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review of The Pioppi Diet |
Vlog 15 ~~Saturated fats,~~
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Mediterranean Diet and its
lost secrets to health and
longevity **Big Food and Big**
Pharma: Killing for Profit?

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What is the real

Mediterranean Diet? Part 1

The Great Cholesterol \u0026amp;

Statin Con Dr Robert Lustig

- How To Protect The Liver

and Feed The Gut | Fat

\u0026amp; Furious Ep 1 ~~This~~

~~Doctor Drops Some Diet Truth~~

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~~Bombs~~

My Mediterranean Diet (Lose Weight Without Dieting!) **Top Cardiologist Exposes The Great Cholesterol Con**

#revitalize2016 - Two Cardiologists Debate Fat, Sugar & Coconut Oil

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*Primal Diet for Modern
Times, part 1*

Dr. Jeffry Gerber -
'Cholesterol OMG' Episode
143: Dr. Aseen Malhotra -
The Big Fat Fix \u0026
Saturated Fat ~~Eat Real Food,~~
~~Protect The NHS \u0026 Save~~

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~~Lives by Dr Aseem Malhotra | #PHCvcon2020 How To Get Started With A Mediterranean Diet~~ Interview With Dr. Robert Lustig and Dr. Aseem Malhotra Choose The Pioppi Diet Over Statins To Beat Heart Disease Aseem

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Malholtra - 21 Day Immunity Plan Over 60% of the UK Adult Population Are Overweight | Dr Aseem Malhotra | Fat \u0026 Furious Ep 2 **Dr. Aseem**

Malhotra's 21-Day Immunity Plan The Pioppi Diet A 21

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The Pioppi Diet A 21-Day
Lifestyle Plan The easy
21-day plan for a happier,
healthier and longer life.
We are not being given the
truth about our health.
We're told to avoid
saturated fats, we're

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marketed health food that is laden with sugar and we're encouraged to pound out miles at the gym.

The Pioppi Diet: A 21-Day Lifestyle Plan for 2020 as

...

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The Pioppi Diet: A 21-Day
Lifestyle Plan for 2020 as
followed by Tom Watson,
author of Downsizing eBook:
Malhotra, Aseem, O'Neill,
Donal: Amazon.co.uk: Kindle
Store.

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The Pioppi Diet: A 21-Day Lifestyle Plan for 2020 as

...

Eggs, cheese and full-fat dairy, including fermented dairy products, are allowed on the plan. The Pioppi Diet is presented as a 21-day

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lifestyle plan that includes dietary changes combined with an active lifestyle, adequate sleep, regular socialisation, as well as alcohol in moderation. You are also advised to do a weekly 24-hour fast.

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What is the Pioppi diet? -
BBC Good Food

The Pioppi Diet: A 21-Day Lifestyle Plan for 2020 as followed by Tom Watson, author of Downsizing. By Aseem Malhotra (Author),

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Donal O'Neill (Author)

Paperback. <https://www.whsmith.co.uk/products/the-pioppi-diet-a-21day-lifestyle-plan-for-2020-as-followed-by-tom-watson-author-of-downsizing/aseem-malhotra/donal-oneill/paperback/9781405932639-12->

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000.html.

The Pioppi Diet: A 21-Day Lifestyle Plan for 2020 as

...

It is therefore quite ironic that Dr. Aseem Malhotra, a cardiologist from the UK

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frequently quoted in the press and co-author in 2017 of *The Pioppi Diet: 21-Day Lifestyle Plan*, advocates for these same lifestyle habits. What is the irony?

A Review of "The Pioppi

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Diet: A 21-Day Lifestyle Plan ...

Find many great new & used options and get the best deals for The Pioppi Diet: A 21-Day Lifestyle Plan by Donal O'Neill, Dr. Aseem Malhotra (Paperback, 2017)

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products!

The Pioppi Diet: A 21-Day
Lifestyle Plan by Donal
O'Neill ...

The Pioppi Diet: 21-day

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lifestyle plan that promises to help you lose weight and live longer Inspired by the world's healthiest village, Pioppi in Italy. By Francesca Rice

The Pioppi Diet: The 21-Day

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Lifestyle Plan To Help You

...

