



The Miami Mediterranean Diet: Lose Weight and Lower Your Risk of Heart Disease with 300 Delicious Recipes

Michael Ozner

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Obesity, diabetes, heart disease and cancer—all diseases that have been scientifically linked to diet—are at an all-time high, and the recent popularity of low-carb, high-fat diets has only made things worse. But there's a way that's been successful for millions of people for thousands of years: the Mediterranean diet.

In *The Miami Mediterranean Diet*, noted Miami cardiologist Michael Ozner updates the traditional Mediterranean diet—clinically proven to reduce your risk of heart disease, cancer and numerous other diseases—with the latest scientific findings in health and nutrition to create a diet that's easy to follow. With more than 300 delicious recipes, from soups to omelets, from salads to desserts, as well as an abundance of evidence supporting the Mediterranean diet's incredible health benefits, *The Miami Mediterranean Diet* shows you how and why to change your life for a longer, healthier, happier life.

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