



What Doctors Aren't Telling You: The Mediterranean Diet + RECIPES!

Daniel Kammer

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Did you know that the Mediterraneans are some of the healthiest people in the world? They don't need to visit the doctor as often as North Americans, simply because the foods they eat keeps them healthier and more immune to health problems.

Want to know what your doctor isn't telling you? Buy this book to read how to implement a healthy diet that comes with recipes as well!

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