The Pioppi diet is based around avoiding added sugar and refined carbohydrates, and to eat more vegetables and fatty foods like oily fish and olive oil. The plan

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also recommends physical activity and stress-relieving breathing exercises, and it provides a 21-day protocol of exercises. The 21-day

What our patients are

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reading: The Pioppi Diet

Dr Aseem Malhotra introduces The Pioppi Diet; a life-changing journey taking just 21 days. This is a revolutionary new Mediterranean approach to diet which w...

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Dr Aseem Malhotra introduces
The Pioppi Diet: A 21-day

...

It may all be very well eating fresh fish, oodles of seasonal veg and tablespoons of olive oil, when you live

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in the home of the
Mediterranean Diet (as
Pioppi has been designated
by UNESCO). But how does
eating the Pioppi way
translate into modern urban
life? Donal has adapted the
plan to his life as a film-

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maker and fitness coach in urban Cape Town.

The Pioppi Diet weekly meal plan - Get The Gloss

The Pioppi plan is based around avoiding added sugar and refined carbs, and

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instead building your diet around vegetables and fatty foods like oily fish and olive oil. The plan goes beyond your diet...

What Is The Pioppi Diet? | Coach

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Dr Aseem Malhotra introduces The Pioppi Diet to lose weight in 21 days. Dr Aseem Malhotra introduces The Pioppi Diet - a life-changing Mediterranean approach to diet which will help you lose weight and

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takes just 21 days. 11 July 2017.

Dr Aseem Malhotra introduces
The Pioppi Diet to lose ...

The Pioppi Diet 's 21-day plan has been making headlines of late, but

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whenever a new diet comes along promising to transform your life in three weeks, it's wise to be sceptical.

Here's What A Dietitian Thinks Of The Pioppi Diet | Coach

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Once you accept that pasta and bread are important elements of Mediterranean cuisine, the actual Pioppi diet involves lots of fruit, vegetables, fish, starchy carbohydrates, mushrooms, nuts and...

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The Pioppi Diet is a superficial lifestyle guide based on ...

The Pioppi Diet: A 21-Day Lifestyle Plan by Aseem Malhotra. The Pioppi Diet book. Read 17 reviews from

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the world's largest
community for readers. The
easy 21-day plan for a
happier, healthier and
longer life We ar... The
Pioppi Diet book.

The Pioppi Diet: A 21-Day

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Lifestyle Plan by Aseem
Malhotra

Pioppi Diet in a nutshell
Eat non-starchy veggies, a
handful of nuts, eggs,
bacon, two-four tablespoons
of extra virgin olive oil,
oily fish like salmon daily,

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butter and ghee Avoid
snacking, . . .

New book about a 21-day diet
that will help you live . . .

From starting each day with
a tablespoon of apple cider
vinegar to eating eggs for

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breakfast, this seven-day
Pioppi diet plan will extend
your life by 10 years.

Pioppi, in southern Italy,
has been...

Seven-day 'Pioppi diet' plan
that extends life by 10

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years . . .

The Pioppi diet involves no starchy carbs, nor sugar and encourages people instead to eat foods like eggs, cheese and full fat dairy products, Jane Clarke from Nourish explains. Vegetables,

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fruits, ...

What is the Pioppi diet and how can it help you lose ...

The Pioppi diet, similar to the Mediterranean diet, claims it can add 10 years to your life in 21 days

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(stock image) It is a higher-fat diet that encourages its followers to eat lots of vegetables, . . .

Lose weight and feel great

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with the ground-breaking Pioppi Diet - as followed by Labour MP Tom Watson who lost 7 stone and 'reversed' type-2 diabetes. 'A book which has changed my life and which has the power to change the lives of

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millions' Tom Watson, Deputy
Leader of the Labour Party

'I am obsessed with The
Pioppi Diet . . . I feel
leaner, energised,
definitely less bloated and
more healthy. I genuinely
feel like this is no longer

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a diet plan, it's just the
way I eat' Sara Cox

We are
not being given the truth
about our health . . . We're
told to avoid saturated
fats, we're marketed health
food laden with sugar and

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we're encouraged to pound
out miles at the gym.

