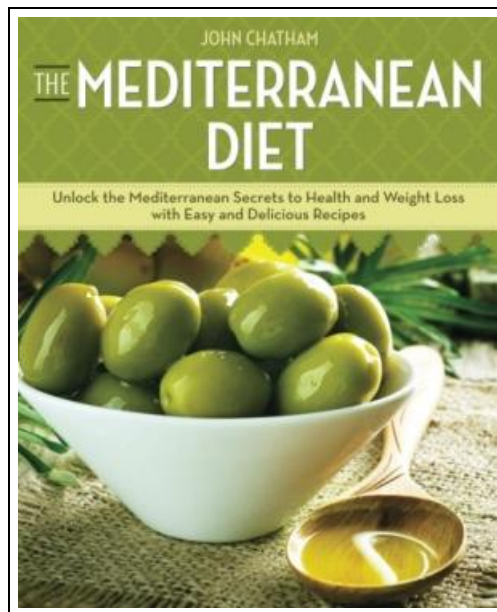


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MEDITERRANEAN DIET: UNLOCK THE MEDITERRANEAN SECRETS TO HEALTH AND WEIGHT LOSS WITH EASY AND DELICIOUS RECIPES (PAPERBACK)



Rockridge Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Mediterranean Diet is a widely respected and highly acclaimed diet based on the food and lifestyles common to the people of Greece, Crete and coastal Italy. The Mediterranean Diet has garnered significant attention from both the public and the medical community, including endorsement by the Mayo Clinic and The New England Journal of Medicine. In addition to being a healthy, extremely effective way of losing weight, the Mediterranean diet is considered an effective means of avoiding or reversing many health issues, such as obesity, pre-Diabetes, and cardiovascular issues. On 2/25/2013, The New England Journal of Medicine reported, -Mediterranean diet supplemented with either extra-virgin olive oil or nuts resulted in an absolute risk reduction of approximately 3 major cardiovascular events per 1000 person-years, for a relative risk reduction of approximately 30%, among high-risk persons who were initially free of cardiovascular disease.- Based on the findings by The New England Journal of Medicine, The New York Times reported, -About 30 percent of heart attacks, strokes and deaths from heart disease can be prevented in people at high risk if they switch to a Mediterranean diet rich in olive oil, nuts, beans, fish, fruits and vegetables, and even drink wine with meals, a large and rigorous new study has found. The findings, published on The New England Journal of Medicine's Web site on Monday, were based on the first major clinical trial to measure the diet's effect on heart risks. The magnitude of the diet's benefits startled experts. The study ended early, after almost five years, because the results were so clear it was considered unethical to continue.- The Mediterranean diet encourages meals which consist largely of healthy foods such as whole grains, fresh fruits and vegetables, olive oil and other healthy fats, fish and seafood, nuts, legumes and dairy products. Meat and poultry are kept...

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