



Mediterraneans Are Healthier than Americans —Here's Why

YOUR HEART NEEDS THE MEDITERRANEAN DIET Learn How Mediterraneans Have Kept a Healthy Heart for Centuries

People living in Mediterranean countries are healthier than Americans. According to statistics from the World Health Organization, Mediterraneans have almost half as many deaths from cardiovascular disease as Americans. Dietitian Emilia Klapp believes everyone can benefit by emulating the lifestyle of the Mediterranean world.

Klapp's new book, *Your Heart Needs the Mediterranean Diet: Learn How Mediterraneans Have Kept a Healthy Heart for Centuries* shows how Americans can attain newfound health by nourishing the whole person through changes to both diet and lifestyle.

After losing her mother and three close friends to disease at an early age, Klapp began to look for answers. "As I delved deeper into the reasons for their illnesses and subsequent deaths, it became clear to me that modern medicine does not have all the answers," Klapp writes. "Unless we take control of our bodies and practice prevention, we might not reach old age. Or even if we do we might not enjoy the best possible health." Klapp's research helped her realize the remarkable benefit of the diet and lifestyle of her native Spain.

Through the book's simple-to-follow dialogue format, fictional patient Al and registered dietitian Emi embark on a journey into good health. Diagnosed with high blood pressure and high levels of cholesterol and triglycerides, Al is at risk for heart disease. Chapter by chapter, he learns about the Mediterranean diet where better health comes from eating the right foods and enjoying a lifestyle enriched by family, friends, and physical activity.

Al discovers ways to avoid harmful foods like saturated fats and processed foods and how to cook with healthy foods such as garlic, tomatoes, and olive oil, and Emi shares healthy and delicious recipes that are easy to prepare. Al learns how to introduce more physical activity into his busy schedule. Walking, dancing, and other activities help strengthen his heart and improve his body chemistry.

Al also begins to discover how to improve relationships with his family, friends, and coworkers. As the sessions progress, he decreases his risk of heart disease, spends more time with his family, and reduces stress at work. Al realizes he is becoming happier and healthier by following the Mediterranean diet.

"The Mediterranean lifestyle has been proven by scientific research to have health benefits, and now it can be followed easily with this handy and entertaining guide. I recommend *Your Heart Needs the Mediterranean Diet* to anyone who wants to make a change to a healthier lifestyle," says Laura Calderon, DrPh, RD, Professor and Associate Director, School of Kinesiology and Nutrition, California State University of Los Angeles.

Americans can beat the alarming heart disease statistics by following this plan for the whole person. *Your Heart Needs the Mediterranean Diet* belongs on the bookshelf of everyone who wants to live a longer healthier life.

Your Heart Needs the Mediterranean Diet can be purchased in bookstores or by sending \$18.95 (plus \$4.95 shipping and handling) to BookMasters, Inc., 30 Amberwood Parkway, Ashland, OH 44805. Call credit card orders to (800) 247-6553.

Mediterranean Diet Supports Happier Healthier Lifestyle

Your Heart Needs the Mediterranean Diet: Learn How Mediterraneans Have Kept a Healthy Heart for Centuries by Emilia Klapp, R.D., B.S.

A healthy lifestyle does not have to mean deprivation and sacrifices. Author and registered dietitian Emilia Klapp believes that you can enjoy delicious meals *and* live a healthy lifestyle. In fact, Mediterraneans do it all the time and they are renown for being some of the healthiest people on earth.

Your Heart Needs the Mediterranean Diet: Learn How Mediterraneans Have Kept a Healthy Heart for Centuries reveals a nutritional and lifestyle plan that sustains the whole person, including what you eat, how you get physical activity, and ways to make time for family and community. Learning about the Mediterranean diet is enjoyable in this fact-filled, easy-to-read book sprinkled with simple and delectable recipes. Written in a dialogue format, fictional dietitian Emi and her patient Al discuss, over a period of weeks, ways to reduce Al's high blood pressure and high levels of cholesterol and triglycerides. Together they embark on a journey to good health.

Klapp delves into the science of the Mediterranean diet with tables and charts to explain why some foods should be avoided and why many foods can be enjoyed in quantity. It is no news to most Americans that processed foods, sweets, and saturated fats can lead

to health problems. The good news is that many foods we associate with the Mediterranean countries like olive oil, garlic, and tomatoes are excellent at supporting good health.

Klapp's gift is in combining the science of nutrition with her enthusiasm for the lifestyle of the Mediterranean region. Preparing meals together, enjoying the company of friends and family around the table, and living a more physically active life can make you a happier and healthier person.

As their sessions progress, Al learns how to cook, become more active, relax at work, and enjoy his family more. Al begins walking, takes a class with his son, and gets to know his coworkers better.

Laura Calderon, Professor and Associate Director at the School of Kinesiology and Nutrition, California State University of Los Angeles, says that "The Mediterranean lifestyle has been proven by scientific research to have health benefits, and now it can be followed easily with this handy and entertaining guide. I recommend *Your Heart Needs the Mediterranean Diet* to anyone who wants to make a change to a healthier lifestyle."

Buying this book is like taking a dietitian home with you. If you, or someone you know, are looking to support the health and happiness of the whole person with both the diet and lifestyle of the Mediterraneans, *Your Heart Needs the Mediterranean Diet* is a must.

Your Heart Needs the Mediterranean Diet

Learn How Mediterraneans Have Kept a Healthy Heart for Centuries

Emilia Klapp, R.D.,B.S.

Treating the Whole Person Is the Secret to Good Health

Treat your whole person with delicious food, extensive family time, and an active lifestyle modeled after the healthy people of the Mediterranean basin. You can reduce the risk of heart disease, lose weight and enjoy a more abundant life at the same time.

The Mediterranean diet brings the joyful lifestyle of southern Europe to you in an easy-to-read dialogue format. Al, a fictional heart-risk patient, and registered dietitian Emi embark on a journey into good health. Buying this book is like taking a dietitian home with you.

Learn how to become healthier and happier as you:

- Support the whole person with a more vibrant lifestyle
- Gain energy through simple physical activity
- Prepare delicious meals that will involve your whole family
- Invigorate the enjoyment of your work and community

Your Heart Needs the Mediterranean Diet gives you the tools to prevent heart disease in an easy and effective format. This book will truly change your life and make you a happier and healthier person. Order your copy today!