However, our chances of
obesity are increasing -
raising our risk of Type-2
diabetes, cancer, dementia
and heart disease. Yet in
the tiny Italian village of

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Pioppi, life is as simple as it is long and healthy.

There is no gym, no supermarket, the food is delicious and they enjoy a glass of wine every evening. Now cardiologist and world-leading obesity expert Dr

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Aseem Malhotra and acclaimed filmmaker Donal O'Neill combine the wisdom of this remarkably long-living population with decades of nutrition and medical research to cut through dietary myths and create

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this easy-to-follow lifestyle plan. This isn't a diet or lifestyle, which requires saying 'no' to the things you love, or exercising for hours upon end. In just three weeks, The Pioppi Diet will help

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you make simple, achievable and long-lasting changes to how you eat, sleep and move - changes that all of us, no matter how busy we are, can make. Indulge in delicious food for a happier, healthier and longer life

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such as CREAMY CRAB
and RICOTTA OMELETTE with
SLICED AVOCADO . GRILLED
HALLOUMI and KALE SALAD with
TAHINI YOGHURT DRESSING .
STEAK BURGER with MATURE
CHEDDAR, TOMATO and AVOCADO
. CAULIFLOWER STEAKS and

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CRUMBLED FETA, ZA'ATAR and
CHILLI · ONE-DISH ROASTED
AUBERGINE with FETA, HERBS
and YOGHURT DRESSING

'A must
have for every household and
a must read for every
medical student and doctor'

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Professor Dame Sue Bailey,
the Chair of the Academy of
Medical Royal Colleges
'Revolutionary' Richard
Thompson, former physician
to HRH Queen Elizabeth 'This
book has the power to make
millions of people healthier

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and happier.' Andy Burnham,
former Secretary of State
for Health As heard on . . .
· BBC Radio 2's The Jeremy
Vine Show · ITV's Save
Money: Good Health · Sky
News · BBC World News · BBC
Asian Network · London Live

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News and as seen in The
Telegraph . . .

As heard on BBC Radio 4
Today . . . 'This book has
the power to make millions
of people healthier and
happier. If we all adopted

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The Pioppi Diet we would quickly reverse the obesity epidemic and be able to sustain our National Health Service' Andy Burnham, former Secretary of State for Health *** The easy 21-day plan for a happier,

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healthier and longer life We
are not being given the
truth about our health . . .
We're told to avoid
saturated fats, we're
marketed health food that is
laden with sugar and we're
encouraged to pound out

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miles at the gym. However, our chances of getting obese are increasing - raising our risk of Type-2 diabetes, cancer, dementia and heart disease. Yet in the tiny Italian village of Pioppi, life is as simple as it is

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long and healthy. There is no gym, no supermarket, the food is delicious and they enjoy a glass of wine every evening. Now cardiologist Dr Aseem Malhotra - a world-leading obesity expert and Britain's number one anti-

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sugar campaigner - and
acclaimed filmmaker Donal
O'Neill combine the wisdom
of this remarkably long
lived population with
decades of nutrition and
medical research to cut
through long-standing

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dietary myths and create this easy-to-follow lifestyle plan. This isn't a diet or lifestyle which requires saying 'no' to the things you love, or exercising for hours upon end. In just three weeks,

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The Pioppi Diet will help you make simple, achievable and long-lasting changes to how you eat, sleep and move - changes that all of us, no matter how busy we are, can make. 'This book has the power to make millions of

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people healthier and
happier' Andy Burnham, Mayor
of Manchester and Former
Secretary of State for
Health. 'Revolutionary'
Richard Thompson, former
physician to HRH Queen
Elizabeth

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'Giving you all the facts to help you decide how best to have a healthy life. - Dr Phil Hammond Statins are among the most widely prescribed drugs in the world. Yet many report

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unacceptable side effects and a US survey revealed that 75 per cent of respondents stopped taking them within a year. So what is the evidence for their benefits? Dr Aseem Malhotra, author of the bestselling

