



The Complete Mediterranean Diet: Everything You Need to Know to Lose Weight and Lower Your Risk of Heart Disease... with 500 Delicious Recipes

By Michael Ozner

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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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The Complete Mediterranean Diet: Everything You Need to Know to Lose Weight and Lower Your Risk of Heart Disease... with 500 Delicious Recipes By Michael Ozner Bibliography

- Sales Rank: #5135 in Books
- Brand: Benbella Books
- Published on: 2014-04-29
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 1.70" w x 7.00" l, .84 pounds
- Binding: Paperback
- 576 pages

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Editorial Review

Review

"This comprehensive book contains an easy-to-understand section on how the Mediterranean diet and lifestyle can lead to health and longevity. It also contains more than 500 delicious recipes that are easy to make. . . . The book can be used by calorie counters, diabetes patients using carbohydrate exchanges, Paleo folks who need veggie/protein ideas and the rest of us mortals in need of inspiration."

—**Maria A. Bella, MS, RD, CDN**

About the Author

Michael Ozner, MD, FACC, FAHA, is one of America's leading advocates for heart disease prevention. Dr. Ozner is a board-certified cardiologist, a Fellow of both the American College of Cardiology and the American Heart Association, Medical Director of Wellness and Prevention at Baptist Health South Florida, and a well-known regional and national speaker in the field of preventive cardiology. He is symposium director for "Cardiovascular Disease Prevention," an annual international meeting dedicated to the treatment and prevention of heart attack and stroke. He was the recipient of the 2008 American Heart Association Humanitarian Award and was elected to "Top Cardiologists in America" by the Consumer Council of America. Dr. Ozner is also the author of *The Miami Mediterranean Diet* and *The Great American Heart Hoax*.

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The Complete Mediterranean Diet: Everything You Need to Know to Lose Weight and Lower Your Risk of Heart Disease... with 500 Delicious Recipes can be one of your basic books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into satisfaction arrangement in writing The Complete Mediterranean Diet: Everything You Need to Know to Lose Weight and Lower Your Risk of Heart Disease... with 500 Delicious Recipes yet doesn't forget the main stage, giving the reader the hottest and based confirm resource information that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial pondering.

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