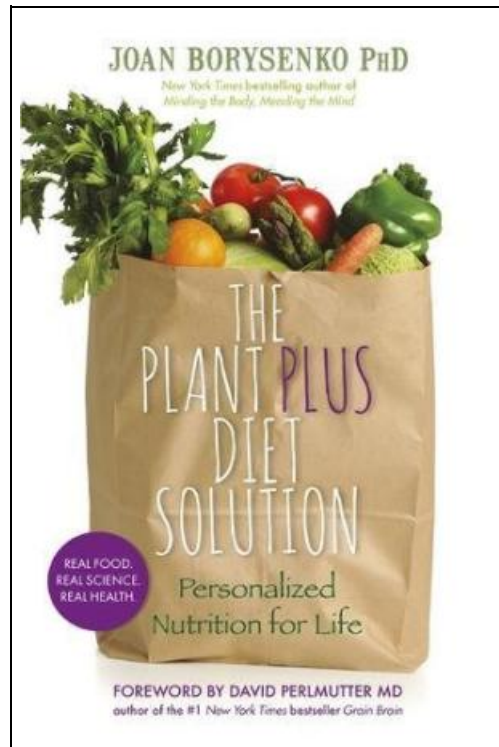


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THE PLANTPLUS DIET SOLUTION: PERSONALIZED NUTRITION FOR LIFE (PAPERBACK)



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Hay House UK Ltd, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Increase your metabolism with a plant-based diet to prevent, improve or cure heart disease, type 2 diabetes, obesity, Alzheimer s disease and the epidemic of chronic illnesses. Joan Borysenko, PhD, a Harvard-trained cell biologist, health psychologist and New York Times bestselling author, cuts through the thicket of confusing - and often downright wrong - advice on nutrition. She provides easy-to-digest, bite-sized servings of the scientific information that you (and your doctor) need in order to discover the precise diet required for your body to thrive. Once you understand what to eat and why, she lays out a simple diet plan called PlantPlus that is customizable for everyone: vegans, vegetarians and the Great Omnivorous Majority. A whole plant-based diet is the basis for a diet to increase your metabolism. The Plus might be dairy, eggs, animal protein or in some cases small servings of whole grains for those whose metabolism allows it. The diet is delicious; the recipes from the kitchen of Joan and her husband, Gordie, are simple to prepare; and you won't go lacking for dark chocolate, low-carb desserts or red wine if you can safely drink it. Dr Joan Borysenko, the Diet Sleuth, is a warm, witty and wise lifestyle coach who has thrilled audiences nationwide with her deep understanding of mind and body.



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