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The 21-Day Immunity Plan and co-author of the bestselling The Pioppi Diet, examines the claims for statins and their role in lowering cholesterol and preventing heart disease. He introduces us to his targeted heart-

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health plan, which, with a diet plan, recipes and advice on reducing stress and increasing movement, can help us to live statin-free and take control of our own health. 'Backed by science, this is a riveting read for

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anyone with a heart.' - Liz Earle 'Aseem's programme gives you the best opportunity for a v long and healthy life.' - Ross Walker 'Get this book to figure out if a statin-free life is right for you.' - Dr Robert

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Lustig

THE SUNDAY TIMES BESTSELLER
'An honest and fascinating
account of the journey that
Tom made from discovering he
was a type 2 diabetic to
doing something about it.

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This book will change lives.' Michael Mosley 'Two years ago I turned 50, weighed 22 stone and was heavily medicated for type 2 diabetes. I thought it would be all downhill from there. By radically changing my

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nutrition, cutting out
sugar, and taking up
exercise, I've changed my
life and reversed my
diabetes. I hope my story
will inspire others to
regain their health and
happiness and discover the

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new lease of life I'm experiencing.' Tom Watson began to put on weight in his early twenties, having developed an appetite for fast food and cheap beer while studying at the University of Hull. As time

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progressed - and his penchant for anything sweet, fatty or fizzy persisted - he found himself adjusting his belt, loosening his collar and upsizing his wardrobe to XXL. He continued to pile on the

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pounds when he entered the world of politics as MP for West Bromwich East (despite short-lived flirtations with fad diets and fitness classes). By December 2014, his bathroom scales had tipped to 22 stone. After

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being diagnosed with type 2 diabetes in late 2015, he decided to take control of his diet and exercise. He started to feel better quickly and within a short time his long-term blood sugar levels were within

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normal range. By July 2018,
he came off medication.

You can take control of your
health, lose weight, prevent
disease, and enjoy a long

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and healthy life. The unique nutritional program outlined in *Eat Rich, Live Long* is designed by experts to help you feel great while you eat delicious and satisfying foods. Millions of people have gotten healthy through

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low-carb plans over the years--and a growing number have discovered the wonderful benefits of ketogenic (Keto) nutrition. Many are confused, though, about how low-carb they should go. Now, Eat Rich,

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Live Long reveals how mastering the low-carb/Keto spectrum can maximize your weight loss and optimize your health for the long term. In this book, Ivor Cummins, a world-class engineer and technical

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master for a huge global tech corporation, and Dr. Jeff Gerber, a family doctor who is widely regarded as a global leader in low-carb nutrition, team up to present their unique perspectives from their

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extensive clinical, medical,
and scientific/research
experience. Together,
Cummins and Gerber crack the
code that shows you how to
eat the foods you enjoy,
lose weight, and regain
robust health. They reveal

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how the nutritional
"experts" have gotten it so
wrong for so long by
demonizing healthy natural
fats in our diets and
focusing on cholesterol and
LDL as the villains. In
fact, as the authors reveal

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by drawing on the latest peer-reviewed global research, eating a high percentage of natural fats, a moderate amount of protein, and a low percentage of carbs can help you lose weight, prevent

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disease, satisfy your
appetite, turn off your food
cravings, and live longer.
The heart of Eat Rich, Live
Long is the book's
prescriptive program, which
includes a 7-day eating
plan, a 14-day eating plan,

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and more than 50 gourmet-quality low-carb high-fat recipes -- illustrated with gorgeous full-color photographs -- for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-

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carb never tasted so good!
Nutritional sacred cows are constantly being challenged in the media. How much fat should we eat -- and which kinds of fats are best? Which fats can contribute to diabetes, heart disease, and

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early mortality? Does a high-protein diet increase muscle mass and lead to vigorous health -- or can it promote aging, cancer, and early mortality? Which vitamins and minerals should we be taking, if any? How do we

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change our metabolism so that our bodies burn fat instead of all the sugars we consume? Does intermittent fasting really work? Eat Rich, Live Long lays out the truth based on the latest scientific research. Eat

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Rich, Live Long will change the way you look at eating. Meanwhile you will lose weight - and look and feel great.

