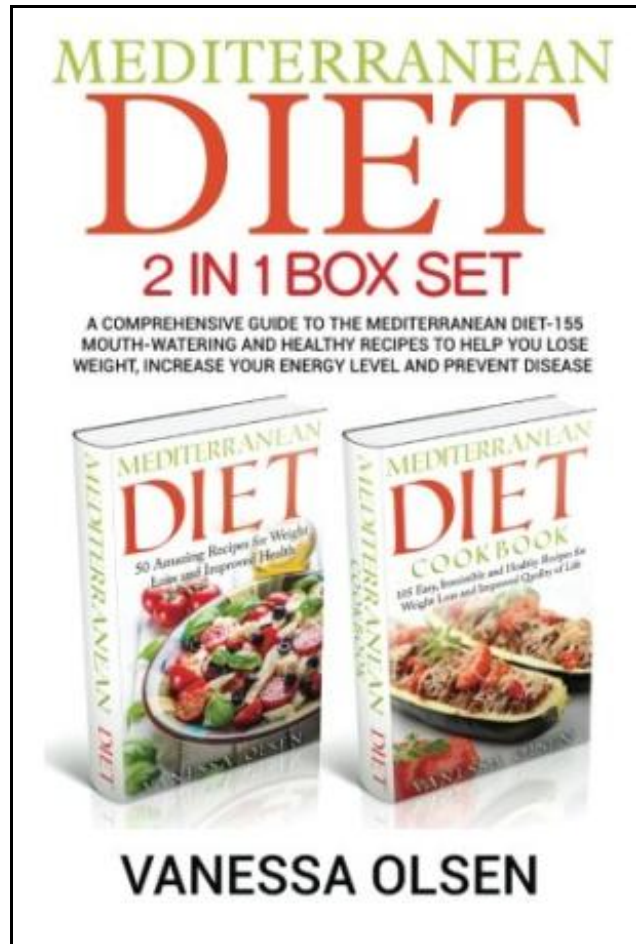


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get PALEO DIET book for FREE when you purchase this book. GET ON TRACK WITH THE MEDITERRANEAN DIET WITH THE HELP OF THIS 2-IN-1 BOX SET This set includes two books of Vanessa Olsen -- MEDITERRANEAN DIET and MEDITERRANEAN DIET COOKBOOK. MEDITERRANEAN DIET FOR BEGINNERS - 50 AMAZING RECIPES FOR WEIGHT LOSS AND IMPROVED HEALTH This Is No Diet, This Is A Lifestyle! For thousands of years, the Mediterranean diet has proven time and time again its ability to change lives of people in the most logical way known to mankind. It s used today amongst people from all over the world, being suggested by nutritionists, dieticians, and doctors alike. And finally, the secrets to this diet are available in an easy to understand and entertaining format that is this eBook- ready to be downloaded to your Kindle app or device! Within the pages of this book you will learn how to create a life of happiness, health, and overall well-being while eating foods that are rich, savory, and delicious - wine absolutely necessary! Those who follow the guidelines presented in Mediterranean Diet - 50 Amazing Recipes for Weight Loss and Improved Health will experience: Fat melting as never seen before Lower blood pressure, blood sugar, insulin, and cholesterol levels Increase in energy levels Reversed-aging effects No more hunger (as common in traditional diets) Improved Sleeping Patterns The prevention and/or cure of diseases such as cancer, Parkinson s, Alzheimer s, and diabetes. No pills or medical treatments necessary - just the scrumptious food of the Mediterranean region! So if you are ready for a lifestyle makeover, one which will result in uncontrollable happiness and closeness to...

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