases—with the latest scientific findings in health and nutrition to create a diet that's easy to follow. Alongside an abundance of evidence supporting the Mediterranean diet's incredible health benefits, including sustainable weight loss, Dr. Ozner includes 500 delicious, classic Mediterranean recipes, such as: Savory Mediterranean Chickpea Soup, Pizza Margherita, Grilled Citrus Salmon with Garlic Greens, Spicy Whole Wheat Capellini with Garlic. With a foreword by Debbie Matenopoulos, *The Complete Mediterranean Diet* shows you how and why to change your diet for a longer, healthier, happier life.

Book Information

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Customer Reviews

A good guide to adopting the Mediterranean style diet recommended by my cardiologist. I lost over 30 lbs in the first three months of following this guide.

A great amount of information clearly presented. A large number of recipes you can actually use. The recipes in many respects are similar to what is presented in the South Beach Diet.

Recommended

This book does have everything you need to follow an eating extravaganza of the delicious and

healthy foods shared by the people of Greece, Italy and Spain. It focuses on the approach of their dietary habits that afford them long, healthy lives. While there are no photos of prepared meals, it is written for the imagination to picture recipes from appetizers to desserts that are practical in ingredients, easy to read, affordable and very tasty. Each recipe has nutritional information making it easier if you're counting calories, carbs, fat grams or whatever. The book has earned a favorite spot in my everyday kitchen.

Great, comprehensive book! I purchased it for my Mother after Mitral Valve Replacement Surgery. She was advised to make major changes to her lifestyle and a healthy mediterranean diet was in order. The introduction to the diet was perfect! My Step Father is also on the diet and they both commented on the great introduction. They are able to cook at home and they have discovered Middle Eastern restaurants in their town and love them! I would recommend this book to anyone who needs a thorough, comprehensive introduction, and recipes and lifestyle tips!!!

My wife and I originally got this book from our local library to see what they had to say about the mediterranean diet and to get recipes. Once we opened the book we realized we needed to buy the book. The information and recipes in this are both outstanding. I'd recommend this book to anyone.

This is what you've been looking for if Mediterranean cooking is your interest. LOTS OF RECIPES. Easy to read and I don't mind the absence of photos.

This is a huge book. It has about everything you could possibly want to know about the Mediterranean Diet. Loads and loads of recipes. I have been on this diet for about two months and I have lost 16 pounds - mostly because I no longer eat ice cream. Now the idea of sweets is just not appealing and my eating choices are far more healthy. This is a very informative book. I don't think you will be disappointed if you purchase this book. You certainly get your money's worth.

Dr. Ozner's advice and recipes would make stents and bypass surgery a thing of the past. He scientifically proves that heart disease is preventable and reversable!! The recipes were wonderful and don't feel like a diet. After experiencing several friends in their 40's and 50's die prematurely of heart attacks, with absolutely no warning, it became clear, that we are missing the boat. Dr. Ozner teaches you what to ask your doctor and how to painlessly develop a healthy lifestyle by substituting better choices. This book should be in every cardiologist's office and on the must read list for any

parent wanting to raise heart healthy children.His other book was also worthwhile.Carol Felt

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