New York Times best-selling author Dr. Joseph Mercola

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teams up with cardiovascular expert Dr. James J.

DiNicolantonio to cut

through the confusion about how dietary fats affect our bodies--and set the record straight on how to eat for optimal health. Should you

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cook with coconut oil or vegetable oil? Eat butter, cream, or olive oil?

Supplement with fish oil or flax oil? Sometimes it seems as if everyone has a different opinion on these crucial questions--but this

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book holds real answers.
Best-selling author and
teacher Dr. Joseph Mercola
teams up with cardiovascular
expert Dr. James
DiNicolantonio to cut
through the confusion about
how dietary fats affect our

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bodies and set the record straight on how to eat for optimal well-being. Dr. DiNicolantonio, an internationally known and respected scientist, has spent nearly a decade studying the effects of

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different fats on the body. Dr. Mercola is one of the world's leading authorities on natural health. In Superfuel, they've gathered a wealth of information and insight in a form that's both impeccably researched

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and highly accessible.

You'll read about: * The many health problems supposedly caused by saturated fat--that actually aren't * Why the so-called healthy vegetable oils are actually making you sick and

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fat * The optimal ratio of omega-3 to omega-6 fats in your diet * Foods that help resolve inflammation, increase longevity, and fight or prevent chronic illness * A cyclical ketogenic eating plan that

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keeps your body burning fat
as healthy fuel *

Supplemental fats such as
fish oil, krill oil, and
flax oil--what to take and
how to choose * Which oils
you should cook with, how to
use them, and why * And much

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more Drawing on Dr.
DiNicolantonio's firsthand
research at Saint Luke's Mid
America Heart Institute, as
well as hundreds of
groundbreaking studies from
the medical literature,
Superfuel will give you the

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facts you need to optimize
your fats and your health.

Finally—the ultimate diet
for fast, safe weight loss,
lifelong health, and longer
life, based on more than
twenty years of research and

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the latest findings on
appetite and weight.

Metabolic specialist Ron
Rosedale, M.D., has designed
the Rosedale Diet to
regulate the powerful
hormone leptin, which
controls appetite and weight

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loss by telling the brain when to eat, how much to eat—and when to stop. New research shows that leptin may be one of the body's most important hunger control mechanisms. Control leptin, and you control your

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weight. Most people's leptin levels are out of control, causing them to overeat and to store fat rather than burn it. The only way to flip the "hunger switch" back to normal is through a diet high in healthy fats

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and low in carbohydrates, saturated fat, and trans-fatty acids often found in processed food—plus just 15 minutes of daily exercise. Dr. Rosedale's 21-day diet plan is simple: Just select from the many foods on his

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"A" list, including "healthy-fat" foods such as avocados, nuts, olives, lobster, crab, shrimp, goat cheese, Cornish game hen, venison, and more. Then gradually add foods from the "B" list, such as steak, lamb chops, fruits,

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beans, and so on. A 28-day menu plan and more than 100 recipes, such as Dilled Salmon and Fresh Asparagus, Gingery Chicken Soup, Lasagna, Black Bean Wrap, Raspberry Mousse Cake, and French Silk Pie, make eating

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the Rosedale way deliciously easy. Weight loss is just the beginning. The Rosedale Diet will make you feel satisfied, reduce cravings, and put you in control of your "sweet tooth." It can even help eliminate or

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reduce heart disease, hypertension, diabetes, and other conditions associated with "natural" aging, as many of Dr. Rosedale's patients can attest. You'll find inspiring stories from them—and the power to

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control your weight and
improve your health—in this
groundbreaking book.

Presents a guide to
maintaining health and
physical fitness, providing
advice on nutrition, healthy

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eating, exercise, and
preventive measures against
disease.

Obesity is considered a
complex and multifactorial
disease. Its treatment,
therefore, must also be

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multimodal and tailored to meet the needs of each patient. Obesity: Evaluation and Treatment Essentials presents a wide spectrum of practical treatment protocols for obesity including exercise,

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pharmacology, behavior
modification, and dietary
factors,

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