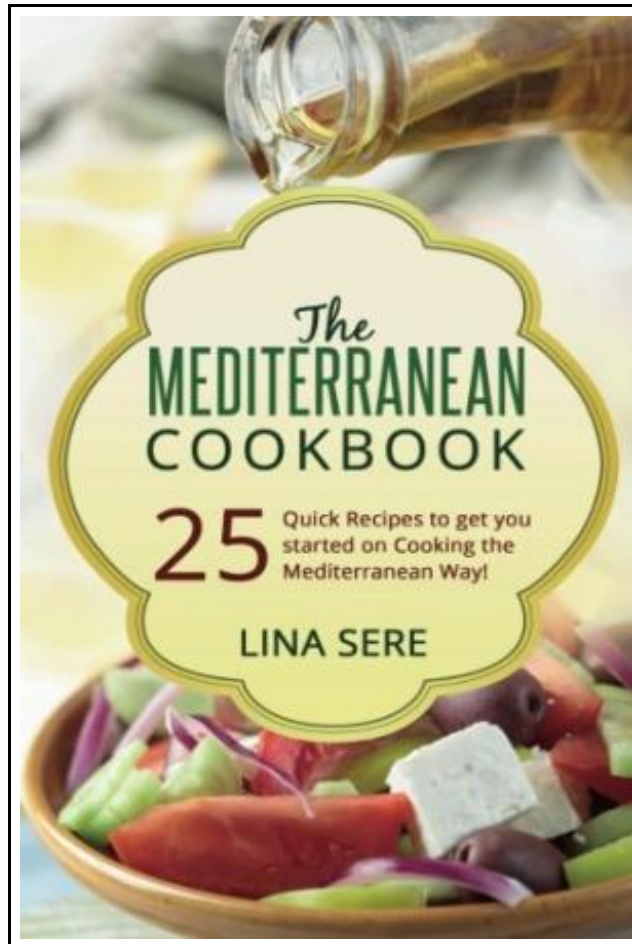


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Wouldn't it be great to lose weight and eat hearty and fulfilling meals while doing it? Well, have you ever considered eating like those native to the Mediterranean region? The Mediterranean region is an area of many diverse and historical countries. Many different factors have influenced the culture of the Mediterranean area, and it reflects in the region's delicious foods. What's so special about Mediterranean cuisine is that it is full of holistic eating and healthy food that have remarkable improvements on your health. So, if you are looking to lose weight without missing out on good eating, then the Mediterranean Diet may be the perfect meal plan for you. The Mediterranean Diet is based on long-term healthy and hearty eating. Compared to the typical calorie counting method, the results you will experience are phenomenal and they last longer. It encourages you to replace the unhealthy food items in your diet with healthier alternatives. Your consumption of sweets and processed foods will be limited, but that restriction is nothing compared to what you will gain from partaking in eating for the ultimate health. By committing to the Mediterranean Diet, you will be sure to experience one of more of the following benefits: Sustained heart health and reduced risk of heart disease. Reduced risk of cancer, Parkinson's disease, depression, Alzheimer's disease, osteoporosis, diabetes, and brain fog. Decreased toxicity (one key factor in weight loss). Improved physical performance, improved dental health, visible weight loss, and much more. The recipes in this book are easy to understand, so that when you're ready to cook, you'll first have to hand knowledge that...



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