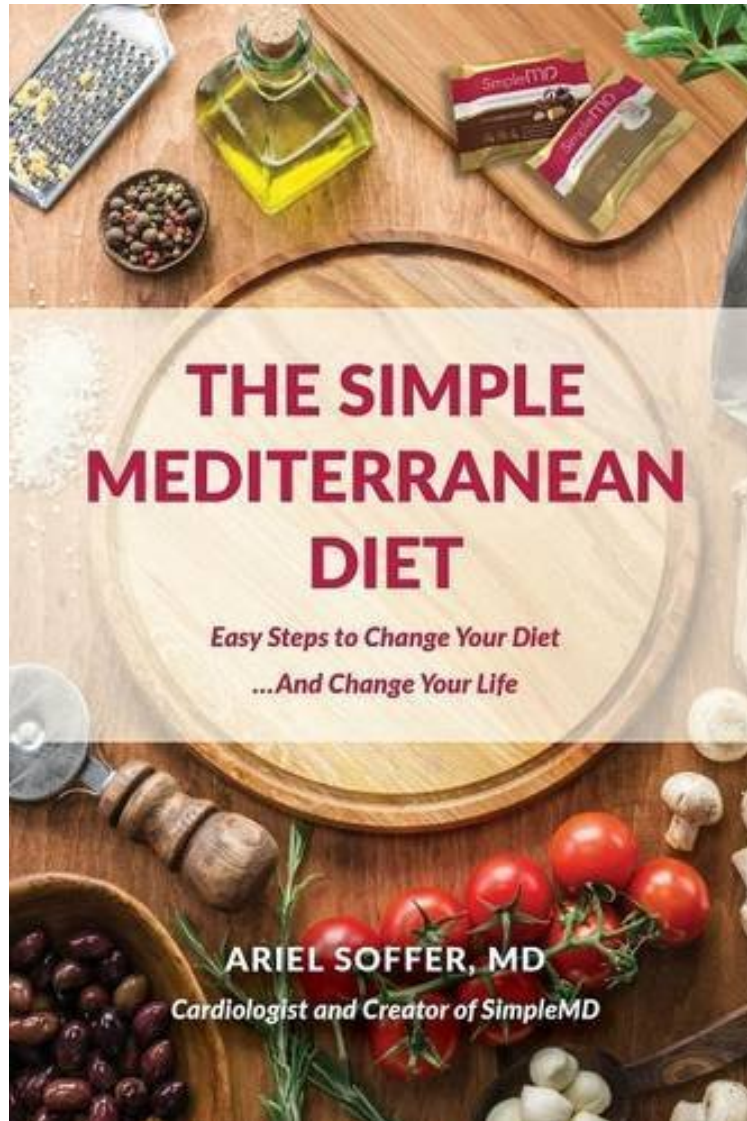


(Download) The Simple Mediterranean Diet

## The Simple Mediterranean Diet

*Ariel Soffer*

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**Ariel Soffer : The Simple Mediterranean Diet** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Simple Mediterranean Diet:

4 of 4 people found the following review helpful. DisappointedBy DiverIf you are hoping to learn a lot about the Mediterranean diet science, go elsewhere. It is basically a standard-issue low fat diet book plus olive oil and red wine. He also pitches his own health bars.0 of 0 people found the following review helpful. OKBy LindaI know that the Mediterranean Diet is considered "the best", but somehow this book just didn't speak to me.0 of 0 people found the following review helpful. Needs PicturesBy Mountain JoyBook's ok, but needs pictures of recipes.

The Mediterranean Diet is one of the only scientifically validated diets shown to help people lose weight and reduce their risk of disease. Ariel Soffer, MD, cardiologist and founder of SimpleMD, makes it easy to understand and follow this age-old method of improving your health and feeling great!