

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

Michael Ozner - pdf download free book



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Author: Michael Ozner

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Description:

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.

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