



THE MEDITERRANEAN DIET



**A Healthy Diet
for a Healthier Life**

FOR IMMEDIATE RELEASE

The Mediterranean Diet: A Healthy Diet for a Healthier Life launches on Amazon.com and Nook

BookScribed releases a comprehensive guide on the Mediterranean Diet and its various health benefits.

WILMINGTON (July 1, 2014) – The Mediterranean Diet is widely considered among the healthiest eating plans in existence today. Its foundations, which lie in the traditional eating habits of Greece, Spain, and Italy, emphasize the inclusion of whole grains, herbs and spices, fish and other seafood, fruits, and vegetables in one's daily diet. It is widely known that the average person living in countries bordering the Mediterranean Sea is healthier, lives longer, and suffers from fewer ailments than his or her American counterparts do. [*The Mediterranean Diet: A Healthy Diet for a Healthier Life*](#) explores the diet's basics and highlights the numerous studies that claim to prove its health benefits.

The book is a detailed guide on the types of foods to include and avoid, the various lifestyle changes that are inherent to the Mediterranean Diet, and common cautions against the diet. *The Mediterranean Diet: A Healthy Diet for a Healthy Life* offers a balanced perspective to losing weight and maintaining overall health through smart food choices. The book also offers a collection of simple, easy-to-make recipes within its pages.

The Mediterranean Diet: A Healthy Diet for a Healthy Life is available for download on [Amazon.com](#), [Nook](#) and via paperback format.

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