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Zest for Life: The Mediterranean Anti-Cancer Diet

By Conner Middelmann-Whitney

Honeybourne Publishing. Paperback. Condition: New. 280 pages. Dimensions: 9.3in. x 7.3in. x 0.9in. Without prevention, 1 in 2 men and 1 in 3 women in the industrialized world will develop cancer. What many people don't know: at least a third of cancers could be avoided through a healthy diet and lifestyle. Zest for Life, the first anti-cancer health book with recipes based on the traditional Mediterranean diet, provides all the guidance and practical advice you need to prepare delicious, easy and affordable meals to boost your defenses against cancer. Zest for Life does not propose a short-term diet of hunger or imbalanced eating. On the contrary, it shows how easy it is to enjoy a wide variety of tasty, healthy foods every day and in doing so to reduce not only your cancer risk, but also the risk of heart disease, obesity and diabetes. The Zest for Life diet emphasizes vegetables and fruits, fish, olive oil, legumes, fresh herbs and spices, and highlights the importance of conviviality and the guilt-free enjoyment of food, thus nourishing both body and soul. The healthy, modern recipes are inspired by rich culinary traditions from around the Mediterranean: Italy, France, Spain, Greece, Turkey, Morocco and others...



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Reviews

This ebook might be worth a read, and superior to other. It is probably the most remarkable book i have got read. Its been designed in an remarkably straightforward way and it is merely soon after i finished reading this publication where really modified me, alter the way i really believe.

-- **Alex Zieme DDS**

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