

《MEDITERRANEAN PRESCRIPTION, TH(ISBN=9780345479242)》

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Advance praise for *The Mediterranean Pre*ion*

“ We have a saying, ‘ He who enjoys good health is rich. ’ If that ’ sthe case, my dear friend Angelo is a very wealthy man. If youfollow his delicious recipes and nutritional expertise, you, too,will be rich – body and soul. ”

– Giuseppe Cipriani

“ The Mediterranean Pre*ion is the ideal weight loss plan – youlose weight and keep your heart healthy without even realizing it.Since you always feel like you are eating gourmet meals, you willbe able to stick to it for life and keep the weight offpermanently. ”

– Lyssie Lakatos, RD, LD, CDN, CPT, and Tammy Lakatos Shames, RD,LD, CDN, CPT, *The Nutrition Twins*, authors of *Fire Up YourMetabolism: 9 Proven Principles for Burning Fat and Losing WeightForever*

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Angelo Acquista, M.D., received his medical degree from the New York University School of Medicine and is affiliated with Lenox Hill Hospital in Manhattan as an attending physician and clinical instructor. He is board-certified in internal medicine, pulmonary medicine, and tropical diseases. He served as medical director for the New York City Office of Emergency Management and on Mayor Guiliani ’ s Task Force on Bioterrorism. He is the New York Times bestselling author of *The Survival Guide: What to Do in a Biological, Chemical, or Nuclear Emergency*. He lives in New York City.

Laurie Anne Vandermolen received a B.A. from the University of Michigan and attended the Hunter College Graduate School of Biological Sciences. She has been a medical writer at academic medical institutions for over ten years. Her positions included a post at Rockefeller University, where she studied the behavior and metabolism of lean and obesity-prone rodents on various diets. She lives in New York City with her husband.

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